

# March 2021

## MESA VISTA CONSOLIDATED 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  
Bagel w/ Cream Cheese  
Fruit  
Milk

8  
Pending

15  
Pending

22  
Pending

29  
Pending

### Tuesday

2  
French Toast w/Syrup  
Sausage Patty  
Fruit  
Milk

9  
Pending

16  
Pending

23  
Pending

30  
Pending

### Wednesday

3  
Breakfast Pizza  
Fruit  
Milk

10  
Pending

17  
Pending

24  
Pending

31  
Pending

### Thursday

4  
Oatmeal w/Toast  
Granola Bar  
Juice or Milk

11  
Pending

18  
Pending

25  
Pending

31  
Pending

### Friday

5  
NO SCHOOL

12  
Pending

19  
Pending

26  
Pending



# March 2021

## MESA VISTA CONSOLIDATED SCHOOLS

### LUNCH

**School Information:**

- \* Mesa Vista School lunches will be delivered via bus routes
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**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

**1**  
Cheese Burger  
Baked Tot's  
Fruit  
Milk

Pending **8**

Pending **15**

Pending **22**

Pending **29**

### Tuesday

**2**  
Chicken Stir-Fry  
Steamed Rice  
Fruit  
Milk

Pending **9**

Pending **16**

Pending **23**

Pending **30**

### Wednesday

**3**  
Beef Tacos  
Pinto Beans  
Salsa  
Milk

Pending **10**

Pending **17**

Pending **24**

Pending **31**

### Thursday

**4**  
Grilled Turkey Sandwiches  
French Fries  
Grilled Vegetables

Pending **11**

Pending **18**

Pending **25**

### Friday

Pending **5**

Pending **12**

Pending **19**

Pending **26**

