



Mount Vernon School District Growing Healthy StudentsI

Monday	Tuesday	Wednesday	Thursday	Friday
29-May	30-May	31-May	1-Jun	2-Jun
	Cheese Stuffed Breadsticks	Chicken Strips	Chicken Soft Taco	Cheese Pizza
Memorial Day!	Marinara Sauce	Tater Tots	w/ Salsa	Fresh Fruit
No School	Fresh Fruit	Fresh Fruit	Fresh Fruit	and Vegetables
No Food Services	and Vegetables	and Vegetables	and Vegetables	1% White Milk or Chocolate Milk
	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk	
	Cereal Choice & Cracker	Pancake & Sausage on a Stick	Breakfast Pizza	Ultimate Breakfast Cookie
	Fresh Fruit & 1% Milk	Fresh Fruit & 1% Milk	Fresh Fruit & 1% Milk	Fresh Fruit & 1% Milk
5-Jun	6-Jun	7-Jun	8-Jun	9-Jun
Beef Teriyaki Dippers	Ham & Cheese Sandwich	_	Turkey Taco Nachos	Pepperoni Pizza
Steamed Rice & Veggies	Lays Potato Chips	Potato Wedges/French Fries	w/ Salsa	Fresh Fruit
Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	and Vegetables
Fortune Cookie	and Vegetables	and Vegetables	and Vegetables	1% White Milk or Chocolate Milk
1% White Milk or Chocolate Milk Cereal Choice & Cracker	1% White Milk or Chocolate Milk	1% White Milk or Chocolate Milk Mini Cinni or Strawberry Bagel Bar	1% White Milk or Chocolate Milk Breakfast Pizza	Ultimate Breakfast Cookie
Fresh Fruit & 1% Milk	Fresh Fruit & 1% Milk	Fresh Fruit & 1% Milk	Fresh Fruit & 1% Milk	Fresh Fruit & 1% Milk
12-Jun	13-Jun	14-jun	15-Jun	16-Jun
Chicken Nuggets	Hamburger	Cook's Choice Day!	Cheese Pizza	Chickpea Butter & Jelly Sandwich
	-	-	Fresh Fruit	
Sunchips Fresh Fruit	Potato Wedges/French Fries Fresh Fruit	and Vegetables	and Vegetables	Chips & Fruit Cup Fresh Vegetables
and Vegetables	and Vegetables		1% White Milk or Chocolate Milk	
0	1% White Milk or Chocolate Milk			Cookie!
Cereal Choice & Cracker	Pancake & Sausage on a Stick	Breakfast Pizza	Mini Cinni or Strawberry Bagel Bar	Ultimate Breakfast Cookie
Fresh Fruit & 1% Milk	Fresh Fruit & 1% Milk	Fresh Fruit & 1% Milk	Fresh Fruit & 1% Milk	Fresh Fruit & 1% 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.				
Summer Meal Service - Free for any child 18 and under. Breakfast & Lunch.				
Mount Vernon High School June 26 - August 3th. Monday- Thursday. Closed Fridays. Closed July 4th.				
Skagit Valley College July 11th - August 10th. Monday- Thursday. Closed Fridays.				
** Times		, , , , , , , , , , , , , , , , , , , ,	,	