

Menus for OCTOBER 2026

Monte Vista School District

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

Thursday, October 1

Breakfast

Cereal
Fruit

Lunch

Chicken Quesadilla
Pinto Beans
Green Bean
Fruit



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

SAVE THE BANANA!



They're a nutritious, portable snack or part of a healthy breakfast -- but bananas are under attack! A disease could wipe out the world's supply of the most popular kind of banana in the next 25 years. Scientists are hard at work to identify banana varieties that resist the disease. Let's wish them luck!

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

Monday, October 5

Breakfast

UBR
Juice

Lunch

Ground Beef &
Macaroni
Peas & Carrot
Fruit
Bread Stick

Tuesday, October 6

Breakfast

Biscuit
Sausage
Fruit

Lunch

Frito Pie
Corn
Fruit

Wednesday, October 7

Breakfast

Muffins
Cheese Stick
Juice

Lunch

Chicken Fajitas
Pinto Beans
Broccoli
Fruit

Thursday, October 8

Breakfast

Cereal
Fruit

Lunch

Chicken Salad
Fruit
Breadstick

Monday, October 12

Breakfast

Breakfast Bar
Juice

Lunch

Lasagna
Broccoli
Fruit
Bread Stick

Tuesday, October 13

Breakfast

Breakfast Burrito
Fruit

Lunch

Tostada
Spanish Rice
Peas
Fruit

Wednesday, October 14

Breakfast

Banana Bread
Juice

Lunch

Southwest
Sandwich
Corn
Fruit

Thursday, October 15

Breakfast

Cereal
Fruit

Lunch

Pizza
Salad
Fruit

VEGETABLE

Green Peas

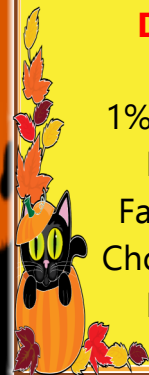
Peas are high in fiber and protein -- and a cup of peas even provides 98% of your daily vitamin C! Researchers have recently found that peas also contain a unique blend of cancer-fighting substances called "phytonutrients."



OF THE MONTH

Available
Daily

1% White
Milk
Fat Free
Chocolate
Milk



Monday, October 19

Breakfast

Muffins
Cheese Stick
Juice

Lunch

Corn Dog
Sun Chips
Peas
Fruit

Tuesday, October 20

Breakfast

Breakfast Pizza
Fruit

Lunch

Beef Enchilada
Spanish Rice
Corn
Fruit

Wednesday, October 21

Breakfast

Breakfast Bar
Juice

Lunch

BBQ Rib Sandwich
Fries
Carrot Cions
Fruit

Thursday, October 22

Breakfast

Banana Bread
Fruit

Lunch

Tomato Soup
Grilled Cheese
California Veggies
Fruit

Monday, October 26

Breakfast

UBR
Juice

Lunch

Beef & Bean
Burrito
Green Chili Gravy
Corn
Fruit

Tuesday, October 27

Breakfast

Waffle
Sausage
Fruit

Lunch

Pork Soft Taco
Pinto Beans
Peas
Fruit

Wednesday, October 28

Breakfast

Bagel
Cream Cheese
Juice

Lunch

Spaghetti
Broccoli
Fruit
Bread Stick

Thursday, October 29

Breakfast

Cereal
Fruit

Lunch

Bats Chicken
Nuggets
Mashed Potatoes
White Gravy
Green Beans
Sidekick
Roll

**YOU'RE
still
GOOD™**



**ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG**

**STRANGE
BUT TRUE!**



WHY ARE THE BUTTONS ON
MEN'S AND WOMEN'S CLOTHES
ON DIFFERENT SIDES?
BUTTONS USED TO BE
ELABORATE AND COSTLY, SO
ONLY VERY WEALTHY PEOPLE
HAD THEM. THE MEN DRESSED
THEMSELVES, BUT THE WOMEN
WERE DRESSED BY SERVANTS – WHO COULD FASTEN THE
BUTTONS MORE EASILY IF THEY WERE REVERSED!



The current
record
for
the
world's
heaviest
pumpkin is
**2702
pounds!**

