



APRIL

Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
1-Apr Spring Break!	2-Apr April 1-5.	3-Apr Have FUN!	4-Apr Smile BIG!	5-Apr Back April 8th
8-Apr Chicken Nuggets Sunchips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	9-Apr Cheeseburger French Fries Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	10-Apr Beefy Mac Garlic Bread Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	11-Apr Chicken Enchilada Empanada w/ Salsa Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	12-Apr 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	Maple Long John Fresh Fruit & Milk
15-Apr Cheese Stuffed Breadsticks Marinara Sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	16-Apr Chicken Burger Tater Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	17-Apr Beef Teriyaki Dippers Steamed Rice & Veggies Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	18-Apr Burrito w/ Hot sauce Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	19-Apr 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	Bagel and Cream Cheese Fresh Fruit & Milk
22-Apr Chicken Strips Baked Cheetos Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	23-Apr Hotdog French Fries Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	24-Apr Breakfast for Lunch Mini French Toast & Turkey Sausage Patty Dried Cherries Fresh Vegetables 1% White Milk or Chocolate Milk	25-Apr Chicken Soft taco Black Beans and Corn Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	26-Apr 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	Maple Long John Fresh Fruit & Milk
29-Apr Corndog Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	30-Apr Hamburger Tater Tots Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	1-May Ham and Cheese Hoagie Lays Potato Chips Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	2-May Turkey Taco Nachos w/ Pico Fresh Fruit and Vegetables 1% White Milk or Chocolate Milk	3-May 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	Bagel and Cream Cheese Fresh Fruit & Milk