

Menus for August 2026

Monte Vista School District



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

YOU'RE GOOD

**ALL STUDENTS EAT
ALL MEALS @ NO COST
AGAIN THIS YEAR**

Monday, August 10

Breakfast

Muffins
String Cheese
Juice

Lunch

Corn Dogs
French Fries
Carrot Coins
Fruit

Tuesday, August 11

Breakfast

Pancake On A
Stick
Fruit

Lunch

Spaghetti
Salad
Fruit
Breadstick

Wednesday, August 12

Breakfast

Cereal
Juice

Lunch

Beef Taco
Spanish Rice
Corn
Fruit

Thursday, August 13

Breakfast

PB&J
Fruit

Lunch

Frito Pie
Green Beans
Fruit

Friday, August 14

Breakfast

Bagels
Cream Cheese
Juice

Lunch

BBQ Rib
Sandwich
Tater Totes
Peas
Side Kick

DON'T 4 GET!

**To make a lunch,
choose at least one**



or

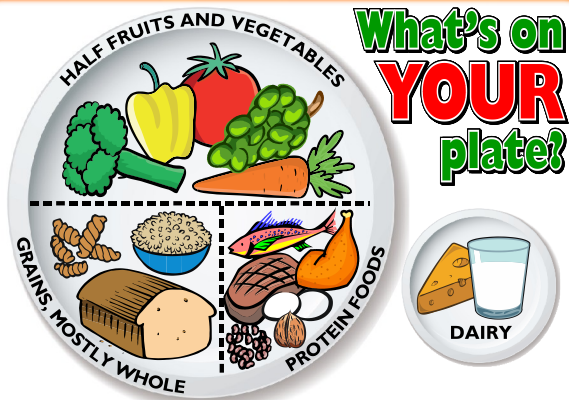


**and 3-5
items
total**



**We're
SO GLAD
to see you!
It's going
to be a
GREAT YEAR
and we can't
wait to serve
your meals!**





Tastes like summer!



Fresh summer tomatoes are one of the great taste treats of the year. Over 10,000 varieties of tomatoes exist, and Americans eat an average of 22 pounds worth a year -- but most of that is packaged stuff, in the form of ketchup and tomato sauce. Do yourself a favor -- eat some delicious summertime tomatoes the way nature "packaged" them -- warm and juicy, right off the vine!

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

Monday, August 17

Breakfast
Banana Bread
Fruit

Lunch
Tostada
Spanish Rice
Green Bean
Fruit

Tuesday, August 18

Breakfast
Biscuit
Sausage
Juice

Lunch
Bean & Beef
Burrito
Corn
Fruit

Wednesday, August 19

Breakfast
Cereal
Fruit

Lunch
Pulled Pork
Sandwich
French Fries
Fruit

Thursday, August 20

Breakfast
Breakfast Bar
Juice

Lunch
Chicken
Quesadilla
Peas & Carrot
Fruit

AVAILABLE DAILY

1% White
Milk
Fate Free
Chocolate
Milk

Monday, August 24

Breakfast
UBR
Fruit

Lunch
Lasagna
Broccoli
Fruit
Breadstick

Tuesday, August 25

Breakfast
Breakfast
Burrito
Juice

Lunch
Chicken Fajitas
Carrot Coins
Fruit

Wednesday, August 26

Breakfast
Cereal
Fruit

Lunch
Southwestern
Sandwich
Green Beans
Fruit

Thursday, August 27

Breakfast
Muffins
String Cheese
Juice

Lunch
Tomato Soup
Grilled Cheese
Sandwich
California Veggie
Side Kicks

**Word
of the
Month**
al·tru·is·tic

adj. 1. motivated by a concern for the good of others, without regard for one's own interests 2. unselfish

VEGETABLE

Cucumber

Why are cucumbers so "cool"?
Because they're so good for you! But don't cut off the skin -- the skin contains vitamins A, C, K, B1, B2, B3, B5, B6, Folic Acid, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc!

OF THE MONTH

Monday, August 31

Breakfast
Bagel
Cream Cheese
Fruit

Lunch
Nacho El Grande
Corn
Fruit



**STRANGE
BUT TRUE!**

SKUNKS HAVE ADAPTED QUITE WELL TO SUBURBAN NEIGHBORHOODS, AND EVEN TO WOODED AREAS OF BIG CITIES. SOMETIMES, SKUNKS AND DOMESTIC CATS EAT PEACEFULLY TOGETHER AT OUTDOOR FOOD BOWLS. THERE HAVE EVEN BEEN CASES OF SKUNKS ENTERING HOMES THROUGH PET DOORS, DINING WITH THE FAMILY CAT, AND FINDING A QUIET CLOSET OR EMPTY BED TO TAKE A NAP! AS LONG AS THE SKUNK DOES NOT FEEL THREATENED, IT WON'T SPRAY.