

MENUS FOR SEPTEMBER 2025

Monte Vista School District

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

**HAPPY
LABOR DAY!**



Try not to be **BLUE**
about Summer's end -
enjoy the last sweet
days of the season
BERRY much!

Tuesday, September 2

Breakfast

Cereal
Fruit

Lunch

Burrito
Broccoli
Fruit

Wed., September 3

Breakfast

Muffin
String Cheese
Juice

Lunch

Frito Pie
Peas
Fruit

Thursday, September 4

Breakfast

UBR
Fruit

Lunch

Chicken Enchiladas
Spanish Rice
Green Beans
Fruit

Monday, September 8

Breakfast

Banana Bread
Fruit

Lunch

Sloppy Joes
Carrot Coins
Fruit

Tuesday, September 9

Breakfast

Biscuit & Sausage
Juice

Lunch

Nacho El Grande
Peas & Carrots
Fruit

Wed., September 10

Breakfast

Bagel & Cream
Cheese
Fruit

Lunch

Chicken Fajitas
Pinto Beans
Corn
Fruit

Thursday, September 11

Breakfast

Breakfast Bar
Juice

Lunch

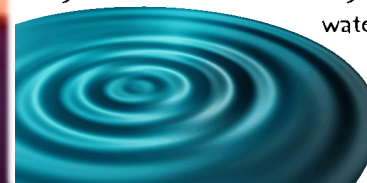
Pizza
Salad
Fruit

YOU'RE GOOD

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

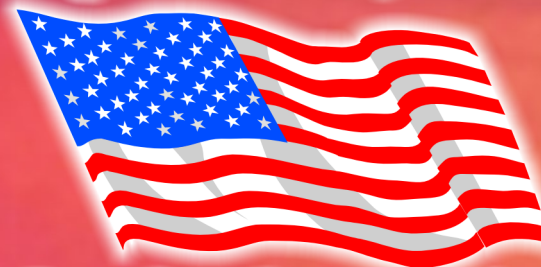
RIPPLE EFFECT.

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!

September 11, 2001



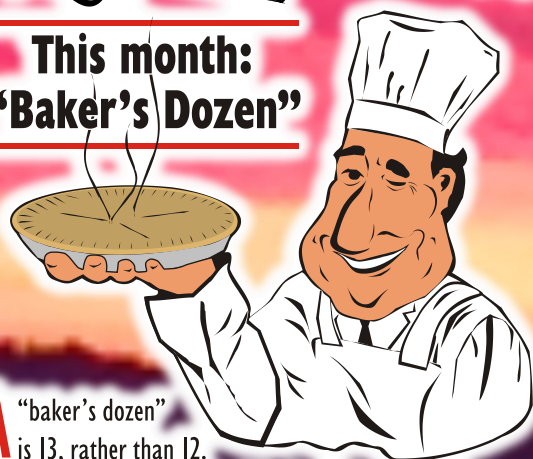
*In eternal remembrance of the victims,
in continued support of their families,
and in undying gratitude to the heroes.*

Where do all of our
crazy names for
food come
from?



WORDS OF MOUTH

This month: "Baker's Dozen"



A "baker's dozen"
is 13, rather than 12.

The term comes from way back in the 13th century, when bakers in England could be punished severely for not giving their customers as much bread, by weight, as they had paid for. To avoid the punishment, bakers would include an extra piece in each dozen, just to be sure!

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, September 15

Breakfast

Cereal
Juice

Lunch

South Western
Sandwich
Corn
Fruit

Tuesday, September 16

Breakfast

Breakfast Pizza
Fruit

Lunch

Tostadas
Spanish Rice
Green Beans
Fruit

Wed., September 17

Breakfast

Pop-Tart
String Cheese
Juice

Lunch

Chicken Sandwich
Fries
Broccoli
Fruit

Thursday, September 18

Breakfast

Banana Bread
Fruit

Lunch

Grilled Cheese
Tomato Soup
California Veggie
Fruit



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

Monday, September 22

Breakfast

Cereal
Fruit

Lunch

Hamburger Gravy
Mashed Potato
Peas & Carrots
Fruit, Roll

Tuesday, September 23

Breakfast

Churro
Sausage
Juice

Lunch

Spaghetti
Broccoli
Fruit
Bread Sticks

Wed., September 24

Breakfast

PB&J
Fruit

Lunch

Chicken Salad
Fruit
Bread Stick

Thursday, September 25

Breakfast

UBR
Juice

Lunch

BBQ Ribs
Fries
Green Beans
Fruit

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

Monday, September 29

Breakfast

Muffin
String Cheese
Fruit

Lunch

Chicken Quesadilla
Carrot Coins
Fruit

Tuesday, September 30

Breakfast

Cherry Strudel
Juice

Lunch

Beef Taco
Pinto Beans
Corn
Fruit

