

BREAKFAST

NOVEMBER 2021
MESA VISTA CONSOLIDATED SCHOOLS

Monday

1
Bagel, Sausage, Egg
Cheese
Fruit
1% Milk or Juice

8
Peanut Butter/Jelly
Fresh Fruit
1% Milk

15
Breakfast Bacon Burrito
Fruit
1% Milk or Juice

22
Cheese Quesadilla
w/Salsa
Fresh Fruit
1% Milk

29
Breakfast Burrito
Fresh Orange
1% Milk or Juice

Tuesday

2
French Toast w/syrup
Side of Ham
Fruit
1% Milk or Juice

9
Oatmeal w/Toast
Fruit
1% Milk or Juice

16
Bagel
w/Cream Cheese/Jelly
Fruit
1% Milk

23
Yogurt w/Cheese Stick
Fruit
1% Milk

30
Peanut Butter
w/Cream of Wheat
Fruit
1% Milk

Wednesday

3
Breakfast Burrito
Salsa
Fresh Fruit
1% Milk

10
Breakfast Pizza
Fruit
1% Milk

17
Waffles w/syrup
Side of Ham
Fresh Fruit
1% Milk

24
Thanksgiving Break

Thursday

4
Cold Cereal
Cereal Bar
Fruit
1% Milk or Juice

11
Egg Ham Croissant
Hash Brown Patty
Fruit
1% Milk

18
Cold Cereal
w/Cheese Stick
Fruit
1% Milk



Friday

5

12

19

26
Thanksgiving Break





LUNCH

NOVEMBER 2021

MESA VISTA CONSOLIDATED SCHOOLS



Monday

1
Smothered Beef Burrito
Spanish Rice
Fruit
1% Milk or Juice

8
Pepperoni Pizza
Veggie Sticks w/Dressing
Fresh Fruit
1% Milk

15
Cheeseburgers
Baked Chips
Lettuce/Tomatoes
Fruit
1% Milk

22
Chicken Nuggets
w/BBQ Sauce
French Fries
Fruit
1% Milk

29
Chicken Patty
Mashed Potatoes
w/Country Gravy
Fresh Veggies w/Dressing
Rolls
Fruit
1% Milk

Tuesday

2
Frito Pie
Lettuce/Tomatoes
Tortillas
Fruit
1% Milk or Juice

9
Corn Dogs
Tater Tots
Fresh Fruit
1% Milk

16
Green Chili Frito Pie
Lettuce/Tomatoes
Tortillas
Fruit
1% Milk

23
Pizza
Fresh Salad w/Dressing
Fruit
1% Milk or Juice

30
Green Chili Stew
w/Crackers
Fruit and Jell-O
1% Milk

Wednesday

3
Chicken Nuggets
French Fries
Fruit
1% Milk or Juice

10
Red Beef Enchiladas
Pinto Beans
Lettuce/Tomatoes
Tortillas
1% Milk or Juice

17
Hot Dogs w/Tots
Fresh Vegetables
Fresh Fruit
1% Milk

24
Thanksgiving Break

Thursday

4
Beef Mac/Bread Sticks
Fresh Salad w/Dressing
Fruit
Chocolate Milk or Juice

11
Sloppy Joes
French Fries
Vegetables
Fruit
1% Milk

18
Thanksgiving Lunch
Roast Turkey
Mashed Potatoes w/gravy
Corn/Cranberry Sauce
Stuffing
Fresh Roll
Pumkin Pie w/Whip Cream

25
Thanksgiving Break


Friday

5

12

19

26
Thanksgiving Break

