## Mount Vernon High School
### Café Lunch Menu

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sandwiches &amp; Pizza</strong></td>
<td>Build your own hoagie sandwich with fresh veggie toppings *Chips included</td>
<td>Build your own hoagie sandwich with fresh veggie toppings *Chips included</td>
<td>Build your own hoagie sandwich with fresh veggie toppings *Chips included</td>
<td>Build your own hoagie sandwich with fresh veggie toppings *Chips included</td>
<td>Variety of Gourmet Pizza Choices</td>
</tr>
<tr>
<td><strong>Grill</strong></td>
<td>Hamburger + Fries</td>
<td>Hamburger + Fries</td>
<td>Hamburger + Fries</td>
<td>Hamburger + Fries</td>
<td>Hamburger + Fries</td>
</tr>
<tr>
<td></td>
<td>Chicken Burger + Fries</td>
<td>Chicken Burger + Fries</td>
<td>Chicken Burger + Fries</td>
<td>Chicken Burger + Fries</td>
<td>Chicken Burger + Fries</td>
</tr>
<tr>
<td></td>
<td>Chicken Nuggets + Chips</td>
<td>Chicken Nuggets + Chips</td>
<td>Chicken Nuggets + Chips</td>
<td>Chicken Nuggets + Chips</td>
<td>Chicken Nuggets + Chips</td>
</tr>
<tr>
<td><strong>Wraps</strong></td>
<td>Build your own wrap</td>
<td>Build your own wrap</td>
<td>Build your own wrap</td>
<td>Build your own wrap</td>
<td>Build your own wrap</td>
</tr>
<tr>
<td><strong>Special</strong></td>
<td>Daily Special</td>
<td>Daily Special</td>
<td>Daily Special</td>
<td>Daily Special</td>
<td>Daily Special</td>
</tr>
<tr>
<td><strong>Salad Bar</strong></td>
<td>Create your own salad from a variety of fresh ingredients *Grab’ n Go Sandwiches, Baked Potatoes &amp; Yogurt Parfaits Available</td>
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</tr>
</tbody>
</table>

Complete your meal with choice of fresh veggies, fruit and milk!

### Meal Prices

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Student: Paid</td>
<td>$3.00</td>
</tr>
<tr>
<td>Student: Reduced</td>
<td>$0.40</td>
</tr>
<tr>
<td>Adult: Guest</td>
<td>$4.00</td>
</tr>
<tr>
<td>Milk</td>
<td>$0.50</td>
</tr>
</tbody>
</table>

This institution is an equal opportunity provider and employer. Menu subject to change without notice.

Questions? Call David Connors, Food Service Director, at (360) 428-6149.
## Mount Vernon High School

### Café Breakfast Menu

<table>
<thead>
<tr>
<th>Daily Offerings</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
|                 | Cereal + String Cheese  
Cereal (2 each)  
Oatmeal + String Cheese  
Oatmeal (2 each)  
Yogurt + Cracker  
Yogurt + Granola  
Pop Tarts + String Cheese  
Bagel w/ Cream Cheese | Cereal + String Cheese  
Cereal (2 each)  
Oatmeal + String Cheese  
Oatmeal (2 each)  
Yogurt + Cracker  
Yogurt + Granola  
Pop Tarts + String Cheese  
Bagel w/ Cream Cheese | Cereal + String Cheese  
Cereal (2 each)  
Oatmeal + String Cheese  
Oatmeal (2 each)  
Yogurt + Cracker  
Yogurt + Granola  
Pop Tarts + String Cheese  
Bagel w/ Cream Cheese | Cereal + String Cheese  
Cereal (2 each)  
Oatmeal + String Cheese  
Oatmeal (2 each)  
Yogurt + Cracker  
Yogurt + Granola  
Pop Tarts + String Cheese  
Bagel w/ Cream Cheese | Cereal + String Cheese  
Cereal (2 each)  
Oatmeal + String Cheese  
Oatmeal (2 each)  
Yogurt + Cracker  
Yogurt + Granola  
Pop Tarts + String Cheese  
Bagel w/ Cream Cheese |

<table>
<thead>
<tr>
<th>Daily Special</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| Breakfast Sandwich  
Choice of:  
Sausage, Egg & Cheese  
Sausage & Cheese  
Ham, Egg & Cheese  
Ham & Cheese, No Egg | Breakfast Sandwich  
Choice of:  
Sausage, Egg & Cheese  
Sausage & Cheese  
Ham, Egg & Cheese  
Ham & Cheese, No Egg | Breakfast Sandwich  
Choice of:  
Sausage, Egg & Cheese  
Sausage & Cheese  
Ham, Egg & Cheese  
Ham & Cheese, No Egg | Cinnamon Roll +  
String Cheese | Breakfast Sandwich  
Choice of:  
Sausage, Egg & Cheese  
Sausage & Cheese  
Ham, Egg & Cheese  
Ham & Cheese, No Egg |

### Daily Special

- **Breakfast Sandwich**: Choice of:
  - Sausage, Egg & Cheese
  - Sausage & Cheese
  - Ham, Egg & Cheese
  - Ham & Cheese, No Egg

- **Breakfast Pizza**

- **Cinnamon Roll + String Cheese**

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### Meal Prices

<table>
<thead>
<tr>
<th></th>
<th>Student: Paid</th>
<th>Student: Reduced</th>
<th>Adult: Guest</th>
<th>Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Price</td>
<td>$1.75</td>
<td>$0.30</td>
<td>$4.00</td>
<td>$0.50</td>
</tr>
</tbody>
</table>

Complete your meal with choice of fruit and milk.