

Menus for February 2023

Monte Vista School District

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



SWEET DEAL.

The added sugar in soda delivers calories without nutrition -- and without satisfying your hunger. The natural sugar in fruit satisfies your sweet tooth with fewer calories, while providing fiber, nutrients, and vitamins, too!



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

February 1

Breakfast
Muffins
Fruit

Lunch

Southwest
Sandwich
Corn
Fruit

February 2

Breakfast
Bagel & Cream
Cheese
Juice

Lunch

Pizza
Salad
Fruit



February 6

Breakfast
Breakfast Bar
Fruit

Lunch

Chicken Pot
Pie
Fresh Broccoli
Salad
Fruit

February 7

Breakfast
French Toast
Sausage
Juice

Lunch

Bean Tostada
Brown Rice
Pilaf
Corn
Fruit

February 8

Breakfast
Stuffed Bagel
Fruit

Lunch

Chicken Fajita
Pinto Bean
Peas & Carrots
Fruit

February 9

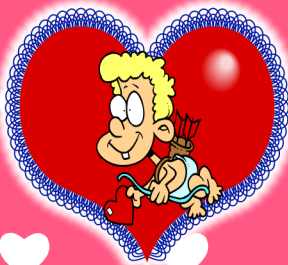
Breakfast
UBR
Juice

Lunch

Lasagna
Green Bean
Bread Stick
Fruit



YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG

STRANGE BUT TRUE!



GECKOS CAN RUN UP WALLS AND ACROSS CEILINGS
- AND EVEN DANGLE FROM ABOVE BY A SINGLE TOE!
- THANKS TO 500,000 TINY HAIRS ON THE SOLES
OF EACH OF THEIR TINY FEET! THE TIPS OF EVERY
ONE OF THOSE HAIRS SPLITS INTO HUNDREDS MORE,
ENABLING THE GECKO'S FEET TO HOLD ON TO
INVISIBLE NOOKS AND CRANNIES ON ANY SURFACE -
EVEN THE GLASS WALLS OF AN AQUARIUM.

February 13

Breakfast
Cereal
Fruit

Lunch

**Beef &
Macaroni
Peas
Roll
Fruit**

February 14

Breakfast
Churro
Sausage
Juice

Lunch

**Bean Burrito
Pinto Beans
Carrot Coins
Fruit**

February 15

Breakfast
Go-Gurt
Animal Cracker
Fruit

Lunch

**Chicken
Sandwich
French Fries
Green Beans
Fruit**

February 16

Breakfast
PB&J
Juice

Lunch

**Pizza
Salad
Fruit**

February 20

Presidents' Day



No School Today

February 21

Breakfast
Banana UBR
Fruit

Lunch

**Hamburger
Gravy
Broccoli
Fruit
Roll**

February 22

Breakfast
Muffins
Juice

Lunch

**Toasted Cheese
Sandwich
Tomato Soup
California
Veggies
Fruit**

February 23

Breakfast
Cereal
Fruit

Lunch

**Chili Con Carne
With Beans
Baked Potato
Baby Carrots
Fruit
Bread Stick**

February 27

Breakfast
UBR
Juice

Lunch

**Beef Tacos
Brown Rice
Pilaf
Corn
Fruit**

February 28

Breakfast
French Toast
Sausage
Fruit

Lunch

**Chicken Nuggets
Mashed Potatoes
White Gravy
Peas
Fruit**

HAPPY
VALENTINE'S DAY!



FEBRUARY 14

MATH WIZ



In 1925, after graduating from Indiana University and enlisting and serving in the First World War, Elbert Cox enrolled in Cornell University and became the first Black person (in America or anywhere else) to earn a Ph.D. in Mathematics.

AFRICAN AMERICAN HISTORY MONTH

Learn more at <https://news.cornell.edu/stories/2002/02/math-department-honors-cu-pioneer-elbert-cox-first-black-math-phd>