

MENUS FOR SEPTEMBER 2021

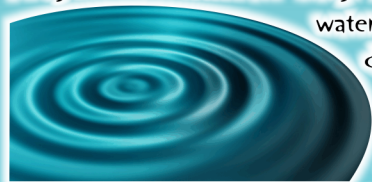
Monte Vista School District



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

RIPPLE EFFECT.

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what's the best way to give your body the water it needs? Easy. Drink fresh, pure water throughout the day, and try to make a habit of choosing water instead of soda.



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

**HAPPY
LABOR DAY!**



Try not to be **BLUE**
about Summer's end -
enjoy the last sweet
days of the season
BERRY much!



**NO SCHOOL
MONDAY,
SEPTEMBER 6**



Wednesday, September

Breakfast
PB&J
Juice

Lunch
Meatball Subs
French Fries
Fruit

Thursday, September 2

Breakfast
Cereal
Fruit

Lunch
Pizza
Salad
Fruit

Available Daily

1% White Milk

Fat Free Milk

Fat Free
Chocolate Milk

YOU'RE GOOD™



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

Monte Vista School District

Tuesday, September 7

Breakfast
Muffins
String Cheese
Juice

Lunch
Hamburger Gray
Mashed Potato
Broccoli
Fruit
Roll

Wednesday, September 8

Breakfast
Churro
Sausage
Fruit

Lunch
Chicken Enchilada
Spanish Rice
Corn
Fruit

Thursday, September 9

Breakfast
Cereal
Fruit

Lunch
Corn Dog
Baked Beans
Carrot Coins
Fruit

Monday, September 13

Breakfast

Cereal
Fruit

Lunch

Chicken Taco Salad
Black Beans
Fruit

Tuesday, September 14

Breakfast

Breakfast Burrito
Juice

Lunch

Cheese Burger
Lettuce/Tomato/
Pickle
Potato Wedges
Green Beans
Fruit

Wednesday, September 15

Breakfast

Bagel & Cream
Cheese
Fruit

Lunch

Chicken Fajita
Lettuce / Tomato
Pinto Beans
Fruit

Thursday, September 16

Breakfast

PB&J
Juice

Lunch

Pizza
Salad
Fruit

OUR 50 STATES



TENNESSEE

"The Volunteer State"

Admitted to the Union June 1, 1796 as the 16th State
State Capital: Nashville

Monday, September 20

Breakfast

Breakfast Bars
Juice

Lunch

BBQ Rib
Sandwich
Tater Tots
Peas
Fruit

Tuesday, September 21

Breakfast

Biscuit & Sausage
Fruit

Lunch

Beef Taco
Lettuce/Tomato
Spanish Rice
Corn
Fruit

Wednesday, September 22

Breakfast

UBR
Juice

Lunch

Smothered Burrito
Green Chili Gravy
Lettuce/Tomato
Baby Carrots
Fruit

Thursday, September 23

Breakfast

Cereal
Fruit

Lunch

Pig In A Blanket
Baked Beans
Fruit

OUR CAFETERIA FOLKS ARE AWESOME! THANK YOU!!!

**We never stopped
cooking for you.**

School Meals
We serve education every day™

Monte Vista SCHOOL FOOD SERVICE

Monday, September 27

Breakfast

Pop- Tarts
String Cheese
Juice

Lunch

Chicken Fried Steak
Mashed Potato
White Gravy
California Veggie
Fruit

Tuesday, September 28

Breakfast

Pancake On A
Stick
Fruit

Lunch

Tostada
Lettuce/Tomato
Pinto Beans
Peas & Carrots
Fruit

Wednesday, September 29

Breakfast

Cereal
Juice

Lunch

Sloppy Joes
French Fries
Fruit

Thursday, September 30

Breakfast

PB&J
Fruit

Lunch

Pizza
Salad
Fruit

"ARRR!"



**September 19 is
"International Talk
Like a Pirate" Day**

But EVERY DAY is
"Drink Your Milk" day!
And we've got you
covered with these
great milk selections
to choose from with all
complete meals:

**Lowfat Chocolate
Nonfat White
Lowfat White**