



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
6-Dec Grilled Ham and Cheese Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	7-Dec Corndog French Fries/Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	8-Dec Beefy Mac Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	9-Dec Nachos w/ Turkey Taco Meat Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	10-Dec Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker Fresh Fruit & Milk	Pancake & Sausage on a Stick Fresh Fruit & Milk	Fruit Strudel Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & 1% Milk	Pumpkin Bread Fresh Fruit & 1% Milk
13-Dec Chicken Nuggets Breadstick Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	14-Dec Hamburger French Fries/Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	15-Dec Turkey Gravy w/ Mashed Poatoes & Roll Holiday Sugar Cookie Fresh Fruit and Veg 1% White Milk or Chocolate Milk	16-Dec Burrito W/ Hot Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	17-Dec Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk Holiday Treat
Cereal Choice & Cracker Fresh Fruit & Milk	Pancake & Sausage on a Stick Fresh Fruit & Milk	Fruit Strudel Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & 1% Milk	Cinnamon Roll Fresh Fruit & 1% Milk
20-Dec	21-Dec	22-Dec	23-Dec	24-Dec
Winter Break - No School. Dec 20 - Dec 31. Back Jan 3				
27-Dec	28-Dec	29-Dec	30-Dec	31-Dec
This institution is an equal opportunity provider and employer. Menu subject to change without notice. Questions? Call David Connors, Food Services Director, at (360) 428-6149.				