



BREAKFAST

OCTOBER 2022

MESA VISTA CONSOLIDATED SCHOOLS

MENU IS SUBJECT TO CHANGE

Monday

French Toast Sticks **3**
Syrup
Fruit
1% Milk or Juice

Cereal **10**
Cheese stick
Fruit
1% Milk or Juice

Rice Pudding **17**
Fruit
1% Milk or Juice

Muffins **24**
Fruit
1% Milk or Juice

Chocolate Cupcakes **31**
Fruit
1% Milk or Juice

Tuesday

Yogurt w/Granola **4**
Fruit
1% Milk or Juice

Sausage & Bell Peppers **11**
w/Scrambled Eggs
Tater Tots
Fruit
1% Milk or Juice

Eggs, Ham, Papitas **18**
Red Chile
Fruit
1% Milk or Juice

Huevos Rancheros **25**
Turkey
Fruit
1% Milk or Juice

Wednesday

Bagels w/Cream Cheese **5**
Jelly
Fruit
1% Milk or Juice

Breakfast Pizza **12**
Fruit
1% Milk or Juice

Applesauce Cake **19**
Fruit
1& Milk or Juice

Oatmeal w/Berries **26**
Fruit
1% Milk or Juice

Thursday

Sausage & Bell Pepper **6**
Omelet
Hash Browns
Fruit
1% Milk or Juice

Sausage & Cheese Muffin **13**
Fruit
1& Milk or Juice

Biscuits and Gravy **20**
Sausage
Fruit
1% Milk or Juice

Breakfast Tacos **27**
w/Cheese
Fruit
1% Milk or Juice

Friday

7

14

21

28

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