



Mount Vernon School District

Growing Healthy Students!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Welcome Back to School!</p>		<p>5-Sep Chicken Nuggets French Fries Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk</p>	<p>6-Sep Burrito Seasoned Pinto Beans Salad & Fruit Bar Nonfat & 1% Milk</p>	<p>7-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>UBR Fresh Fruit & Milk</p>
<p>10-Sep Teriyaki Dippers Brown Rice Steamed Peas Salad & Fruit Bar Nonfat & 1% Milk</p>	<p>11-Sep Hamburger Potato Smiles Salad & Fruit Bar Nonfat & 1% Milk</p>	<p>12-Sep Spaghetti & Meatsauce Dinner Roll Steamed Corn Salad & Fruit Bar Nonfat & 1% Milk</p>	<p>13-Sep Chicken Quesadila Black Beans and Corn Salad & Fruit Bar Nonfat & 1% Milk</p>	<p>14-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>UBR 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 2018-19 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
17-Sep	18-Sep	19-Sep	20-Sep	21-Sep
Cheese Stuffed Breadsticks Marinera Dipping Sauce Mixed Fruit Salad & Fruit Bar Nonfat & 1% Milk	Chicken Burger French Fries Salad & Fruit Bar Nonfat & 1% Milk	Chicken Noodle Soup Garlic Bread Salad & Fruit Bar Nonfat & 1% Milk	Ham & Cheese Sandwich Sun Chips Salad & Fruit Bar Nonfat & 1% Milk Nonfat & 1% 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>	UBR <i>Fresh Fruit & Milk</i>
24-Sep	25-Sep	26-Sep	27-Sep	28-Sep
Mandarin Orange Chicken Steamed Brown rice Salad & Fruit Bar Nonfat & 1% Milk	Cheeseburger Potato Smiles Salad & Fruit Bar Nonfat & 1% Milk	Grilled Cheese Tomato Soup Goldfish Crackers Salad & Fruit Bar Nonfat & 1% Milk	Beef Nachos w/ Salsa Jicama & Lime Salad & Fruit Bar Nonfat & 1% 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>	UBR <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.				