



Mount Vernon School District

Growing Healthy Students!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| <p>Welcome Back to School!</p> | | <p>4-Sep Chicken Nuggets French Fries Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk</p> | <p>5-Sep Burrito Seasoned Pinto Beans Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk</p> | <p>6-Sep Pizza Caesar Salad Salad & Fruit Bar Nonfat Chocolate Milk</p> |
| | | <p>Mini Pancakes Fresh Fruit & Milk</p> | <p>Breakfast Pizza Fresh Fruit & Milk</p> | <p>Cinnamon Roll Fresh Fruit & Milk</p> |
| <p>9-Sep Teriyaki Dippers Brown Rice Green Beans Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk</p> | <p>10-Sep Hamburger French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk</p> | <p>11-Sep Spaghetti & Meatsauce Dinner Roll Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk</p> | <p>12-Sep Chicken Quesadila Black Beans and Corn Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk</p> | <p>13-Sep Pizza Caesar Salad Salad & Fruit Bar Nonfat Chocolate Milk</p> |
| <p>Cereal Choice & Yogurt Fresh Fruit & Milk</p> | <p>Pancake & Sausage on a stick Fresh Fruit & Milk</p> | <p>Mini Pancakes Fresh Fruit & Milk</p> | <p>Breakfast Pizza Fresh Fruit & Milk</p> | <p>Cinnamon Roll Fresh Fruit & Milk</p> |

Meal Prices:

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

Important Free & Reduced News

1. Applications need to be updated each year. Make sure you fill out a 2019-20 form.
2. Only one application is needed per family (Please list ALL family members living in the household).
3. Make sure ALL sections are completed.
4. Turn the form in at the kitchen of food service office.
5. You are responsible for any charges prior to the application being processed.
6. When your application is processed, you will receive a letter in the mail



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



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| 16-Sep | 17-Sep | 18-Sep | 19-Sep | 20-Sep |
| Cheese Stuffed Breadsticks Marinera Dipping Sauce Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk | Chicken Burger French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk | Chili Corn Bread Loaf Green Beans Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk | Ham & Cheese Sandwich Sun Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk | Pizza Caesar Salad Salad & Fruit Bar Nonfat Chocolate Milk |
| Cereal Choice & Yogurt <i>Fresh Fruit & Milk</i> | Pancake & Sausage on a stick <i>Fresh Fruit & Milk</i> | Mini Pancakes <i>Fresh Fruit & Milk</i> | Breakfast Pizza <i>Fresh Fruit & Milk</i> | Cinnamon Roll <i>Fresh Fruit & Milk</i> |
| 23-Sep | 24-Sep | 25-Sep | 26-Sep | 27-Sep |
| Mandarin Orange Chicken Brown Rice Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk | Cheeseburger French Fries Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk | Chicken Noodle Soup Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk | Beef Nachos w/ Salsa Jicama & Lime Salad & Fruit Bar Nonfat & 1% Milk Nonfat Chocolate Milk | Pizza Caesar Salad Salad & Fruit Bar Nonfat Chocolate Milk |
| Cereal Choice & Yogurt <i>Fresh Fruit & Milk</i> | Pancake & Sausage on a stick <i>Fresh Fruit & Milk</i> | Mini Pancakes <i>Fresh Fruit & Milk</i> | Breakfast Pizza <i>Fresh Fruit & Milk</i> | Cinnamon Roll <i>Fresh Fruit & Milk</i> |
| Student Lunch News \$\$\$ Please note: Balances carry over from last year, even if you have changed school sites in the Mount Vernon School District. Please be aware of your student's lunch account balance. Charging is no longer an option for this school year. | | | | |
| 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. | | | | |