

Monte Vista School District
menus for

MARCH 2026

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

**SOMETHING'S
BURNING**
Exercise for good health

You can burn about 500 calories an hour shoveling snow (or dirt). That's almost as many as you burn playing basketball or soccer. But don't forget to keep your back straight and let your legs do the work!

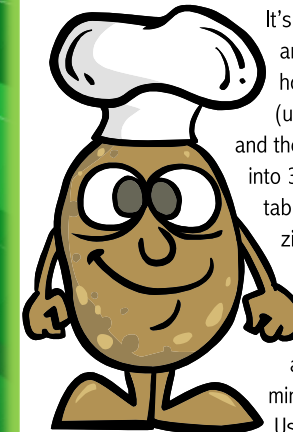


Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5
Breakfast Muffins Juice	Breakfast Pancake on a Stick Fruit	Breakfast Cereal Juice	Breakfast UBR Fruit
Lunch Spaghetti Broccoli Fruit Bread Stick	Lunch Chicken Fajitas Spanish Rice Corn fruit	Lunch Chicken Sandwich Lettuce/Tomato Peas Fruit	Lunch Pizza Salad Fruit

Monday, March 9	Tuesday, March 10	Wednesday, March	Thursday, March 12
Breakfast Breakfast Bar Juice	Breakfast Breakfast Pizza Fruit	Breakfast Banana Bread Juice	Breakfast Bagel & Cream Cheese Fruit
Lunch Chicken Quesadilla Peas Pinto Bean Fruit	Lunch Corn Dogs Fries Green Bean Fruit	Lunch Tomato Soup Grilled Cheese California Veggie Fruit	Lunch Lasagna Salad Fruit Bread Stick



HEALTHY SPUDS!



It's easy and fun to make healthy and delicious "french fries" at home. Cut a medium potato (unpeeled) in quarters lengthwise, and then slice each quarter lengthwise into 3 or 4 fries. Toss with a tablespoon or two of olive oil in a zipped gallon bag, spread on a baking sheet (use parchment paper for easier clean up), sprinkle with salt and pepper, and bake at 425 for about 20 minutes or until desired crispness. Use 2 potatoes for every 3 people.

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

Spring Break

Break begins at the end of classes: Thursday March 12

Classes resume: Monday, March 23

Monday, March 23

Breakfast
UBR
Juice

Lunch
Chicken Enchilada
Mexicali Corn
Fruit

Tuesday, March 24

Breakfast
Pancake
Sausage
Fruit

Lunch
Nacho El Grande
Corn
Fruit

Wednesday, March 25

Breakfast
Breakfast Bar
Juice

Lunch
BBQ Rib Sandwich
Fries
Baby Carrots
Fruit

Thursday, March 26

Breakfast
Cereal
Fruit

Lunch
Lasagna
Salad
Fruit
Bread Stick

Monday, March 30

Breakfast
Muffin
String Cheese
Juice

Lunch
Chicken Nuggets
Mashed Potato
White Gravy
Peas & Carrots
Fruit
Bread Stick

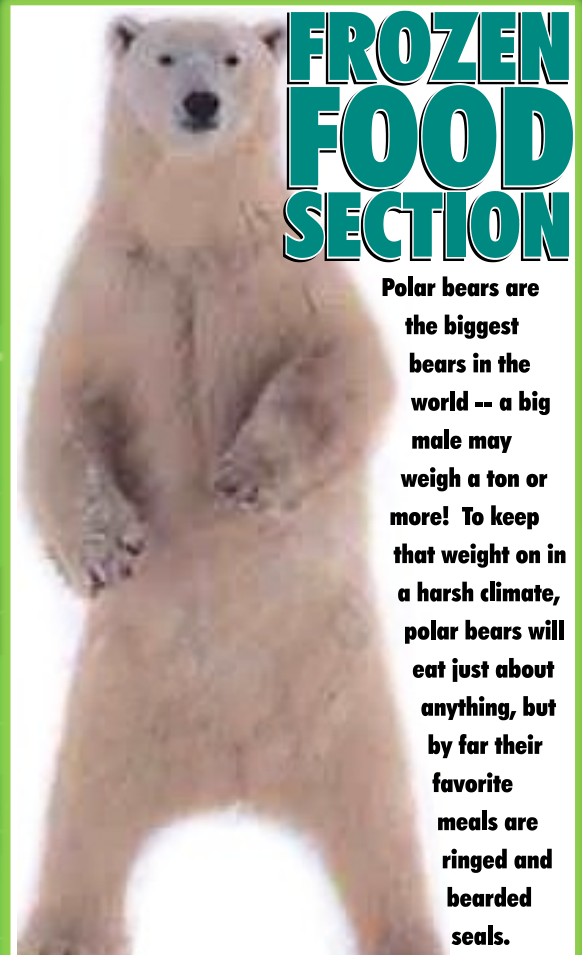
Tuesday, March 31

Breakfast
Biscuit & Sausage
Fruit

Lunch
Smothered Burrito
Green Beans
Fruit

Available Daily

1% White Milk
Fat Free Chocolate Milk



FROZEN FOOD SECTION

Polar bears are the biggest bears in the world -- a big male may weigh a ton or more! To keep that weight on in a harsh climate, polar bears will eat just about anything, but by far their favorite meals are ringed and bearded seals.

ANIMAL APPETITES

START FRESH WITH FRUIT!

Every complete Breakfast@School must include a serving of fruit. That's putting FIRST THINGS FIRST!

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