

MENUS FOR

SEPTEMBER 2026

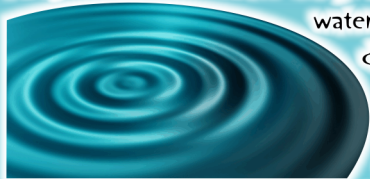
Monte Vista School District



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

RIPPLE EFFECT.

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what's the best way to give your body the water it needs? Easy. Drink fresh, pure water throughout the day, and try to make a habit of choosing water instead of soda.



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

Monday, September



**LABOR
DAY
NO
SCHOOL**

Tuesday, September 8

Breakfast
Muffin
String Cheese
Fruit

Lunch
Corn Dogs
Sun Chips
Peas
Fruit

Wednesday, September 9

Breakfast
Bagels &
Cream Cheese
Juice

Lunch
Spaghetti
Carrot Coins
Fruit
Breadstick

Thursday, September 10

Breakfast
Cereal
Fruit

Lunch
Pizza
Broccoli
Fruit

Tuesday, September

Breakfast
Breakfast
Pizza
Fruit
Lunch
Chicken Fried
Steak
Mashed Potato
White Gravy
Carrot Coins
Fruit,
Breadstick

Wednesday, September 2

Breakfast
Banana
Bread
Fruit
Lunch
Meatball Sub
French Fries
Peas
Fruit

Thursday, September 3

Breakfast
Cereal
Juice
Lunch
Chicken
Quesadilla
Green Beans
Fruit



YOU'RE GOOD™



**ALL STUDENTS EAT
ALL MEALS @ NO COST
ALL YEAR LONG**

Monday, September 14

Breakfast

UBR
Juice

Lunch

Chicken Fajitas
Corn
Fruit

Tuesday, September 15

Breakfast

Waffle
Sausage
Fruit

Lunch

Beef Enchilada
Pinto Beans
Peas
Fruit

Wednesday, September 16

Breakfast

Breakfast Bar
Juice

Lunch

Chicken
Sandwich
French Fries
Green Beans
Fruit

Thursday, September 17

Breakfast

Cereal
Fruit

Lunch

Posole
Peas & Carrots
Fruit
Tortilla



TENNESSEE

"The Volunteer State"

Admitted to the Union June 1, 1796 as the 16th State
State Capital: Nashville

Monday, September 21

Breakfast

Banana Bread
Juice

Lunch

Tostada
Spanish Rice
Green Beans
Fruit

Tuesday, September 22

Breakfast

Pancake
Sausage
Fruit

Lunch

Turkey Pot Pie
Broccoli
Fruit

Wednesday, September 23

Breakfast

Muffins
String Cheese
Juice

Lunch

Sloppy Joes
Tarter Tots
Baby Carrots
Fruit

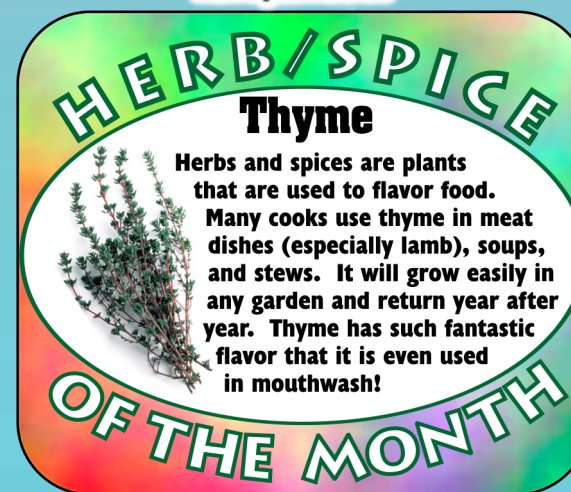
Thursday, September 24

Breakfast

Cereal
Fruit

Lunch

Chicken Salad
Fruit
Breadstick



Monday, September 28

Breakfast

Bagel
Cream Cheese
Juice

Lunch

Lasagna
Green Beans
Fruit
Breadstick

Tuesday, September 29

Breakfast

Pancake On A
Stick
Fruit

Lunch

Bean & Beef
Burrito
Green Chili
Gravy
Peas, Fruit

Wednesday, September 30

Breakfast

UBR
Juice

Lunch

Pork Soft Taco
Spanish Rice
Corn
Fruit

"ARRR!"



**September 19 is
"International Talk
Like a Pirate" Day**

But EVERY DAY is
"Drink Your Milk" day!
And we've got you
covered with these
great milk selections
to choose from with all
complete meals:

**Low-fat Chocolate
Nonfat White
Lowfat White**