

- 2023 -

# SEPTEMBER

FRIDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1

Corn Dogs  
Green Beans  
French Fries  
Fruit  
Milk

4

**NO  
SCHOOL  
LABOR DAY**

5

Boneless Chicken  
Wings  
Carrots & Celery  
Sticks  
Dinner Roll  
Fruit  
Milk

6

Ravioli  
Steamed Broccoli &  
Cauliflower  
Garlic Toast  
Fruit  
Milk

7

Turkey & Gravy  
Mashed Potatoes  
Peas & Carrots  
Dinner Roll  
Fruit  
Milk

8

Cougar Burgers  
Lettuce & Tomato  
Pickle Spear  
Baked Beans  
Fruit  
Milk

11

Beef Taco Salad  
Ranch Beans  
Lettuce & Tomato  
Fruit  
Milk

12

BBQ Chicken  
Drumsticks  
Cucumber &  
Tomato Salad  
Cilantro Lime Rice  
Dinner Roll  
Fruit

13

Bean & Cheese  
Burrito  
Mixed Salad  
Fruit  
Milk

14

Pepperoni Pizza  
Corn  
Fruit  
Milk

15

Hot Dogs  
Broccoli Bites  
French Fries  
Fruit  
Milk

18

BBQ Rib Sandwich  
French Fries  
Pickle Spear  
Fruit  
Milk

19

General Tso's  
Chicken  
Steamed Rice  
Broccoli Bites  
Fruit  
Milk

20

Pizza  
Mixed Salad w/  
Romaine, Red  
Peppers & Tomato  
Fruit  
Milk

21

Cheese Enchiladas  
Spanish Rice  
Refried Beans  
Fruit  
Milk

22

Fish Sticks  
Potato Wedges  
Corn on the Cob  
Dinner Roll  
Fruit  
Milk

25

Nachos  
Taco Meat  
Ranch Beans  
Jalapenos  
Tortilla Chips  
Fruit  
Milk

26

Hawaiian BBQ  
Chicken Tacos  
Lettuce  
Pineapple Salsa  
Fruit  
Milk

27

Cougar Burgers  
w/cheese  
Lettuce & Tomato  
French Fries  
Fruit  
Milk

28

Beef Corn Bread  
Casserole  
Mashed Potatoes  
Green Beans  
Fruit  
Milk

29

BBQ Chicken  
Carnita Sandwich  
Dorito Chips  
Carrot & Celery  
Sticks  
Fruit  
Milk

**Mountain Vista**

**Lunch Menu**

**Option 2:**

**Chicken Nuggets**

Served on Monday's,  
Wednesday's & Friday's  
**Hot & Spicy  
Chicken Sandwich**

Served on Tuesday's  
And Thursday's

**Option 3:**

**Salad Bar**

**Lunch Prices:  
Full Meal: \$3.00  
Reduced: \$.40**

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This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.