

Mount Vernon School District

Growing Healthy Students!

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

Meal Pi	rices:
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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!

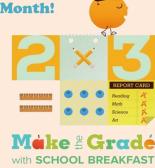


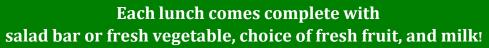


March is National School Breakfast Month!

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!





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

