

- 2023 -

# OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## Mountain Vista

### Lunch Menu

#### Option 2:

### Chicken Nuggets

Served Monday's,  
Wednesday's & Friday's

### Pizza

Served Tuesday's  
And Thursday's

#### Option 3:

### Salad Bar

#### Lunch Prices:

**Full Meal: \$3.00**

**Reduced: \$.40**

2

Corn Dogs  
Potato Wedges  
Steamed Carrots  
Fruit  
Milk

3

Egg Salad on WG  
Bread  
Chips  
Pickle Spears  
Corn on the Cob  
Fruit  
Milk

4

Spaghetti  
Steamed Broccoli  
Garlic Toast  
Fruit  
Milk

5

Soft Beef Tacos  
Spanish Rice  
Lettuce &  
Tomatoes  
Mixed Salad  
Fruit  
Milk

6

Cougar Burgers  
French Fries  
Baked Beans  
Fruit  
Milk

9

10

11

12

13

# Fall Break

16

Nachos w/cheese  
Taco Meat  
Ranch Beans  
Tortilla Chips  
Jalapeno's  
Fruit  
Milk

17

Orange Chicken  
Steamed Rice  
Dinner Roll  
Steamed Carrots  
& Peas  
Fruit  
Milk

18

Cheese Quesadilla  
Southwestern Corn  
Salsa  
Fruit  
Milk

19

Green Chili Burrito  
w/cheese  
Refried Beans  
Lettuce, Tomato &  
Cucumber Salad  
Fruit  
Milk

20

Hot & Spicy Chicken  
Sandwich on WG  
Bread  
Lettuce & Tomatoes  
Steamed Broccoli  
Fruit  
Milk

23

BBQ Chicken  
Drumsticks  
French Fries  
Fresh Herb and  
Tomato Salad  
Dinner Roll  
Fruit & Milk

24

Chicken Fajita  
Spaghetti w/Bell  
peppers  
Steamed Veggies  
Garlic Knot Bread  
Fruit  
Milk

25

Twisted Queso  
Meatball Sub on  
WG/Bun  
Steamed Carrots  
Fruit  
Milk

26

Zesty Beef Steak  
Green Beans  
Mashed Potatoes  
Dinner Roll  
Fruit  
Milk

27

Beef Hot Dogs  
on/WG Bun  
Baked Beans  
Chips  
Broccoli Bites  
Fruit  
Milk

30

Beef Goulash  
Corn on the Cob  
Garlic Knots  
Fruit  
Milk

31

Haunted Pizza  
Green Monster  
Swirl  
Dehydrated Skin  
Milk  
"Monster Treat"