



LUNCH

JANUARY 2022

Mesa Vista Consolidated Schools

Menu is subject to change

Monday

3

Beef and Bean Burritos w/Cheese
Lettuce/Tomatoes
Steamed Corn w/Salsa
Fresh Fruit
1% Milk or Juice

Tuesday

4

Cooks Choice

Chicken Patty
Mashed Potatoes w/Gravy
Fresh Rolls
Fresh Salad w/Dressing
Fruit
1% Milk or Juice

Wednesday

5

Nacho's w/Beef w/Jalapenos
Sour Cream
Pinto Beans
Lettuce/Tomatoes
Fresh Fruit
1% Milk

Cheeseburgers
French Fries
Lettuce/Tomatoes
Ketchup/Mustard/Mayo
Fresh Fruit
1% Milk

Thursday

6

Lots of Tots
W/Red Chili/Cheese
Spanish Rice
Fresh Fruit
1% Milk or Juice

Frito Pie
Tortilla
Lettuce/Tomatoes
Fruit
1% Chocolate Milk

Friday

7

Tuesday

11

Chicken Nuggets
w/Sauce
Oven Baked Fries
Fresh Fruit
1% Milk

Wednesday

12

Chili Cheese Dogs
Sweet Potato Fries
Fruit
1% Milk

Thursday

13

Green chili Frito Pie
Lettuce/Tomatoes
Tortilla
Fruit
1% Milk

Tuesday

18

Fresh Pizza
Fresh Salad w/Dressing
Jell-O w/ Fruit
1% Milk

Wednesday

19

Turkey Club Sandwich
w/Pickle Spear
Lettuce/Tomatoes
Mustard/Mayo/Ketchup
Sun Chips
1% Milk or Juice

Thursday

20

Turkey A La King
Mashed Potatoes
Veggie Sticks w/Dressing
Fresh Rolls
Fruit
1% Milk

Tuesday

25

Meat Loaf
Mashed Potatoes w/Gravy
Corn on the Cob
Rolls
Green Apples
1% Chocolate Milk

Wednesday

26

Baked Corn Dogs
Tots
Macaroni Salad
Ketchup/Mustard
1% Milk or Juice

Thursday

27

Beef Soft Tacos w/Salsa
Pinto Beans
Lettuce/Tomatoes
Fruit
100 % Juice

Tuesday

31



Happy New Year!

BREAKFAST

JANUARY 2022

Mesa Vista Consolidated Schools

Menu is subject to change

Monday

3

Breakfast Quesadilla
w/Salsa
Fruit
1% Milk

Tuesday

4

French Toast w/Syrup
Fresh Fruit
1% Milk or Juice

Cold Cereal
Cheese Sticks
Red Apple
1% Milk or Juice

Wednesday

5

Biscuit /Sausage/Cheese
Fresh Banana
1% Milk

Breakfast Burritos w/Meat
Red Chili or Plain
Fresh Fruit
1% Milk

Thursday

6

Yogurt Parfait
w/Granola
Fruit
1% Milk or Juice

Bagel w/Cheam Cheese
Jelly
Fruit
1% Milk

Friday

7

14

17

Breakfast Pizza
Fresh Pears
1% Milk or Juice

18

Biscuit and Gravy
Fruit
1% Milk

19

Waffles w/ Syrup
Sliced Bacon
Mixed Fruit
1% Milk or Juice

20

Ham and Cheese Omelet
Fresh fruit
1% Milk

21

24

Breakfast on a Stick
Hash Brown Patty
Fresh Fruit
1% Milk or Juice

25

Egg and Cheese Bagel
w/Sausage or Ham
1% Milk or Juice

26

Breakfast Combo
Bacon or Ham
Diced Potatoes
Red or Green
Tortilla
Fresh Fruit
Juice

27

Bagel w/Ham and Cheese
Fruit
1% Milk

28

31

Cooks Choice



Happy New Year!