

Menus for November 2025

This institution is an equal opportunity provider.

Menus are subject to change

Monte Vista School District



Monday, November 3	Tuesday, November 4	Wed., November 5	Thursday, November 6
<u>BREAKFAST</u> Banana Bread Fruit	<u>BREAKFAST</u> Breakfast Pizza Juice	<u>BREAKFAST</u> Muffins String Cheese Fruit	<u>BREAKFAST</u> Cereal Juice
<u>LUNCH</u> Lasagna Broccoli Fruit Bread Stick	<u>LUNCH</u> Frito Pie Baby Carrots Apple Crisp	<u>LUNCH</u> Chicken Salad Fruit Bread Stick	<u>LUNCH</u> BBQ Pork Sandwich Fries Peas & Carrots Fruit
Monday, November 10	Tuesday, November 11	Wed., November 12	Thursday, November 13
<u>BREAKFAST</u> UBR Fruit	<u>BREAKFAST</u> Pancake on a Stick Juice	<u>BREAKFAST</u> Breakfast Bar Fruit	<u>BREAKFAST</u> Bagel & Cream Cheese Juice
<u>LUNCH</u> Tostada Spanish Rice Corn Fruit	<u>LUNCH</u> Corn Dogs Baked Beans Peas Fruit	<u>LUNCH</u> Turkey Gravy Mashed Potatoes Green Beans Roll Pumpkin Pie	<u>LUNCH</u> Tomato Soup Grilled Cheese Sandwich California Veggies Fruit

DON'T GET SAUCY.

Filling half your plate with fruits and veggies? Good for you! Just make sure you don't always smother all that goodness in cheese sauce or sugar or syrup. A little olive oil on some sauteed fresh veggies is fine, but drenching veggies in butter? Not so much.



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

AVAILABLE

Daily
 1% White Milk
 Fat Free Chocolate Milk



YOU'RE GOOD



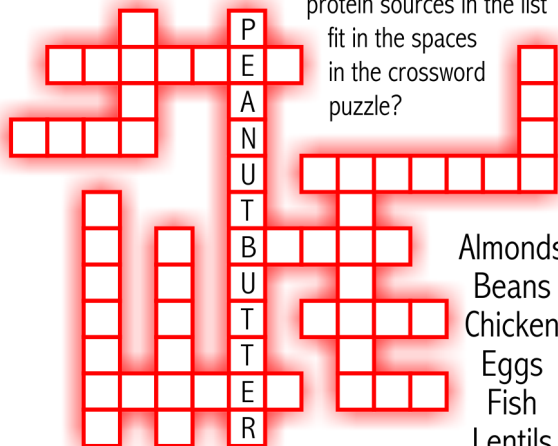
ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG



Protein Power!

Steaks and hamburgers and other kinds of beef are loaded with protein. But a lot of red meat is also very high in fat and saturated fat. That's why experts tell us we should only eat beef once in awhile. Luckily, there are lots of other good sources of protein. Six ounces of salmon, for example, contains almost as much protein as a 6-ounce porterhouse steak -- but with less than ½ the fat and ¼ of the saturated fat. Can you make all of the

protein sources in the list fit in the spaces in the crossword puzzle?

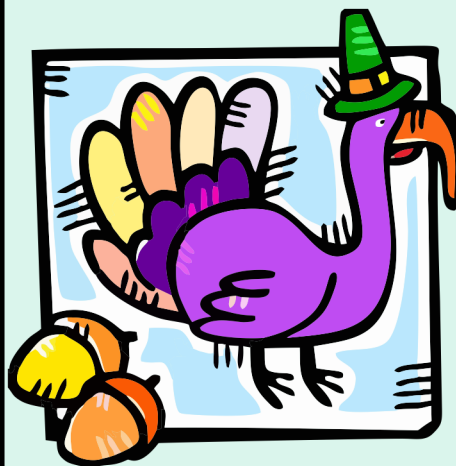


Almonds
Beans
Chicken
Eggs
Fish
Lentils
Milk
Pork
Soy
Turkey
Walnuts
Yogurt



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

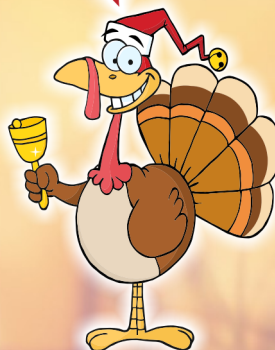
Monday, November 17	Tuesday, November 18	Wed., November 19	Thursday, November 20
Breakfast PB&J Juice	Breakfast Apple Strudel Sausage Fruit	Breakfast Muffins Cheese Stick Juice	Breakfast Cereal Fruit
LUNCH Chicken Quesadilla Carrot Coins Pinto Beans Fruit	LUNCH Burrito with Chili Gravy Corn Fruit	LUNCH Loaded Baked Potato Broccoli Fruit Bread Stick	LUNCH Pozole Peas Fruit Tortilla



Thanksgiving Beak Break!

See you beak back here on Monday, December 1!

Only 45 more
school days 'til
Winter Break!



AMERICAN COUGARS GROW UP TO **8 FEET LONG** AND CAN WEIGH **200 POUNDS**, BUT THEY AREN'T CONSIDERED ONE OF THE "BIG CATS" BECAUSE **THEY CAN'T ROAR**. THE SOUNDS THEY MAKE ARE THE SAME PURRS, SCREAMS, HISSSES, AND LOW-PITCHED GROWLS THAT **THE FAMILY CAT** MAKES- **ONLY LOUDER!**

STRANGE BUT TRUE!

