

March 2021

MESA VISTA SCHOOLS

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: March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

Monday

1

Tuesday

2

Wednesday

3

Thursday

4

Friday

5

8

9

10

11

12

Homemade pancakes

Sausage Patty
Fruit
Milk or Juice

15

Breakfast Bagel Ham

and cheese
Hash brown
Milk or juice

16

Scrambled Egg w/cheese

Diced Potatoes and bacon
Tortilla
Fruit

17

Breakfast Pizza

Diced Peaches
Milk or Juice

18

No School

19

22

23

24

25

26

29

30

31



March 2021

MESA VISTA CONSOLIDATED SCHOOLS

LUNCH



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: March is National Nutrition Month! To celebrate, try getting more creative in the kitchen and trying a new recipe or cuisine you haven't had before.

References: Academy of Nutrition & Dietetics

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

5

8

9

10

11

12

15

Chicken Patty
w/mashed potatoes
w/gravy
dinner roll
Juice

16

Red Beef Enchiladas
Pinto Beans
Lettuce/Tomatoes
Juice

17

Spaghetti w/meatballs
Garlic Bread Sticks
w/salad and dressing
Jell-O
Juice

18

Grilled Cheese
Sandwich
Chicken and Rice Soup
Oranges
Milk

19

No School

22

23

24

25

26

29

30

31

