

August 2020

BREAKFAST



School Information:

- * Mesa Vista School lunches will be delivered via bus routes
- * Menus are subject to change
- * USDA is an equal opportunity employer



Nutrition Tip: Drink water! Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Reference: USDA MyPlate



Monday

3

Cheese and Sausage
Bagel
Fruit
Milk

Tuesday

4

Cold Cereal
Fresh Fruit
Milk

Wednesday

5

Yogurt Parfaits
Granola
Fresh Fruit
Orange Juice

Thursday

6

Breakfast Pizza
Fruit
Milk

Friday

7

NO SCHOOL

10

Ham, Cheese and Egg
Biscuit
Fruit
Milk

11

Breakfast on a Stick
Syrup
Hash Brown
Fruit
Milk

12

Breakfast Burritos
Green Chile
Fruit
Orange Juice

13

Blueberry Muffins
Cheese Sticks
Fruit
Milk

14

NO SCHOOL

17

Bagel
Cream Cheese/ Jelly
Fruit
Milk/ Orange Juice

18

Breakfast Burrito
Fruit
Milk

19

Waffles
Sausage Patties
Fruit
Orange Juice

20

Cold Cereal
Granola Bar
Fruit
Milk

21

NO SCHOOL

24

Biscuits and gravy
Hash Brown
Fruit
Milk

25

Breakfast Burrito
Fruit
Milk

26

Waffles
Sausage Patties
Fruit
Orange Juice

27

Cold Cereal
Granola Bar
Fruit
Milk

28

NO SCHOOL



August 2020

MESA VISTA CONSOLIDATED SCHOOLS

LUNCH



School Information:

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Nutrition Tip: August is Family Meals Month! Family meals around the table provide an opportunity to spend time together. Make time for family meals when planning your household's schedule each week. Try to cook, eat and clean up together!

Reference: USDA MyPlate



Monday

3

Turkey Club
Sun Chips
Carrot Sticks
Fresh Fruit
Milk/Juice

10

Red Beef Enchiladas
Pinto beans
Tortilla
Lettuce/Tomato
Fruit
Milk/Juice

17

Salisbury Steaks
Mashed Potatoes
Gravy/Corn
Fresh Fruit
Milk/Juice

24

31

Corn Dogs
Tatter Tots
Fruit
Milk/Juice

Tuesday

4

Cheese Burger
Tots
Vegetables
Fruit
Milk/Juice

11

Chicken Sandwich
Mash Potatoes
Gravy/Biscuit
Corn
Fruit
Milk/Juice

18

Pizza
Fresh Salad
Fresh Fruit
Milk/Juice

25

Wednesday

5

Frito Pie
Lettuce/Tomato
Tortilla
Milk/ Juice

12

Hot Dogs w/Chile
French Fries
Apple Sauce
Milk/Juice

19

Grilled Ham Cheese
French Fries
Fresh Fruit
Milk

26

Thursday

6

Pizza
Fresh Vegetables
Fruit
Vegetables
Fruit
Milk/Juice

13

Tortilla Burger
Sun Chips
Fruit
Milk/Juice

20

Red Chile Stew/Beef
Dinner Rolls
Vegetable
Fruit
Milk/Juice

27

Friday

7

NO SCHOOL

14

NO SCHOOL

21

NO SCHOOL

28

NO SCHOOL



September 2020

MESA VISTA CONSOLIDATED SCHOOLS

BREAKFAST



School Information:

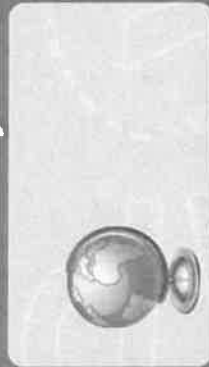
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Nutrition Tip: September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



Monday



7
Cold Cereal
Granola Bar
Fruit
Milk

14
Breakfast on a stick
Cheese Sticks
Fruit
Milk

21
Egg and Ham
Croissant
Fruit
Milk

28
Breakfast Burritos
Fruit
Milk

Tuesday

1
Ham and Cheese Bagel
Fresh Fruit
Orange Juice

8
Breakfast Burritos
Fruit
Milk

15
Cereal Bar
Bacon Strips
Fruit
Milk

22
Oatmeal
Bacon
Granola Bar
Fruit
Milk

29
French Toast Sticks
Hash Browns
Fruit
Milk

Wednesday

2
Fresh Toast Sticks
Fresh Apples
Milk / Orange Juice

9
Waffles
Ham/ Sausage Patties
Fruit
Milk

16
Pancakes
Sausage Patty
Fruit
Milk

23
Breakfast Pizza
Fruit
Orange Juice

30
Yogurt Parfaits
Granola
Fresh Bananas
Milk

Thursday

3
Yogurt
Cheese Sticks
Fruit
Milk

10
Sausage and Cheese
Bagel
Hash browns
Fruit
Milk

17
Cold Cereal
Muffins
Fruit
Milk

24
Bagel
w/ Cream Cheese and
Jelly
Fruit
Milk

Friday

4
NO SCHOOL

11
NO SCHOOL

18
NO SCHOOL

25
NO SCHOOL





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Nutrition Tip: With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

7
Chicken Nuggets
Mashed Potatoes
Gravy
Fresh Carrots
Milk/ Juice

14
French Toast Sticks
Cheesy Scrambled Eggs
Tater Tots
Baby Carrots

21
Homemade Mac and Cheese
Bread Sticks
Steamed Peas
Fruit
Milk

28
Chicken Soft Taco
Spanish Rice
Salsa
Fruit
Milk

Tuesday

1
Smothered Red Burritos
Corn/Lettuce/Tomato
Fruit
Milk/Juice

8
BBQ Chicken
Drumsticks
Creole Roasted Potatoes
Salad
Fruit
Milk

15
Green Chile Chicken
Enchiladas
Beans
Tortilla
Milk/Juice

22
Walking Taco
Beans
Garnish
Fruit
Milk

29
Spaghetti w/Meat Sauce
Garlic Bread
Sweet Corn
Fruit
Milk

Wednesday

2
Sloppy Joes
French Fries
Vegetables
Fruit
Milk/Juice

9
Frito Pies
Spanish Rice
Garnishes
Milk/Juice

16
Hot Ham and Cheese
Sweet Potato Waffle Fries
Fruit
Milk/Juice

23
Honey Glazed Pork
Dinner Rolls
Smashed Potatoes
Mixed Vegetables
Fresh Fruit
Milk

30
Frito Pie
Tortilla
Fruit
Milk

Thursday

3
Grilled Cheese
Soup
Vegetables
Fruit
Milk/Juice

10
Meatball Marinara
Pasta
Salad
Steamed Green Beans

17
Fish Sticks
Sun Chips
Fresh Fruit/ Vegetables
Milk

24
Pepperoni Pizza
Vegetables
Fruit
Milk

Friday

4
NO SCHOOL

11
NO SCHOOL

18
NO SCHOOL

25
NO SCHOOL

