



# Mount Vernon School District

*Growing Healthy Students!*

Monday	Tuesday	Wednesday	Thursday	Friday
2-Mar <b>Chicken Nuggets</b> Crinkle Fries Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	3-Mar <b>Creamy Chicken Alfredo</b> w/ <b>spinach</b> Green Beans Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	4-Mar <b>Cheeseburger</b> Potato Smiles Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	5-Mar <b>Burrito w/ Queso Sauce</b> Jicama & Lime Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	6-Mar <b>Cheese Pizza</b> Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>
<b>Cereal Choice &amp; Yogurt</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake &amp; Sausage on a stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Muffin Flat and String Cheese</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Minni Cinni</b> <i>Fresh Fruit &amp; Milk</i>
9-Mar <b>Teriyaki Chicken</b> Steamed Rice Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	10-Mar <b>Grilled Chicken Burger</b> Seasoned Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	11-Mar <b>Beefy Macaroni</b> Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	12-Mar <b>Quesadilla</b> w/ Chicken & Cheese Mixed fruit Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	13-Mar <b>Pepperoni Pizza</b> Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>
<b>Cereal Choice &amp; Yogurt</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake &amp; Sausage on a stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Muffin Flat and String Cheese</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Strawberry Cream Cheese Bagel</b> <i>Fresh Fruit &amp; Milk</i>

**Meal Prices:**

Elementary Breakfast	No Charge
Elementary Lunch	\$2.75
Reduced Price Lunch	\$0.40
Adult Lunch	\$4.00
Milk	\$0.50



Harvest of the Month:  
**SPINACH!!**

March 3rd and 17th!



**March is  
National School Breakfast Month!**

Be sure to start your day off right with a healthy school breakfast. Each breakfast meal comes complete with a whole grain entree, fruit and milk.

Eating breakfast helps kids focus better in the classroom and improves school performance. Come visit us today!



**Make the Grade**  
with SCHOOL BREAKFAST

Each lunch comes complete with  
salad bar or fresh vegetable, choice of fresh fruit, and milk!



Monday	Tuesday	Wednesday	Thursday	Friday
16-Mar <b>Beef Dippers</b> Steamed Rice Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	17-Mar <b>Hamburger</b> Cool Ranch Doritos <b>Spinach Green Salad</b> Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	18-Mar <b>Spaghetti w/ Meatsauce</b> Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	19-Mar <b>Soft Taco</b> w/ Turkey Taco Meat Pico De Gallo Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	20-Mar <b>Cheese Pizza</b> Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>
<b>Cereal Choice &amp; Yogurt</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake &amp; Sausage on a stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Muffin Flat and String Cheese</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Minni Cinni</b> <i>Fresh Fruit &amp; Milk</i>
23-Mar <b>Mandarin Orange Chicken</b> Steamed Rice Fortune Cookie Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	24-Mar <b>Crispy Chicken Burger</b> Potato Wedges Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	25-Mar <b>Cheese Stuffed Breadsticks</b> Tomato Soup Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	26-Mar <b>Nachos</b> w/ Beef Taco Meat & Salsa Fresh Chopped Jicama & Lime Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	27-Mar <b>Pepperoni Pizza</b> Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>
<b>Cereal Choice &amp; Yogurt</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake &amp; Sausage on a stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Muffin Flat and String Cheese</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Strawberry Cream Cheese Bagel</b> <i>Fresh Fruit &amp; Milk</i>
30-Mar <b>Breakfast for Lunch</b> Mini Maple Pancakes Sausage Links Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	31-Mar <b>Chicken Nuggets</b> Crinkle Fries Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	1-Apr <b>Chicken Noodle Soup</b> Oyster Crackers Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	2-Apr <b>Burrito w/ Queso Sauce</b> Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>	3-Apr <b>Cheese Pizza</b> Caesar Side Salad Salad & Fruit Bar Nonfat & 1% Milk <b>Nonfat Chocolate Milk</b>
<b>Cereal Choice &amp; Yogurt</b> <i>Fresh Fruit &amp; Milk</i>	<b>Pancake &amp; Sausage on a stick</b> <i>Fresh Fruit &amp; Milk</i>	<b>Muffin Flat and String Cheese</b> <i>Fresh Fruit &amp; Milk</i>	<b>Breakfast Pizza</b> <i>Fresh Fruit &amp; Milk</i>	<b>Minni Cinni</b> <i>Fresh Fruit &amp; Milk</i>



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.**

