

Menus for November 2021

Monte Vista School District

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

Monday, November 1

Breakfast

Pop-Tart
String Cheese
Fruit

Lunch

Corn Dog
Potato Wedges
Fruit

Tuesday, November 2

Breakfast

Biscuit & Sausage
Juice

Lunch

Beef Taco
Spanish Rice
Green Beans
Fruit

Wednesday, November 3

Breakfast

Go-Gurt
Elf Crackers
Juice

Lunch

Chicken Nuggets
Mashed Potato
Green Beans
Fruit

Thursday, November 4

Breakfast

Cereal
Fruit

Lunch

Rib Sandwich
Sun Chips
Fruit
Pickle Spears

Monday, November 8

Breakfast

Muffins
String Cheese
Juice

Lunch

Hamburger Gravy
Mashed Potato
Gravy
Peas
Fruit

Tuesday, November 9

Breakfast

Stuffed Bagels
Fruit

Lunch

Nacho El Grande
Corn
Fruit

Wednesday, November 10

Breakfast

Breakfast Bar
Juice

Lunch

Baked Potato Bar
Carrot coins
Fruit
Bread Stick

Thursday, November 11

Breakfast

Cereal
Fruit

Lunch

Pizza
Salad
Fruit

Available Daily

1% White Milk

Fat Free Milk

Fat Free Chocolate



What's on
YOUR
plate?

What-a-melon!

You might ask, "What is this watermelon doing wearing a big pink bow and sitting on a gold throne?"

More importantly, you might ask, "Why is this watermelon square?!!"

These square melons debuted in Japan as a trendy gift, selling for around \$200 each.

They're grown in boxes to get the cube shape, and they're meant to be ornamental, and most often they are not meant to be eaten, just admired!



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

WARM AND SOAPY.

You wash your hands to get rid of germs – and water alone can't do that. You need soap and warm water to rinse away bacteria. So soap up your hands, pull them out of the water stream and rub them all over for at least ten or fifteen seconds, and then rinse off.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, November 15

Breakfast
UBR
Fruit

Lunch
Tostada
Pinto Beans
Corn
Fruit

Tuesday, November 16

Breakfast
Churro
Sausage
Juice

Lunch
Burrito
Peas & Carrots
Fruit

Wednesday, November 17

Breakfast
PB&J
Fruit

Lunch
Turkey
Dinner
Fruit
Pumpkin Pie

Thursday, November 18

Breakfast
Cereal
Fruit

Lunch
Tomato Soup
Grilled Cheese
California Veggie
Fruit

STALACTITE

Hangs from the Ceiling
of a cave – contains
the letter "c"

Underground caves contain cool formations called "stalactites" and "stalagmites." They form when water seeps through the ground and drips from the cave ceiling.

STALAGMITE

Grows from the Ground
of a cave – contains
the letter "g"

There are caves you can tour in almost every state. You're probably no more than a few hours away from one!

ENJOY YOUR HOLIDAY!

THANKSGIVING!

SEE YOU MONDAY!

Monday, November 29

Breakfast
Bagel Cream
Cheese
Juice

Lunch
Meat Ball Sub
Fries
Fruit

Tuesday, November 30

Breakfast
Pancake on a
Stick
Fruit

Lunch
Chicken Sandwich
Corn on the Cob
Fruit

ABOVE and BEYOND



If the state of Alaska were placed inside the continental United States, it would stretch from coast to coast and from Canada to Texas. At their closest point, Alaska and Russia are only 55 miles apart.