

May 2018

High School, Mesa Vista Consolidated School District

LUNCH



School Information:

Menus are subject to change based on kitchen surplus.



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



Monday

Tuesday

Wednesday

Thursday

Friday

No School

POOKIE ON FIRE 1
Red Chili Cheese Burrito
Salsa 2oz
Carrots 8oz
Bananas 8oz
Milk 8oz

YOU CAN'T BEATA THIS FAJITA 2
Chicken Fajitas 2oz
Bell Pepper 2oz, Onions 2oz
Cheese 1oz, Salsa 2oz
Whole Grain Tortilla 6in
Corn 8oz, Fruit Cocktail 8oz, Milk 8oz

DOWN THE HATCH 3
Green Chili Cheeseburger
Cheese 1oz, Lettuce 1oz,
Tomato 1oz, Green Chili, 1oz
French Fries 8oz
Applesauce 8oz
Milk 8oz

No School 4

JUDY'S WORLD FAMOUS AWARD WINNING DOGS! 7
Chili Cheese Hot Dog
Whole Grain Bun 2oz
French Fries 8oz
Sliced Apples 8oz
Milk 8oz

HOW CHEESEY 8
Cheese Enchilada 4oz
Spanish Rice 4oz
Beans 8oz
Peaches 8oz
Milk 8oz

MAD MACS 9
Mac & Cheese 4oz
Whole Grain Bread Stick 2oz
Green Beans 8oz
Pears & Milk 8oz

YOU WANNA PIZZA ME? 10
Pepperoni Pizza 4oz
Carrots 8oz
Banana 8oz
Milk 8oz

No School 11

WHAT'S THE MATA WITH YOU? 14
Spaghetti 4oz
Meat Sauce 2oz
Whole Grain Garlic Bread 2oz
Peas 8oz
Apricots 8oz, Milk 8oz

ALBINO RHINO BIG AND HEARTY LUNCH 15
Salisbury Steak/Gravy 4oz
Whole Grain Roll 2oz
Mashed Potatoes 8oz
Sliced Apples 8oz
Milk 8oz

HARRY SCARY FRITO PIE! 16
Frito Pie
(chili beans 4oz, lettuce 1oz, tomato 1oz, cheese 1oz)
Corn 8oz
Peaches 8oz, Milk 8oz

MACHO TACOS 17
Beef Tacos 2oz
Cheese 2oz, Lettuce 2oz,
Tomato 2oz
Whole Grain Tortilla 2x6in
Cooked Spinach 8oz
Mixed Fruit 8oz, Milk 8oz

No School 18

CHRISTINE'S WORLD FAMOUS NACHOS 21
Fajita Chicken Nachos 4oz
Carrots 8oz
Fruit Mix 8oz
Milk 8oz

DOWN THE HATCH 22
Green Chili Cheeseburger
Cheese 1oz, Lettuce 1oz,
Tomato 1oz, Green Chili, 1oz
French Fries 8oz
Applesauce 8oz
Milk 8oz

NUGGETS O' GOLD 23
Chicken Nuggets 5ct
Whole Grain Roll 2oz
Broccoli w/Cheese 8oz
Sliced Apples 8oz
Milk 8oz

YOU WANNA PIZZA ME? 24
Pepperoni Pizza 4oz
Peas 8oz
Banana 8oz
Milk 8oz

No School 25

No School 28

No School 29

No School 30

No School 31

