

# Menus for November 2024

Monte Vista School District

*This institution is an equal opportunity*



Monday, November 4

**Breakfast**

UBR  
Fruit

**Lunch**

Beef Taco  
Spanish Rice  
Corn  
Fruit

Tuesday, November 5

**Breakfast**

Breakfast  
Burrito  
Juice

**Lunch**

Pork Pita Pocket  
Broccoli  
Fruit

Wednesday, November 6

**Breakfast**

Pop-Tart  
String Cheese  
Fruit

**Lunch**

Chicken Fried  
Steak  
Mashed  
Potatoes  
White Gravy

Thursday, November 7

**Breakfast**

PB&J  
Juice

**Lunch**

Tomato Soup  
Grilled Cheese  
Sandwich  
California  
Veggies

Monday, November 11

**Breakfast**

Cereal Bar  
Fruit

**Lunch**

Chicken  
Quesadilla  
Peas  
Fruit

Tuesday, November 12

**Breakfast**

Pancake On A  
Stick  
Juice

**Lunch**

Burrito  
With Green Chili  
Gravy  
Corn  
Fruit

Wednesday, November 13

**Breakfast**

Go-Gurt  
Tiger Bites  
Fruit

**Lunch**

Lasagna  
Broccoli  
Fruit  
Bread Stick

Thursday, November 14

**Breakfast**

Bagel & Cream  
Cheese  
Juice

**Lunch**

Pizza  
Salad  
Fruit

**DON'T 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/foodpyramid.html](http://kidshealth.org/kid/stay_healthy/foodpyramid.html)

Monday, November 18

- Breakfast**
- Cereal
- Fruit
- Lunch**
- Tostada
- Spanish Rice
- Corn
- Fruit

Tuesday, November 19

- Breakfast**
- Breakfast Pizza
- Juice
- Lunch**
- Corn Dogs
- Baked Beans
- Peas & Carrots
- Fruit

Wednesday, November

- Breakfast**
- Breakfast Bar
- Fruit
- Lunch**
- Turkey Gravy
- Mashed Potato
- Green Beans
- Pumpkin Pie Roll

Thursday, November 21

- Breakfast**
- Banana Bread
- Juice
- Lunch**
- Posole
- Peas
- Fruit
- Tortilla

AVAILABLE DAILY



1% White Milk  
Fat Free  
Chocolate Milk



# SEE YOU MONDAY!