

MENUS FOR OCTOBER

2024

Many Moons

Native Americans had special names for every full moon of the year. One name for the October full moon is the "Yellow Leaf Moon," as the changing colors of the leaves signal a new season!

Monte Vista School District

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

STAY!!!!

Feeling sick as a dog?
If you think it's the flu,
please do yourself,
your teachers,
your classmates,
and their families a
favor and stay home
until your fever's been gone
for at least 24 hours. That's a good boy.



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

DON'T 4GET!

Take at least **ONE**

FRUIT or VEGGIE

and at least **THREE**

items total so your meal
counts as a complete lunch!

Tuesday, October 1

Breakfast
French Toast
Sausage Link
Juice

Lunch
Posole
Peas
Fruit
Tortilla

Wednesday, October 2

Breakfast
Muffins
String Cheese
Fruit
Lunch
Tostada
Spanish Rice
Peas & Carrots
Fruit

Thursday, October 3

Breakfast
Go-Gurt
Tiger Bites
Juice
Lunch
BBQ Pulled Pork
Sandwich
Tater Tots
Green Beans
Fruit

Monday, October 7

Breakfast
Cereal
Fruit

Lunch
Spaghetti
Broccoli
Fruit
Bread Stick

Tuesday, October 8

Breakfast
Biscuit & Sausage
Juice

Lunch
Chicken Soft Taco
Lettuce/Tomato
Corn
Fruit

Wednesday, October 9

Breakfast
PB&J
Fruit
Lunch
BBQ Rib Sandwich
French Fries
Peas
Fruit

Thursday, October 10

Breakfast
Breakfast Bar
Juice

Lunch
Pizza
Salad
Fruit

OCTOBER

The name "October" comes from the Latin word for "eight" -- but it's the tenth month! What gives? In the Roman calendar, it WAS the eighth month, but then January and February were added when the calendar was revised, and October kept its name.



Lepidopterist

A "Lepidopterist" is someone who collects or studies butterflies.



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

Monday, October 14

Breakfast
Cereal Bar
Fruit

Lunch
Chili
Cowboy Bread
Baby Carrots
Fruit

Tuesday, October 15

Breakfast
Pancake On A
Stick
Juice

Lunch
Chicken Nugget
Mac & Cheese
Green Beans
Fruit, Roll

Wednesday, October 16

Breakfast
Pop-Tart
Fruit

Lunch
Lasagna
California Veggie
Fruit
Bread Stick

Thursday, October 17

Breakfast
Banana Bread
Juice

Lunch
Sloppy Joes
Broccoli
Fruit

Monday, October 21

Breakfast
Cereal
Fruit

Lunch
Hamburger Gravy
Mashed Potatoes
Carrot Coins
Fruit

Tuesday, October 22

Breakfast
Churro
Sausage
Juice

Lunch
Burrito
With Green Chili
Gravy
Mexicali Corn
Fruit

Wednesday, October 23

Breakfast
PB&J
Fruit

Lunch
Chicken Sandwich
French Fries
Peas
Fruit

Thursday, October 24

Breakfast
UBR
Juice

Lunch
Pizza
Salad
Fruit

Monday, October 28

Breakfast
Cereal Bar
Fruit

Lunch
Chicken Fajitas
Peas & Carrots
Fruit

Tuesday, October 29

Breakfast
Breakfast Pizza
Juice

Lunch
Chicken Enchilada
Spanish Rice
Green Beans
Fruit

Friday, October 30

Breakfast
Muffins
Sting Cheese
Fruit

Lunch
Nacho El Grande
Corn
Fruit

Friday, October 31

Breakfast
Breakfast Bars
Juice

Lunch
Corn Dog
Baked Beans
Carrot Coin
Fruit