

AUGUST

Menu for Mt. Vista K-8 School

Fresh Fruit & Vegetable Bar Served Daily!

Monthly Promotion:

August 31 we are rolling out a new menu choice, the **COUGAR BOWL!** It comes with mashed potatoes, gravy, corn, chicken nuggets, and melted cheese.

Did you know?

Water makes up about 60% of your body weight. It is important to stay hydrated during the hot Arizona summer months. Aim for 6-8 cups of water every day and even more if you are staying active.



Questions or Comments?

Karen Belknap, Food Service Director
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This institution is an equal opportunity provider.

Monday

Tuesday

Wednesday

Thursday

Friday



Menu is subject to change.



6

Breakfast

French Toast Sticks **OR** Cereal

Lunch

Chicken Sandwich
Cheese Quesadilla
Green Beans

7

Breakfast

Breakfast Burrito **OR** Cereal

Lunch

Cheeseburger
Chicken Nuggets
Tater Tots

10

Breakfast

Muffin **OR** Cereal

Lunch

Beefy Nachos
Chicken Quesadilla
Latin Black Beans

11

Breakfast

Breakfast Biscuit **OR** Cereal

Lunch

Chicken Fajitas w/Tortilla
Bean & Cheese Burrito
Seasoned Corn

12

Breakfast

Pancake **OR** Cereal

Lunch

Spaghetti w/Meat Sauce
Grilled Cheese Sandwich
Steamed Broccoli

13

Breakfast

Waffle w/Sausage **OR** Cereal

Lunch

Pizza
Chef Salad
Green Beans

14

Breakfast

Biscuit & Gravy **OR** Cereal

Lunch

Corn Dog
Spicy Chicken Sandwich
Steamed Carrots

17

Breakfast

Frudel **OR** Cereal

Lunch

Boneless Wings
Hot Dog
Steamed Broccoli

18

Breakfast

Cheese Omelet **OR** Cereal

Lunch

Chicken Nuggets
Chicken Parmesan Sandwich
Tater Tots

19

Breakfast

Yogurt w/Grahams **OR** Cereal

Lunch

Macaroni & Cheese
Hamburger
Steamed Carrots

20

Breakfast

French Toast Sticks **OR** Cereal

Lunch

Pizza
Chef Salad
Green Beans

21

Breakfast

Breakfast Burrito **OR** Cereal

Lunch

Chicken Burrito
Cheese Quesadilla
Refried Beans

24

Breakfast

Muffin **OR** Cereal

Lunch

Chicken Fried Rice
Grilled Ham & Cheese
Steamed Broccoli

25

Breakfast

Breakfast Biscuit **OR** Cereal

Lunch

Chicken Fajitas w/Tortilla
Bean Tostada
Latin Black Beans

26

Breakfast

Pancake **OR** Cereal

Lunch

Chicken Alfredo
Cheeseburger
Seasoned Corn

27

Breakfast

Waffle w/Sausage **OR** Cereal

Lunch

Pizza
Chef Salad
Green Beans

28

Breakfast

Biscuit & Gravy **OR** Cereal

Lunch

Chicken Quesadilla
Bean & Cheese Burrito
Steamed Carrots

31

Breakfast

Frudel **OR** Cereal

Lunch

Cougar Bowl
Chicken Sandwich
Seasoned Corn

