

Vista Grande High School

Breakfast Menu 2023



	Monday	Tuesday	Wednesday	Thursday	Friday	
	4 Cereal, Cheese Stick, Peach, Milk	5 , Granola, Yogurt, Banana, Milk	6 Blue Corn Atole, , Pear, Milk	7 English Muffins, Cream Cheese, Orange Slices, Milk	8 Breakfast Burrito, Fruit, Milk	
	11 Yogurt Parfait, Fresh Fruit, Milk	12 Breakfast Sandwich w/Boiled Egg, , Fruit Milk	13 Rice Pudding, Fruit, Milk	14 Breakfast Burrito, Fruit, Milk	15 Breakfast Quesadilla, Fruit, Milk	
	18 English Muffin Hard Boiled Egg, Fruit, Milk	19 Zucchini Bread, Cheese Stick, Fruit, Milk	20 Quinoa Cereal, Fresh Fruit, Milk	21 Blue Corn Bread, Hard Boiled Egg, Fruit, Milk	22 Breakfast Burrito, Fruit, Milk	
	25 Cereal, Cheese Stick, Fruit, Milk	26 , Granola, Yogurt, Fruit, Milk	27 Blue Corn Atole, Cheese stick, Fresh fruit, Milk	28 English Muffins, Cream Cheese, Watermelon, Milk	29 Breakfast Burrito, Fruit, Milk	