

MENUS FOR

OCTOBER 2023

Monte Vista School District

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

SAVE THE BANANA!

They're a nutritious, portable snack or part of a healthy breakfast -- but bananas are under attack! A disease could wipe out the world's supply of the most popular kind of banana in the next 25 years. Scientists are hard at work to identify banana varieties that resist the disease. Let's wish them luck!



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

VEGETABLE

Green Peas

Peas are high in fiber and protein -- and a cup of peas even provides 98% of your daily vitamin C! Researchers have recently found that peas also contain a unique blend of cancer-fighting substances called "phytonutrients."

HITTING

OF THE MONTH

Monday, October 2

Breakfast

Cereal
Fruit

Lunch

Bean Burrito
With Green Chili
Gravy
Corn
Fruit

Tuesday, October 3

Breakfast

Pancake On A Stick
Juice

Lunch

Corn Dogs
Fries
Peas
Fruit

Wednesday, October 4

Breakfast

Muffin
String Cheese
Fruit

Lunch

Ground Beef &
Macaroni
Green Beans
Fruit
Bread Stick

Thursday, October 5

Breakfast

UBR
Juice

Lunch

Pizza
Salad
Fruit

Friday, October 6

Breakfast

UBR
Juice

Lunch

Pizza
Salad
Fruit

Saturday, October 7

Breakfast

UBR
Juice

Lunch

Pizza
Salad
Fruit

Sunday, October 8

Breakfast

UBR
Juice

Lunch

Pizza
Salad
Fruit

Monday, October 9

Breakfast

Cereal Bar
Juice

Lunch

Chicken Sandwich
Peas
Fruit

Tuesday, October 10

Breakfast

Breakfast Pizza
Fruit

Lunch

Chicken Enchilada
Pinto Beans
Corn
Fruit

Wednesday, October 11

Breakfast

Banana Bread
Juice

Lunch

Lasagna
Salad
Fruit
Bread Stick

Thursday, October 12

Breakfast

Breakfast Bar
Fruit

Lunch

Southwest Sandwich
Baby Carrots
Fruit

OCTOBER IS

Breast Cancer

AWARENESS MONTH



AVAILABLE
Daily

1% White Milk
Fat Free
Chocolate Milk



Monday, October 16

Breakfast
Cereal
Juice

Lunch
Rib Sandwich
Tater Totes
Peas & Carrots
Fruit

Tuesday, October 17

Breakfast
Waffle
Sausage
Fruit

Lunch
Chili Fries
Green Beans
Fruit

Wednesday, October 18

Breakfast
Nutri Bar
String Cheese
Juice

Lunch
Chicken Pot Pie
Broccoli
Fruit

Thursday, October 19

Breakfast
UBR
Fruit

Lunch
Pizza
Salad
Fruit

Monday, October 23

Breakfast
Cereal
Juice

Lunch
Nacho El Grande
Corn
Fruit

Tuesday, October 24

Breakfast
Breakfast Burrito
Fruit

Lunch
Beef Tostada
Spanish Rice
Peas
Fruit

Wednesday, October 25

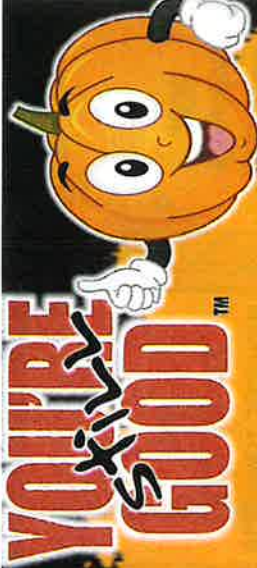
Breakfast
PB&J
Juice

Lunch
Chicken Nuggets
Mashed Potatoes
White Gravy
Carrot Coins
Fruit

Thursday, October 26

Breakfast
Bagel & Cream Cheese
Fruit

Lunch
Posole
Tortilla
California Veggie
Fruit



ALL STUDENTS EAT ALL MEALS @

NO COST ALL YEAR LONG

STRANGE



WHY ARE THE BUTTONS ON MEN'S AND WOMEN'S CLOTHES ON DIFFERENT SIDES? BUTTONS USED TO BE ELABORATE AND COSTLY, SO ONLY VERY WEALTHY PEOPLE HAD THEM. THE MEN DRESSED THEMSELVES, BUT THE WOMEN WERE DRESSED BY SERVANTS - WHO COULD FASTEN THE BUTTONS MORE EASILY IF THEY WERE REVERSED!



The current record for the world's heaviest pumpkin is 2702 pounds!



Monday, October 31

Breakfast
Pancake
Sausage
Juice

Lunch
Taco
Corn
Pinto Beans
Fruit

Monday, October 30

Breakfast
Cereal
Juice

Lunch
Spaghetti
Peas & Carrots
Fruit
Bread Sticks