

# WELCOME BACK!!!

Menus for August 2021

Monte Vista School District

**This institution is an equal opportunity provider. Menus are subject to change.**

## We never stopped cooking for you.

Throughout the pandemic, we never stopped feeding. Our brave and selfless child nutrition folks never stopped working. Never stopped serving. And never stopped caring. Caring about our students. Caring about your kids. Caring about their community. No matter the obstacles – and they were many – our fantastic people never stopped cooking for your family. And they never will. Please thank them if you get the chance. It means a lot.

### School Meals

*We serve education every day™*

**Monday, August 16**

#### Breakfast

Muffin  
Fruit

#### Lunch

Bean & Beef  
Burrito W/ Green  
Chili Gravy  
Peas & Carrots  
Fruit

**Tuesday, August 17**

#### Breakfast

French Toast  
Sausage  
Fruit

#### Lunch

Chicken Sandwich  
California Vegging  
Fruit

**Wednesday, August 18**

#### Breakfast

Pop-Tart  
String Cheese  
Juice

#### Lunch

Frito Pie  
Lettuce/Tomato  
Corn  
Fruit

**Thursday, August 19**

#### Breakfast

PB&J  
Juice

#### Lunch

Pizza  
Dark Green Salad  
Fruit

#### Available Daily

1% White Milk

Fat Free Milk

Fat Free Chocolate  
Milk

**We're  
SO GLAD  
to see you!  
It's going  
to be a  
GREAT YEAR  
and we can't  
wait to serve  
your meals!**

# YOU'RE GOOD™



**ALL STUDENTS EAT  
ALL MEALS @ NO COST  
ALL YEAR LONG**

**This year's price: \$0**  
**You good with that?**

All of our complete meals are always

**NO CHARGE**  
**for all students**

**Through June 2022**

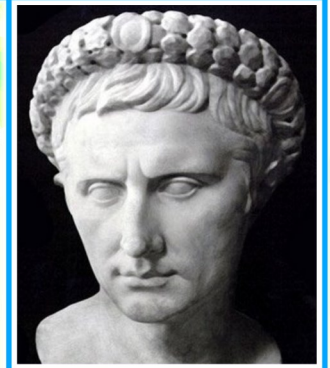


**Covering  
Some  
Ground**

*Believe it or not, there is no fixed size for a regulation soccer field, even at the pro level. Most pro fields are about 110 yards long and 75 yards wide. Turn those numbers into feet and multiply them together, and you'll get the area of a typical pro soccer field – nearly 75,000 square feet! And the goalie has to cover 192 square feet of open goal!*

**AUGUST**

The name AUGUST comes from the Roman Emperor Augustus Caesar. Originally, the month was called "Sextilis," or the sixth month, because March was the first month in the Roman calendar.



**How come watermelon is such a great choice?**

The MyPlate graphic advises us to make half of each meal fruits and vegetables – and that's one of the things that makes

watermelon such a great choice! It's not only delicious, and often locally-grown, and loaded with vitamins A and C and potassium, but watermelon also fills up your plate!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, August 23**

**Breakfast**  
Bagel & Cream  
Cheese  
Juice

**Lunch**  
Spaghetti  
Green Beans  
Fruit  
Bread Stick

**Tuesday, August 24**

**Breakfast**  
Pancake on a  
Stick  
Fruit

**Lunch**  
Taco  
Spanish Rice  
Corn  
Fruit

**Wednesday, August**

**Breakfast**  
UBR  
Juice

**Lunch**  
Chicken Nuggets  
Baked Beans  
Fruit  
Roll

**Thursday, August 26**

**Breakfast**  
Go-Gurt  
Graham Crackers  
Fruit

**Lunch**  
Cheese Burger  
Lettuce/Tomato/  
Pickle  
Fries  
Fruit

**Monday, August 30**

**Breakfast**  
Breakfast Bar  
Juice

**Lunch**  
Sloppy Joes  
Green Beans  
Pickle Spears  
Fruit

**Tuesday, August 31**

**Breakfast**  
Breakfast Pizza  
Fruit

**Lunch**  
Nacho El Grande  
Carrot Coins  
Peanut Butter  
Fruit

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

**WELLNESS IS A WAY OF LIFE!**

*This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!*



*We hope you enjoy the last sweet days of Summer BERRYmuch!*