



Menus for October 2021

Monte Vista School District

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

Supply and demand.

We're trying to continue to operate as close to our pre-pandemic level as possible. But, like the restaurant and food service sector generally, we're facing unprecedented supply chain challenges. Sometimes we may have to substitute an item at the last minute to give our customers the best, freshest options available that day. We thank our parents and kids in advance for your on-going understanding of this situation!

School Meals

We serve education every day™

OCTOBER IS

Breast Cancer

AWARENESS MONTH

VEGETABLE

Cauliflower



Cauliflower, like its cousins broccoli and cabbage, contains compounds that fight cancer. Cauliflower is a low-fat, high-fiber food that is loaded with vitamin C and other nutrients.

OF THE MONTH

Monday, October 4

Breakfast

UBR
Juice

Lunch

Lasagna
Salad
Fruit
Bread Stick

Tuesday, October 5

Breakfast

Churro
Sausage, Fruit

Lunch

Chicken Sandwich
Peas
Fruit

Wednesday, October 6

Breakfast

PB&J
Juice

Lunch

Corn Dog
Sun Chips
Carrot Coins
Fruit

Thursday, October 7

Breakfast

Bagel & Cream
Cheese
Fruit

Lunch

Tomato Soup
Grilled Cheese
Sandwich
California Veggie
Fruit

NO BONES ABOUT IT.



Touch the tip of your nose – that's what bones feel like without calcium. Bones that don't get enough calcium are weaker and more likely to break. Good sources of calcium include milk, yogurt, cheese, and calcium-fortified cereal and orange juice.

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

Monday, October 11

Breakfast

Cereal
Fruit

Lunch

Tostada
Spanish Rice
Corn
Fruit

Tuesday, October 12

Breakfast

Pancake On A
Stick, Fruit

Lunch

Pork Pita Pocket
Rice Pilaf
Carrots & Celery
Fruit

Wednesday, October 13

Breakfast

Pop-Tart
String Cheese
Juice

Lunch

Chicken Strips
Scalloped Potato
Peas & Carrots
Fruit
Roll

Thursday, October 14

Breakfast

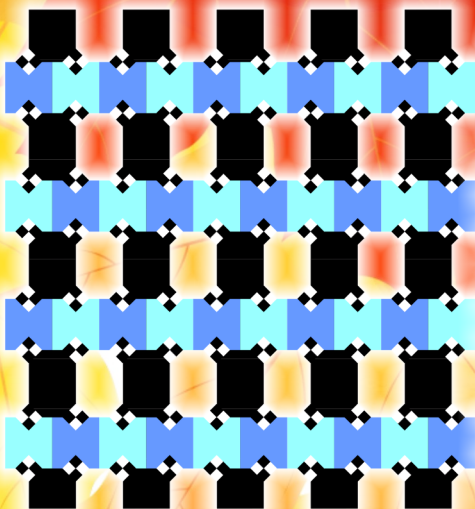
Go-Gurt
Elf Graham
Cracker
Juice

Lunch

Pizza
Salad
Fruit

Available
Daily

1% Milk
Fat Free
Milk
Fat Free
Chocolate
Milk



Only an Illusion

At first glance, the rows of lighter colored squares appear to be slanted – but they're actually parallel to each other. Check it out with a ruler – the distance between the rows of lighter squares is exactly the same on the left and the right!

BEAUTIFUL SWIMMER

The scientific name for the Chesapeake Bay Blue Crab translates to "beautiful swimmer."

Maybe. But their eating habits are hardly pretty. They'll eat just about anything that they can get their claws on – including plants, worms, crustaceans, algae, and any dead stuff they can find in the water!



ANIMAL APPETITES

Monday, October 18

Breakfast
Muffins
juice

Lunch
Chicken Enchilada
Pinto Beans
Peas
Fruit

Tuesday, October 19

Breakfast
French Toast
Sausage
Fruit

Lunch
Smothered Burrito
Green Beans
Fruit

Wednesday, October 20

Breakfast
Breakfast Bar
Juice

Lunch
Spaghetti
Salad
Fruit
Bread Stick

Thursday, October 21

Breakfast
Cereal
Fruit

Lunch
Tomato Soup
Grilled Cheese
Sandwich
California Veggie
Fruit

Monday, October 25

Breakfast
Pop-Tart
String Cheese
Juice

Lunch
Chicken Fajitas
Pinto Beans
Peas
Fruit

Tuesday, October 26

Breakfast
Breakfast Pizza
Fruit

Lunch
Sloppy Joes
Oven Baked Fries
Fruit
Pickle Spear

Wednesday, October 27

Breakfast
UBR
Juice

Lunch
Nacho El Grande
Corn
Fruit

Thursday, October 28

Breakfast
Cereal
Fruit

Lunch
Pizza
Salad
Fruit
Chocolate Cake



What's on **YOUR** plate?



Q:

Besides carving, what else can you POSSIBLY do with a pumpkin?!

A: PLENTY! When the colonists first came to North America, they found Native Americans making mats out of pumpkin strips, using pumpkin as medicine, and also roasting strips and seeds for food. The colonists learned to slice the tops off pumpkins, fill them with milk, spices, and honey and bake them directly in hot ashes. That was the origin of Pumpkin Pie!



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