

# Menus for November 2023



Monte Vista School District

Menus are subject to change.

*This institution is an equal opportunity provider and employer.*

**YOU'RE  
GOOD**



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

Wednesday, November 1

## Breakfast

UBR  
Fruit

## Lunch

Chicken Fried  
Steak  
Mashed Potato  
Green Beans  
Fruit  
Roll

Thursday, November 2

## Breakfast

Muffins  
Cheese Stick  
Juice

## Lunch

Pizza  
Salad  
Fruit

Monday, November 6

## Breakfast

Cereal Bar  
Fruit

## Lunch

Chicken  
Quesadilla  
Peas  
Fruit

Tuesday, November 7

## Breakfast

Churro  
Sausage  
Juice

## Lunch

Beef Taco  
Pinto Beans  
Corn  
Fruit

Wednesday, November 8

## Breakfast

Cherry Apple  
Crunch Bar  
Fruit

## Lunch

Tomato Soup  
Grilled Cheese  
Sandwich  
California Veggie  
Fruit

Thursday, November 9

## Breakfast

Bagel & Cream  
Cheese  
Juice

## Lunch

Lasagna  
Salad  
Fruit  
Bread Stick

**DON'T 4 GET!**

Take at least **ONE**

**FRUIT or VEGGIE**

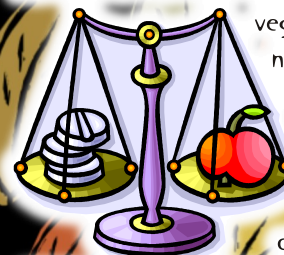
and at least **THREE**

items total so your meal  
counts as a complete lunch!

**BALANCING ACT.**

Should kids take a vitamin pill every day? Fussy eaters and kids who don't eat a lot of fruits, veggies, and grains might need a daily vitamin.

But kids who eat a reasonably healthy and balanced diet probably don't need one. Ask your doctor.



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





# Center of Attention!

Turkey is the star attraction on many Thanksgiving tables -- and this tasty bird is a nutrition star, too! Three ounces of turkey breast (without skin) contains just 88 calories, 1½ grams of fat, almost no saturated fat, and a whopping 14 grams of protein!



It's worth searching for high-quality, nutritious food like turkey. Can you find your way to the smiling turkey at the center of the maze?

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, November 13

**Breakfast**  
Cereal  
Fruit

**Lunch**  
Beef Tostada  
Spanish Rice  
Corn  
Fruit

Tuesday, November 14

**Breakfast**  
Breakfast Pizza  
Juice

**Lunch**  
Corn Dogs  
Baked Beans  
Peas & Carrots  
Fruit

Wednesday, November 15

**Breakfast**  
Breakfast Bar  
Fruit

**Lunch**  
Turkey Gravy  
Mashed Potato  
Green Beans  
Pumkin Pie  
Roll

Thursday, November 16

**Breakfast**  
Banana Bread  
Juice

**Lunch**  
Pizza  
Salad  
Fruit



# HAPPY THANKSGIVING!

# SEE YOU MONDAY!

Monday, November 27

**Breakfast**  
Cereal Bar  
Fruit

**Lunch**  
Hamburger Gravy  
Mashed Potato  
Green Beans  
Fruit  
Roll

Tuesday, November 28

**Breakfast**  
French Toast  
Sausage  
Juice

**Lunch**  
Bean Burrito  
Green Chili Gravy  
Corn  
Fruit

Wednesday, November 29

**Breakfast**  
Go-Gurt  
Graham Crackers  
Fruit

**Lunch**  
Rib Sandwich  
Fries  
Fruit

Thursday, November 30

**Breakfast**  
Muffins  
String Cheese  
Fruit

**Lunch**  
Spaghetti  
Salad  
Fruit  
Bread Stick

AVAILABLE DAILY

**1% White Milk**

**Fat Free**

**Chocolate Milk**

