



U Kagit Academy

# Mount Vernon School District *Growing Healthy Students!*

Monday	Tuesday	Wednesday	Thursday	Friday
1-Jan	2-Jan	3-Jan	4-Jan	5-Jan
<b>Happy New Year!</b>	<b>Chicken Nuggets</b> w/ Sunchips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Burrito</b> Seasoned Pinto Beans Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Cheeseburger</b> Tater Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Cheese Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
	<b>Cereal Choice &amp; Cracker</b> Fresh Fruit & Milk	<b>Breakfast Pizza</b> Fresh Fruit & Milk	<b>Pancake &amp; Sausage on a Stick</b> Fresh Fruit & Milk	<b>Frosted Long John</b> Fresh Fruit & Milk
8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
<b>Mandarin Orange Chicken</b> Steamed Rice & Veggies Fortune Cookie Fresh Fruit and Veggies 1% White Milk or Chocolate Milk	<b>Chicken Burger</b> French Fries Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Mac and Cheese</b> Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Corndog</b> Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Pepperoni Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
<b>Cereal Choice &amp; Cracker</b> Fresh Fruit & Milk	<b>Pancake on a stick</b> Fresh Fruit & Milk	<b>Breakfast Pizza</b> Fresh Fruit & Milk	<b>Mini Cinni</b> Fresh Fruit & Milk	<b>Cinnamon Toast Crunch Bar</b> Fresh Fruit & Milk
15-Jan	16-Jan	17-Jan	18-Jan	19-Jan
<b>MLK Day! No School</b>	<b>Cheese Stuffed Breadsticks</b> Marinara Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Breakfast for Lunch</b> Mini Pancakes & Turkey Sausage Patty Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Turkey and Cheese Sandwich</b> Baked Cheetos Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Cheese Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
	<b>Cereal Choice &amp; Cracker</b> Fresh Fruit & Milk	<b>Muffin and String Cheese</b> Fresh Fruit & Milk	<b>Breakfast Pizza</b> Fresh Fruit & Milk	<b>Pancake on a stick</b> Fresh Fruit & Milk
22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
<b>Chicken Strips</b> Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Hamburger</b> Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Chicken Noodle Soup</b> Breadstick Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Turkey Taco Nachos</b> w/ Salsa Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	<b>Pepperoni Pizza</b> Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
<b>Cereal Choice &amp; Cracker</b> Fresh Fruit & Milk	<b>Breakfast Pizza</b> Fresh Fruit & Milk	<b>Pancake on a stick</b> Fresh Fruit & Milk	<b>Mini Cinni</b> Fresh Fruit & Milk	<b>Frosted Long John</b> Fresh Fruit & Milk

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.