

September

Menu for Mt. Vista K-8 School

Fresh Fruit & Vegetable Bar Served Daily!

Monthly Promotion:

Sept 29th we are rolling out a new menu choice, the **CALZONE**. It is a cousin to pizza and will have pepperoni, sauce, and lots of gooey melted mozzarella cheese encased in crust.

ANNOUNCEMENTS

Did you know?

Cucumbers are 95% water. Along with water, cucumbers can help hydrate you.

Cucumbers are technically a fruit because they develop from a flower and contain seeds.

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.

1

Breakfast

Cheesy Omelet **OR** Cereal

Lunch

Sloppy Joe Sandwich
Chicken Parmesan Sandwich
French Fries

2

Breakfast

Yogurt w/Grahams **OR** Cereal

Lunch

Spaghetti w/Meat Sauce
Grilled Cheese Sandwich
Steamed Broccoli

3

Breakfast

French Toast Sticks **OR** Cereal

Lunch

Pepperoni Pizza
Chef Salad
Steamed Carrots

4

Breakfast

Breakfast Burrito **OR** Cereal

Lunch

Bean & Cheese Burrito
Cheeseburger
Seasoned Green Beans

7

LABOR DAY

8

Breakfast

Muffin **OR** Cereal

Lunch

Chicken Burrito
PBJ Sandwich
Seasoned Corn

9

Breakfast

Pancake **OR** Cereal

Lunch

Macaroni & Cheese
Corn Dog
Seasoned Green Beans

10

Breakfast

Waffle **OR** Cereal

Lunch

Pepperoni Pizza
Chef Salad
Steamed Carrots

11

Breakfast

Biscuit & Gravy **OR** Cereal

Lunch

Chicken Nuggets
Spicy Chicken Sandwich
Baked Beans

14

Breakfast

Frudel **OR** Cereal

Lunch

Orange Chicken w/Rice
Hot Dog
Steamed Broccoli

15

Breakfast

Cheesy Omelet **OR** Cereal

Lunch

Meatball Sub Sandwich
Cheese Quesadilla
Seasoned Corn

16

Breakfast

Yogurt w/Grahams **OR** Cereal

Lunch

Green Chile Cheesy Nachos
Bean & Cheese Burrito
Seasoned Green Beans

17

Breakfast

French Toast Sticks **OR** Cereal

Lunch

Pepperoni Pizza
Chef Salad
Steamed Carrots

18

Breakfast

Breakfast Burrito **OR** Cereal

Lunch

Soft Beef Tacos
Grilled Ham/Cheese Sand
Latin Black Beans

21

Breakfast

Muffin **OR** Cereal

Lunch

Ground Beef Quesadilla
PBJ Sandwich
Steamed Broccoli

22

Breakfast

Breakfast Sandwich **OR** Cereal

Lunch

Cougar Bowl
Chicken Sandwich
Seasoned Corn

23

Breakfast

Pancake **OR** Cereal

Lunch

Macaroni & Cheese
Corn Dog
Seasoned Green Beans

24

Breakfast

Waffle **OR** Cereal

Lunch

Pepperoni Pizza
Chef Salad
Steamed Carrots

25

Breakfast

Biscuit & Gravy **OR** Cereal

Lunch

Boneless **HOT** Wings
Hamburger
French Fries

28

Breakfast

Frudel **OR** Cereal

Lunch

Chicken Nuggets
Chicken Drumstick
Steamed Broccoli

29

Breakfast

Cheesy Omelet **OR** Cereal

Lunch

Calzone
Chicken Sandwich
Tater Tots

30

Breakfast

Yogurt w/Grahams **OR** Cereal

Lunch

Spaghetti w/Meat Sauce
Spicy Chicken Sandwich
Seasoned Green Beans

