

Menus for August 2020

Menu For 3th - 5th Grades
Sack Lunch
Monte Vista School District



This institution is
an equal
opportunity

**We're here for you.
(Even if you're not here.)**

There's no telling how this year might go. But in all this uncertainty, there's one thing you can count on: the dedicated, caring women and men of our child nutrition program will be preparing and serving convenient, economical, healthy school meals for our students every day, in the lunchroom. Or in the classroom. Or somewhere else all together. We'll be there for you.

School Meals

We serve education every day™

**The original value meal
& still a fantastic deal!**

Breakfast Lunch

Free Free
Elementary Secondary
Elementary Secondary

Get in touch with us today to learn more about free and reduced-price meals in our district:

Bonnie Hunter 719-852-5986

DON'T FORGET!

To help keep
yourself,

Please follow our
Social Distancing

Monday, August 17

**Grades 3th-5th
Sack Lunch**

Pretzel
Cheese Stick
Fresh
Vegetable
Fruit
Milk

Tuesday, August 18

**Grades 3th-5th
Sack Lunch**

PB&J
Fresh
Vegetable
Fruit
Milk

Wednesday,

**Grades 3th-5th
Sack Lunch**

Turkey Wrap
Fresh
Vegetable
Fruit
Milk

Thursday, August 20

**Grades 3th-5th
Sack Lunch**

Ham & Cheese
Sandwich
Fresh
Vegetables
Fruit
Milk



**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

This year, this space will feature tips on taking care of ourselves and our families during the Coronavirus outbreak. Together, we can stay healthy and fit, physically and mentally!

The Morning Paper



How does a dog know what's going on in the world? Through his nose, of course! So when you walk a dog in the morning, and he's sniffing more than usual? A lot's happened overnight - he's just reading the morning newspaper!

We hope the last sweet days of Summer are super **PEACHY** for you!

What's on **YOUR** plate?

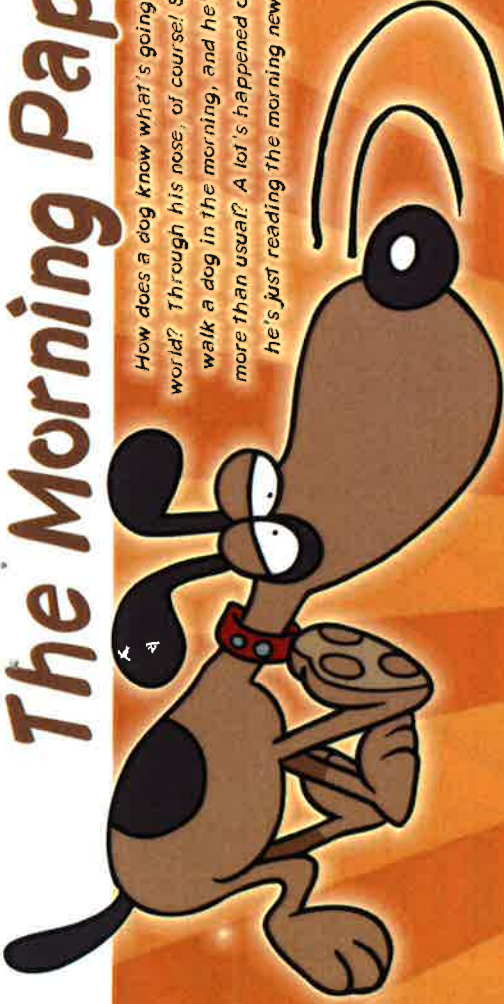


Q: What's a Burger's Best Friend?

A: It's not cheese, or ketchup, or special sauce! It's a nice big slice of fresh tomato. Not only does a crisp, cool tomato taste good on a burger, but the vitamin C in tomatoes also makes it easier for your body to use the protein in the meat!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html



Monday, August 24	Tuesday, August 25	Wednesday, August 26	Thursday, August 27
Grades 3th-5th Sack Lunch Turkey Sandwich Fresh Vegetable Fruit Milk	Grades 3th-5th Sack Lunch Pretzel String Cheese Fresh Vegetable Fruit Milk	Grades 3th-5th Sack Lunch PB&J Fresh Vegetable Fruit Milk	Grades 3th-5th Sack Lunch Ham Sandwich Fresh Vegetable Fruit Milk

Available Daily

1% White Milk

Fat Free Milk

Fat Free Chocolate

Milk

Monday, August 31
Grades 3th-5th Sack Lunch Turkey Wrap Fresh Vegetable Fruit Milk

Menus for August 2020

Menu For All Day Kids
Grades K-2 & 6-12
Monte Vista School District



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Breakfast Lunch

Free Free **\$2.50 \$2.75**

Elementary Elementary Secondary Secondary

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Bonnie Hunter 719-852-5986

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Monday, August 17

Breakfast
Cereal
Fruit
Milk

Lunch
Bean Burrito
Mexicali Corn
Cowboy Bread
Fruit
Milk

Tuesday, August 18

Breakfast
Churro
Sausage
Fruit Milk

Lunch
Chicken Fajitas
Pinto Beans
Dark Green Salad
Fruit
Milk

Wednesday, August 19

Breakfast
Breakfast Bar
Juice
Milk

Lunch
Corn Dog
Mac & Cheese
Peas
Fruit
Milk

Wednesday, August 12

Breakfast
Muffins
Cheese stick
Juice
Milk

Lunch
Cheese Burger
Fries
Lettuce/Tomato
Fruit
Milk

Thursday, August 13

Breakfast
UBR
Juice
Milk

Lunch
Pizza
Salad
Fruit
Milk

Friday, August 14

Teacher
Collaboration
Day

Thursday, August 20

Breakfast
PB&J
Juice
Milk

Lunch
Spaghetti
With Meat Sauce
Green Beans
Breadstick
Fruit Milk



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<p>Monday, August 24</p> <p><u>Breakfast</u> Cereal Fruit Milk</p> <p><u>Lunch</u> Chicken Sandwich California Veggies Fruit Milk</p>	<p>Tuesday, August 25</p> <p><u>Breakfast</u> Biscuit & Sausage Fruit Milk</p> <p><u>Lunch</u> Sloppy Joes Baby Carrots Fruit Milk</p>	<p>Wednesday, August 26</p> <p><u>Breakfast</u> Pop-Tart Juice Milk</p> <p><u>Lunch</u> Tostada Spanish Rice Fruit Milk</p>	<p>Thursday, August 27</p> <p><u>Breakfast</u> Bagel Cream Cheese Juice Milk</p> <p><u>Lunch</u> Pizza Salad Fruit Milk</p>
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Available Daily

1% White Milk

Fat Free Milk

Fat Free Chocolate

Milk

<p>Monday, August 31</p> <p><u>Breakfast</u> Cereal Fruit Milk</p> <p><u>Lunch</u> Chicken Nuggets Potato Au Gratin Fruit Milk</p>

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html