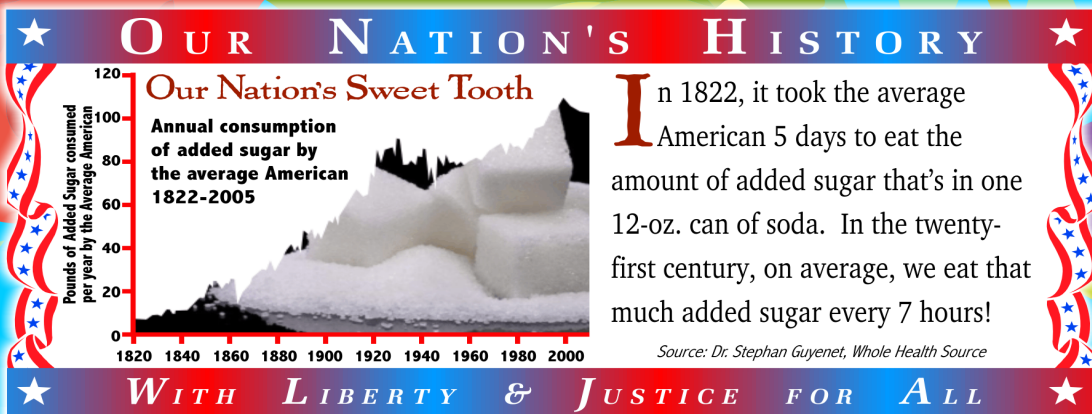


Menus for May 2026



Monte Vista School District

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



VEGETABLE

Brussels Sprouts

Brussels sprouts are high in illness-fighting beta carotene and are also a good vegetable source of protein. Steam or boil brussels sprouts until they're just tender, and they won't taste bitter.

OF THE MONTH

Monday, May 4

Breakfast
Muffin
Juice

Lunch
Beef Taco
Spanish Rice
Broccoli
Fruit

Tuesday, May 5

Breakfast
Pancake
Sausage
Fruit

Lunch
Chicken Enchilada
Spanish Rice
Corn
Fruit

Wednesday, May 6

Breakfast
UBR
Juice

Lunch
Chicken Nuggets
Mash Potato
White Gravy
Peas
Fruit
Bread Strick

Thursday, May 7

Breakfast
Banana Bread
Fruit

Lunch
Hamburger
Sun Chips
Pea & Carrots
Side Kick

What's on YOUR plate?

HALF FRUITS AND VEGETABLES

GRAINS, MOSTLY WHOLE

PROTEIN FOODS

DAIRY

Monday, May 11

Breakfast

Bagel & Cream Cheese
Juice

Lunch

Chicken Quesadilla
Spanish Rice
Green Beans
Fruit

Tuesday, May 12

Breakfast

Breakfast Pizza
Fruit

Lunch

Chicken Enchilada
Pion Beans
Carrot Coins
Fruit

Wednesday, May 13

Breakfast

Cereal
Juice

Lunch

Baked Potato
Chili
Baby Carrots & Celery
Bread Stick
Fruit

Thursday, May 14

Breakfast

Muffin
String Cheese
Fruit

Lunch

Pizza
Broccoli
Fruit



Every complete meal we serve comes with your choice of lowfat or nonfat milk!



What's on YOUR plate?



Sugar adds up!

On average, we should eat fewer than 12 teaspoons (about 50g) of added sugar a day. Six teaspoons or fewer is even better. The puzzle below can help you see if you're eating too much sugar for your own good -- but remember to check the nutrition labels, because added sugar (in many different disguises!) is contained in a lot of processed foods that we don't even think of as sweet!

Available Daily

- 1% White Milk
- Fat Free Chocolate Milk

Monday, May 18

Cook's Choice



Today's Special Selections chosen especially for you by our Cooks!

Tuesday, May 19

Breakfast

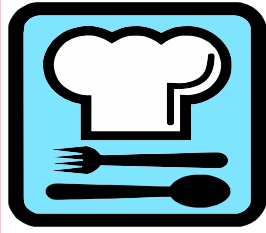
Banana Bread
Juice

Lunch

Posole
Carrot Coins
Fruit
Tortilla

Wednesday, May 20

Cook's Choice



Today's Special Selections chosen especially for you by our Cooks!

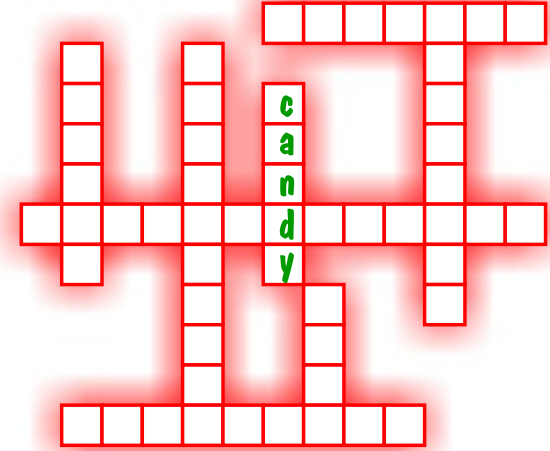
Thursday, May 21

Breakfast

Cereal
Fruit

Lunch

Sack
Lunch



Fit the names of the added sugar sources into the crossword puzzle.

- Soda** 10 teaspoons added sugar
- Milk Shake** 25 teaspoons
- Candy** (1 package) 5-10 teaspoons
- Fruit Drink** 4-8 teaspoons
- Ice Cream** 10 teaspoons
- Cookies** 2-8 teaspoons
- Frosted Cereal** 3 teaspoons
- Pastry** 3-12 teaspoons

These figures are averages and are for added sugar only -- some sugar occurs naturally in unprocessed foods like whole fruits and vegetables.

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