



**Mount Vernon
School District**
Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
4-Mar	5-Mar	6-Mar	7-Mar	8-Mar
Chicken Nuggets Sunchips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Cheeseburger Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Spaghetti w/ Meatsauce Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Chicken Enchilada Empanada w/ Salsa Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Cinnamon Toast Crunch Bar Fresh Fruit & Milk	Pancake & Sausage on a Stick Fresh Fruit & Milk	Ultimate Breakfast Cookie Fresh Fruit & Milk
11-Mar	12-Mar	13-Mar	14-Mar	15-Mar
Beef Teriyaki Dippers Steamed Rice & Veggies Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Chicken Burger Tater Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	No School Non-Student, Non-Contract	Burrito w/ Hot sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Cheese Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk		Pancake & Sausage on a Stick Fresh Fruit & Milk	Ultimate Breakfast Cookie Fresh Fruit & Milk
18-Mar	19-Mar	20-Mar	21-Mar	22-Mar
Cheese Stuffed Breadsticks Marinara Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Hamburger Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Mac & Cheese Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Chicken and Cheese Quesadilla Black Beans and Corn Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Pepperoni Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Cinnamon Toast Crunch Bar Fresh Fruit & Milk	Pancake & Sausage on a Stick Fresh Fruit & Milk	Ultimate Breakfast Cookie Fresh Fruit & Milk
25-Mar	26-Mar	27-Mar	28-Mar	29-Mar
Corndog Potato Wedges Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Sloppy Joes Coslaw Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Breakfast for Lunch Mini Eggos & Turkey Sausage Patty Dried Cranberries Fresh Vegetables 1% White Milk or Chocolate Milk	Turkey Taco Nachos w/ Pico Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	Cheese Pizza Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk
Cereal Choice & Cracker Fresh Fruit & Milk	Breakfast Pizza Fresh Fruit & Milk	Cinnamon Toast Crunch Bar Fresh Fruit & Milk	Pancake & Sausage on a Stick Fresh Fruit & Milk	Ultimate Breakfast Cookie Fresh Fruit & Milk



This Institution is an equal opportunity provider and employer. Menu subject to change without notice.
Questions? Call Cheyenne Walker, Food Services Supervisor, at (360) 428-6149.

