

# MOUNTAIN VISTA K-8 LUNCH MENU: OCTOBER 2025



**Second Option M,W,F:**  
Orange Chicken & Brown Rice  
**Second Option T& Th:**  
Ham Sandwich

**Third Option:**  
Salad Bar: Daily  
Walk-n Taco: Oct 17th  
Baked Potato: Oct 24th

**Prices:**  
Addition Full Meal: \$2.75  
Extra Entrée: \$1.25  
Fruit: \$0.40  
Vegetable: \$0.50  
Milk: \$0.35  
Bread or Condiment: \$0.45

**Adult Meal Price:**  
First Meal: \$4.50  
Addition Full Meal: \$3.00

**All Meals are Served with:**  
Fruit  
Milk

From Scratch Meals Marked on  
Menu with a:



| Sun | Mon                                                       | Tue                                                  | Wed                                                           | Thu                                                           | Fri                                                           | Sat |
|-----|-----------------------------------------------------------|------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|-----|
|     |                                                           |                                                      | 1.  Pigs-n-Blanket Baked Beans                                | 2.  Mac & Cheese Steamed Carrot                               | 3. Chicken Sandwich<br>Lettuce & Tomato Chips                 | 4.  |
| 5.  |                                                           |                                                      |                                                               |                                                               |                                                               | 11. |
| 12. | 13.  Bean Tostada<br>Lettuce, Tomato & Cheese             | 14. Hot Ham & Cheese<br>Crispy Garbanzo Beans        | 15. Salisbury Steak<br>Honey Green Beans<br>Dinner Roll       | 16.  Pizza<br>Carrot Sticks                                   | 17. General Tso's<br>Asian Rice<br>Peas                       | 18. |
| 19. | 20.  Soft Taco<br>Lettuce, Tomato & Cheese<br>Black Beans | 21. Fish Fillet<br>Smokey Cauliflower<br>Dinner Roll | 22.  Chicken Alfredo<br>Garlic Bread<br>Side Salad            | 23. Chicken Drumstick<br>Mashed Sweet Potatoes<br>Dinner Roll | 24.  Cougar Burger<br>Lettuce & Tomato<br>French Fries        | 25. |
| 26. | 27.  Cheese Quesadilla<br>Chili Beans<br>Spicy Carrots    | 28. Nacho's<br>French Fries<br>Jalapenos             | 29. Hot & Spicy<br>Chicken Sandwich<br>Lettuce & Tomato Chips | 30.  Chili Con Carmi<br>Corn Bread<br>Green Beans             | 31. <b>Zombie Spaghetti w/ Beetles Side Salad Garlic Brad</b> |     |
|     |                                                           |                                                      |                                                               |                                                               |                                                               |     |

Meals served with unflavored white milk daily. Fat Free Chocolate Milk only on Fridays.

***This Institution is a Equal Opportunity Provider.***