

Monte Vista School District
menus for

APRIL

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

STATE OF MIND.

Physical activity isn't just good for your body. Regular exercise has been shown to help guard the mind against depression, too.



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



Wednesday, April 1

Breakfast
Banana Bread
Juice

Lunch
Sloppy Joes
Fries
Baby Carrots
Fruit

Thursday, April 2

Breakfast
Cereal
Fruit

Lunch
Pizza
Salad
Fruit

Monday, April 6

Breakfast
UBR
Juice

Lunch
Frito Pie
Broccoli
Fruit

Tuesday, April 7

Breakfast
Breakfast Pizza
Fruit

Lunch
Chicken Fajitas
Corn
Fruit

Wednesday, April 8

Breakfast
Bagel & Cream
Cheese
Juice

Lunch
Chicken
Quesadilla
Pinto Beans
Peas
Fruit

Thursday, April 9

Breakfast
Muffin
String Cheese
Fruit

Lunch
Chicken Sandwich
Fries
Carrot Coins
Fruit

Available Daily

1% White Milk

Chocolate

Fat Free

Milk



Monday, April 13

Breakfast

Breakfast Bar
Juice

Lunch

Spaghetti
Broccoli
Fruit
Bread Stick

Tuesday, April 14

Breakfast

Biscuit & Sausage
Fruit

Lunch

Chicken Enchilada
Spanish Rice
Corn
Fruit

Wednesday, April 15

Breakfast

PB&J
Juice

Lunch

Pig In A Blanket
Fries
Peas
Fruit

Thursday, April 16

Breakfast

Cereal
Fruit

Lunch

Pizza
Salad
Fruit

Monday, April 20

Breakfast

Banana Bread
Juice

Lunch

Ground Beef &
Macaroni
Broccoli
Fruit
Bread Stick

Tuesday, April 21

Breakfast

Breakfast Burrito
Fruit

Lunch

Corn Dog
Tater Totes
Peas
Fruit

Wednesday, April 22

Breakfast

UBR
Juice

Lunch

Southwest
Sandwich
Corn
Fruit

Thursday, April 23

Breakfast

Muffins
String Cheese
Fruit

Lunch

Tomato Soup
Grilled Cheese
California Veggie
Fruit

Monday, April 27

Breakfast

Bagel & Cream
Cheese
Juice

Lunch

Tostada
Spanish Rice
Peas & Carrots
Fruit

Tuesday, April 28

Breakfast

Pancake On A
Stick
Fruit

Lunch

Bean Burrito
With a Green Chili
Sauce
Corn
Fruit

Wednesday, April

Breakfast

Cereal
Juice

Lunch

BBQ Rib Sandwich
Fries
Peas
Fruit

Thursday, April 30

Breakfast

Breakfast Bar
Fruit

Lunch

Pizza
Salad
Fruit



WHAT I have a head but cannot think.
I have eyes but cannot see.
AM I? I have ears but cannot hear.
I have ribs but no bones.



Answer: I'm a VEGETABLE GARDEN, planted with lettuce (heads), potatoes (eyes), corn (ears), and celery (ribs). YUMMY!

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

★ OUR NATION'S HISTORY ★

The first Earth Day took place 55 years ago this month on April 22, 1970. Wisconsin Senator Gaylord Nelson, a Democrat, and California Congressman Pete McCloskey, a Republican, co-chaired events at schools, colleges, and parks across the U.S. that drew 20 million Americans outside on a Spring day to make a commitment to care for the environment. Earth Day is now celebrated in nearly 200 nations around the world.

**Earth Day
April 22**

Keep it clean

★ WITH LIBERTY & JUSTICE FOR ALL ★