

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

Thursday, September 3

Breakfast

Pop-Tart
String Cheese
Juice

Lunch

Hot Dog
Pasta Salad
Peas

Wed., September 2

Breakfast

Yogurt
Graham crackers
Juice

Lunch

Taco
Lettuce/Tomato
Pino Beans

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

Thursday, September 10

Breakfast

Bagel &
Cream cheese
Juice

Lunch

Pizza
Salad
Fruit

Friday, September 11

Breakfast

UBR
Juice

Lunch

Nacho El Grande
Corn
Fruit



DON'T FORGET!

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

Please follow
our

**Available Daily 1% Milk
Fat Free Milk Fat Free Chocolate**

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!

Friday, September 18

Breakfast

Breakfast Burrito
Fruit

Lunch

Spaghetti
Peas
Fruit
Bread Stick

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

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

Wednesday, September 30

Breakfast

Pretzel
String Cheese

Lunch

Chicken Sandwich
California Veggies
Fruit

Thursday, September 24

Breakfast

PB&J
Fruit

Lunch

Pizza
Dark Green Salad
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!



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

Thursday, September 3

3th-5th Grades
Afternoon
Classes
Sack Lunch

Turkey & Cheese
Wrap
Fresh Veggie
Bean Dip
Chips
Fruit

Wed., September 2

3th-5th Grades
Afternoon
Classes
Sack Lunch

PB&J
Veggie
Fresh Veggie
Fruit

Tuesday, September 1

3th-5th Grades
Afternoon
Classes
Sack Lunch

Ham & Cheese
Sandwich
Fresh Veggie
Fruit

Thursday, September 10

3th-5th Grades
Afternoon
Classes
Sack Lunch

PB&J
Fresh Veggie
Fruit

Wed., September 9

3th-5th Grades
Afternoon
Classes
Sack Lunch

Ham & Cheese
Sandwich
Fresh Veggie
Fruit

Tuesday, September 8

3th-5th Grades
Afternoon
Classes
Sack Lunch

Pretzel
String cheese
Fresh Veggie
Fruit

Friday, September 11

3th-5th Grades
Afternoon
Classes
Sack Lunch

Turkey Cheese
Wrap
Fresh Veggie
Fruit



DON'T GET!

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

Please follow
our

Available Daily **1% MILK**
Fat Free Milk **Fat Free Chocolate**

**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

**3Th-5th Grades
Afternoon
Sack Lunch**

PB&J
Fresh Veggie
Fruit

Tuesday, September 15

**3Th-5th Grades
Afternoon
Sack Lunch**

Ham & Cheese
Sandwich
Fresh Veggie
Fruit

Wed., September 16

**3Th-5th Grades
Afternoon
Sack Lunch**

Pretzel
String Cheese
Fresh Veggie
Juice

Thursday, September 17

**3Th-5th Grades
Afternoon
Sack Lunch**

Turkey & Cheese
Wrap
Bean Dip
Chips
Fruit

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!

Tuesday, September 22

**3Th-5th Grades
Afternoon
Sack Lunch**

PB&J
Veggie
Fruit

Monday, September 21

**3Th-5th Grades
Afternoon
Sack Lunch**

Pretzel
String Cheese
Fresh Veggie
Fruit

Wed., September 23

**3Th-5th Grades
Afternoon
Sack Lunch**

Turkey & Cheese
Sandwich
Fresh Vegging
Fruit

Thursday, September 24

**3Th-5th Grades
Afternoon
Sack Lunch**

Ham & Cheese
Sandwich
Fresh Veggie
Fruit

Monday, September 28

**3Th-5th Grades
Afternoon
Sack Lunch**

PB&J
Fresh Veggie
Fruit

Tuesday, September 29

**3Th-5th Grades
Afternoon
Sack Lunch**

Ham & Cheese
Wrap
Fresh Veggie
Bean Dip
Chips
Fruit

Wed., September 30

**3Th-5th Grades
Afternoon
Sack Lunch**

Pretzel
String Cheese
Fresh Veggie
Juice
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!



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 Fat Free Chocolate

Thursday, September 3

3Th-5th Grades
Afternoon
Classes Sack
Breakfast

Pop-Tart
String Cheese
Juice

Thursday, September 10

3Th-5th Grades
Afternoon
Classes Sack
Breakfast

Bagel
Cream Cheese
Juice

Wed., September 2

3Th-5th Grades
Afternoon
Classes Sack
Breakfast

Yogurt
Graham Crackers
Juice

Wed., September 9

3Th-5th Grades
Afternoon
Classes Sack
Breakfast

PB&J
Fruit

Tuesday, September 1

3Th-5th Grades
Afternoon
Classes Sack
Breakfast

Breakfast Bar
Fruit

Tuesday, September 8

3Th-5th Grades
Afternoon
Classes Sack
Breakfast

Cereal
Fruit

Friday, September 11

3Th-5th Grades
Afternoon
Classes Sack
Breakfast

UBR
Juice

**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](http://kidshealth.org/kids/healthy/food/pyramid.html) or <http://kidshealth.org/kids/healthy/food/pyramid.html>

Monday, September 14

3Th-5th Grades
Afternoon
Classes Sack
Breakfast

Cereal
Fruit

Tuesday, September 15

3Th-5th Grades
Afternoon
Classes Sack
Breakfast

PB&J
Fruit

Wed., September 16

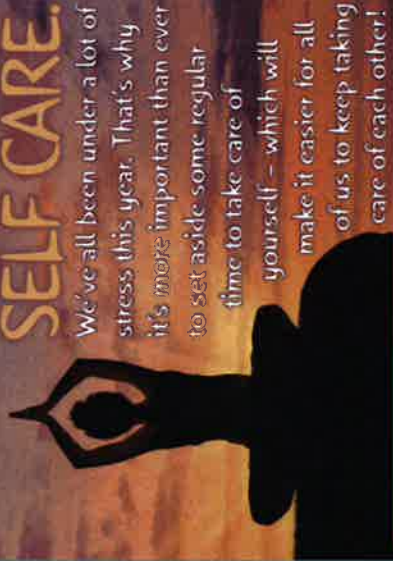
3Th-5th Grades
Afternoon
Classes Sack
Breakfast

Muffins
String Cheese
Juice

Thursday, September 17

3Th-5th Grades
Afternoon
Classes Sack
Breakfast

Breakfast Bar
Fruit



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!

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!



Wed., September 23

3Th-5th Grades
Afternoon
Classes Sack
Breakfast

Stuff Bagels
Juice

Tuesday, September 22

3Th-5th Grades
Afternoon
Classes Sack
Breakfast

UBR
Fruit

Monday, September 21

3Th-5th Grades
Afternoon
Classes Sack
Breakfast

Cereal
Fruit

Wed., September 30

3Th-5th Grades
Afternoon
Classes Sack
Breakfast

Pretzel
String Cheese

Tuesday, September 29

3Th-5th Grades
Afternoon
Classes Sack
Breakfast

Pop-Tart
Spring Cheese
Fruit

Monday, September 28

3Th-5th Grades
Afternoon
Classes Sack
Breakfast

Cereal
Fruit

Thursday, September 24

3Th-5th Grades
Afternoon
Classes Sack
Breakfast

PB&J
Juice