

BREAKFAST

AUGUST 2021

MESA VISTA CONSOLIDATED SCHOOLS



Monday

2

Breakfast Pizza
Fresh Fruit
Milk or Juice

9

Waffles w/syrup
Bacon
Red Apple
Milk or Juice

16

Red Breakfast Burritos
w/bacon
Fruit
Milk or Juice

23

Cold Cereal
Cheese Stick
Fruit
Milk or Juice

30

Tuesday

3

Breakfast Burritos
Fruit
Milk or Juice

10

Breakfast Burritos
w/ham
Fresh Fruit
Milk or Juice

17

Yogurt Parfaits
w/granola
Fresh Fruit
Milk or Juice

24

Breakfast Combo
Scrambled eggs w/cheese
Diced Potatoes
Red or Green
Bacon or Ham
Tortilla
Milk or Juice

31

Wednesday

4

French Toast w/syrup
Sausage patty
Fresh Fruit
Milk

11

Cold Cereal
Granola Bar
Fruit
Milk

18

Bagel w/sausage,
Cheese, Egg
Fresh Fruit
Milk or Juice

25

Thursday

5

Dry Cereal
w/cheese stick
Fresh Bananas
Milk

12

Bagel w/cream cheese
Jelly
Fresh Fruit
Milk or Juice

19

Biscuit and Gravy
Hash Brown
Patty's
Fruit
Milk or Juice

26

Friday

6

13

20

27



Today's wealth begins with health



LUNCH

AUGUST 2021

MESA VISTA CONSOLIDATED SCHOOLS

Monday

2

Frito Pie w/cheese
Tortillas
Lettuce/Tomatoes/Onions
Applesauce
1% Milk or Juice

16
Chicken Nuggets
w/BBQ sauce
Mashed Potatoes w/gravy
Fresh Veggies w/dressing
Fresh fruit
1% Milk

23
Beef Tacos w/salsa
Cheese/Lettuce/Tomatoes
Spanish Rice
Pineapple Chunks
1% Milk or Juice

30
Beef Macaroni
Garlic Bread
Green Beans
Fruit
1% Milk

Tuesday

3

Sloppy Joes
French Fries
Steamed Broccoli w/cheese
Fresh Oranges
1% Milk

17
Cheeseburgers
Tater Tots
Lettuce/Tomatoes
Jell-O w/ fruit
1% Milk

24
Hot Dogs
French Fries
Fresh Fruit
Chocolate Milk

31
Chicken Stir Fry
Steamed Rice
Fresh Cookies
1% Milk or Juice

Wednesday

4

BBQ Chicken
Mashed Potatoes w/gravy
Corn
Fresh Rolls
Fresh Fruit
1% Milk or Juice

18
Chicken Enchiladas
Pinto Beans
Lettuce/Tomatoes
Tortillas
Fruit
1% Milk or Juice

25
Frito Pies
Lettuce/Tomatoes
Tortillas
Fruit
1% Milk or Juice]

Thursday

5

Pepperoni Pizza
Tossed Salad w/dressing
Mixed Fruit
1% Milk or Juice

19
Spaghetti w/meatballs
Tossed Salad w/dressing
Fresh Rolls
Fruit Cups
1% Milk or Juice

26
Homemade Pizza
Fresh Salad w/dressing
1% Milk or Juice

Friday

6

13

20

27

