

Menu 2020 September

Monte Vista School District
This institution is an equal opportunity provider



Menus are subject to change

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.

HAPPY LABOR DAY!



We hope the last sweet days of your Summer are super

PEACHY!

★ OUR NATION'S HISTORY ★

In the deadliest natural disaster in U.S. history, a powerful hurricane struck Galveston, Texas in September, 1900 (before modern storm prediction was possible). A 15-foot wall of water and 140-m.p.h. winds flattened the unsuspecting town, taking at least 6,000 lives and destroying over 3,600 buildings.

★ WITH LIBERTY & JUSTICE FOR ALL ★

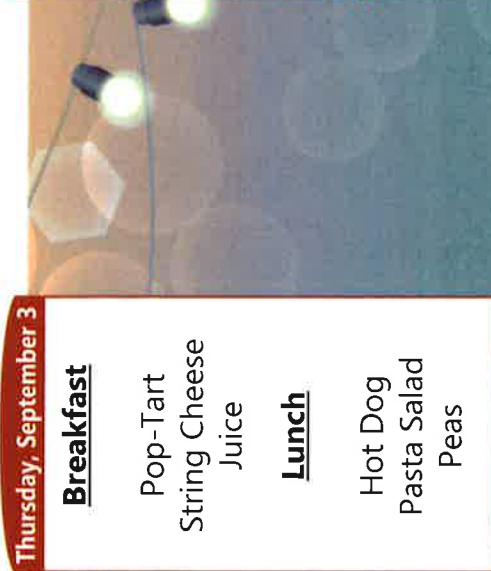


DON'T GET!

To help keep yourself, your friends, and your family healthy

Please follow
our

Available Daily 1% Milk Fat Free Milk



Thursday, September 3

Breakfast

- Pop-Tart
- String Cheese
- Juice

Lunch

- Hot Dog
- Pasta Salad
- Peas

Friday, September 11

Breakfast

- UBR
- Juice

Lunch

- Nacho El Grande
- Corn
- Fruit

Thursday, September 10

Breakfast

- Bagel & Cream cheese
- Juice

Lunch

- Pizza
- Salad
- Fruit

Wed., September 9

Breakfast

- Biscuit & Sausage
- Fruit

Lunch

- Chicken Enchilada
- Green Beans
- Fruit
- Applesauce Cake

Tuesday, September 1

Breakfast

- French Toast
- Sausage
- Fruit

Lunch

- BBQ Rib
- Tater Tots
- Fruit

Tuesday, September 8

Breakfast

- Cereal
- Fruit

Lunch

- Cheese Burger
- Fries
- Fruit

What's on YOUR plate?



Q: How come Bugs Bunny can see so well in the dark?



A: It's because of the vitamin A in all those carrots he eats! Vitamin A helps improve night vision!

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

Monday, September 14

Breakfast

Cereal
Fruit

Lunch

Chicken Nuggets
Peas & Carrots
Fruit

Tuesday, September 15

Breakfast

Churro
Sausage
Fruit

Lunch

Sloppy Joes
Baked Beans
Green Beans

Wed., September 16

Breakfast

Muffins
String Cheese
Juice

Lunch

Lasagna
Salad
Fruit

Thursday, September 17

Breakfast

Breakfast Bar
Fruit

Lunch

Chicken Strips
Mashed potato
Gravy

SELF CARE.
We've all been under a lot of stress this year. That's why it's more important than ever to set aside some regular time to take care of yourself – which will make it easier for all of us to keep taking care of each other!

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

Wed., September 23

Breakfast

Stuff Bagels
Juice

Lunch

Spaghetti
Peas
Fruit
Bread Stick

Tuesday, September 22

Breakfast

Breakfast Burrito
Fruit

Lunch

Chicken Fajitas
Pinto Beans
Baby Carrots
Fruit

Monday, September 21

Breakfast

Cereal
Fruit

Lunch

Smothered
Burrito
Corn
Spanish Rice

Thursday, September 24

Breakfast

PB&J
Fruit

Lunch

Pizza
Dark Green Salad
Fruit

Monday, September 28

Breakfast

Cereal
Fruit

Lunch

Meatball Sub
Potato Wedges
Carrot Coins
Fruit

Tuesday, September 29

Breakfast

Breakfast Pizza
Fruit

Lunch

Tostada
Lettuces/Tomato
Green Beans
Fruit

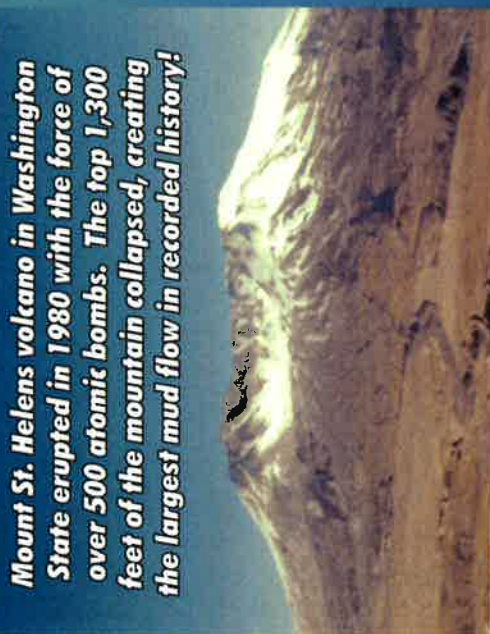
Wed., September 30

Breakfast

Pretzel
String Cheese

Lunch

Chicken Sandwich
California Veggies
Fruit



Mount St. Helens volcano in Washington State erupted in 1980 with the force of over 500 atomic bombs. The top 1,300 feet of the mountain collapsed, creating the largest mud flow in recorded history!