Menus for November 2026

Monte Vista School District

This institution is an equal opportunity provider.

Menus are subject to change





Monday, November 2	Tuesday, November 3	Wed., November 4	Thursday, November 5
Breakfast Muffin String Cheese Juice **Lunch** Beef & Macaroni Green Beans Fruit Roll	**Breakfast** Pancake on a Stick Juice **Lunch** Corn Dog Sun Chips Peas Fruit	**Breakfast** Breakfast Bar Fruit **Lunch** Potato Bar Broccoli Fruit Breadstick	**Breakfast** Cereal Juice **Lunch** Chicken Sandwich Tater Tots Carrot Coin Fruit
Monday, November 9	**Tuesday, November 10**	**Wed., November 11**	**Thursday, November 12**
Breakfast UBR Fruit **Lunch** Posole Tortilla Pea & Carrots Fruit	**Breakfast** Pancake Sausage Juice **Lunch** Chili Fries Broccoli Fruit Breadstick	**Breakfast** Banana Bread Fruit **Lunch** Tostada Spanish Rice Corn Fruit	**Breakfast** Bagel & Cream Cheese Juice **Lunch** Turkey Gravy Mashed Potato Green Beans Pumpkin Pie Roll

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



YOU'RE GOOD



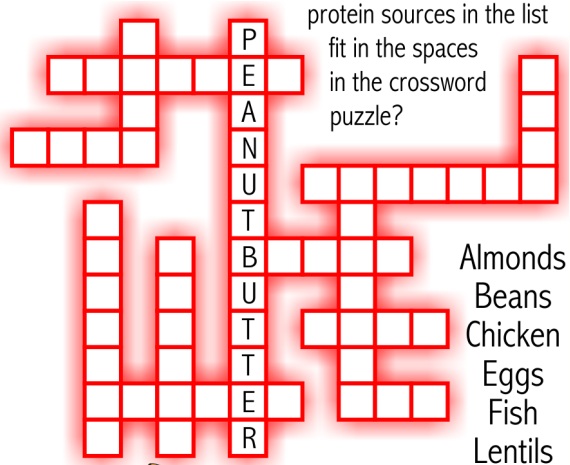
ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG



What's on YOUR plate?

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?

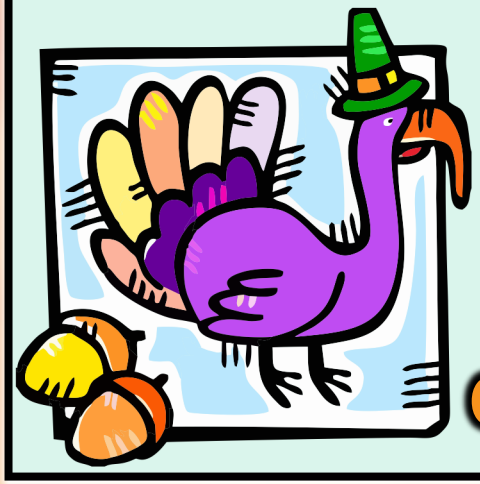


Almonds
Beans
Chicken
Eggs
Fish
Lentils
Milk
Pork
Soy
Turkey
Walnuts
Yogurt



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

Monday, November16	Tuesday, November 17	Wed., November 18	Thursday, November 19
Breakfast Muffin String Cheese Juice	**Breakfast** Cherry Strudel Sausage Fruit	**Breakfast** Bagel Cream Cheese Juice	**Breakfast** Cereal Fruit
Lunch Spaghetti Broccoli Fruit Breadstick	**Lunch** Bean & Beef Burritos Green Chili Gravy Peas Fruit	**Lunch** Pig In A Blanket Sun Chips Carrot Coins Fruit	**Lunch** Chicken Quesadilla Pinto Beans Green Beans Sidekick



Thanksgiving ~~Beak~~ Break!

See you ~~beak~~ back here on Monday, November 30!

Monday, November 30
Breakfast Banana Bread Juice
Lunch Tomato Soup Grilled Cheese California Veggies Fruit

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, HISSES, AND LOW-PITCHED GROWLS THAT **THE FAMILY CAT** MAKES- **ONLY LOUDER!**



STRANGE BUT TRUE!