

# May 2018

## K-8, 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 4oz  
Bananas 4oz  
Milk 8oz

**YOU CAN'T BEAT THIS FAJITA** 2  
Chicken Fajitas 2oz  
Bell Pepper 2oz, Onions 2oz  
Cheese 1oz, Salsa 2oz  
Whole Grain Tortilla 6in  
Corn 4oz, Fruit Cocktail 4oz, Milk 8oz

**DOWN THE HATCH** 3  
Green Chili Cheeseburger  
Cheese 1oz, Lettuce 1oz,  
Tomato 1oz, Green Chili, 1oz  
French Fries 4oz  
Applesauce 4oz  
Milk 8oz

**No School** 4

**JUDY'S WORLD FAMOUS AWARD WINNING DOGS!** 7  
Chili Cheese Hot Dog  
Whole Grain Bun 2oz  
French Fries 4oz  
Sliced Apples 4oz  
Milk 8oz

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

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

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

**No School** 11

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

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

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

**MACHO TACOS** 17  
Beef Tacos 2oz  
Cheese 2oz, Lettuce 2oz,  
Tomato 2oz  
Whole Grain Tortilla 2x6in  
Cooked Spinach 4oz  
Mixed Fruit 4oz, Milk 8oz

**No School** 18

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

**DOWN THE HATCH** 22  
Green Chili Cheeseburger  
Cheese 1oz, Lettuce 1oz,  
Tomato 1oz, Green Chili, 1oz  
French Fries 4oz  
Applesauce 4oz  
Milk 8oz

**NUGGETS O' GOLD** 23  
Chicken Nuggets 5ct  
Whole Grain Roll 2oz  
Broccoli w/Cheese 4oz  
Sliced Apples 4oz  
Milk 8oz

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

**No School** 25

**No School** 28

**No School** 29

**No School** 30

**No School** 31

