

April 2017

Mesa Vista Consolidated School District

BREAKFAST



School Information:

This month: Spring Break, pt.2!



Nutrition Tip:

Drink more water. Stay hydrated while avoiding all the sugars in soda, juices and sports drinks.



Monday

SECONDS PLEASE

3

Ham & Cheese Omelet

Banana & Milk

Tuesday

BREAKFAST IN PARIS

4

French Toast Sticks

Pears & Milk

Wednesday

OJO CALIENTE FIRE

5

Red Chili Breakfast Burrito

Mixed Fruit & Milk

Thursday

THE MAD SCIENTIST

6

Home Fries Potatoes mixed with melted cheese, onions & peppers

Peaches & Milk

Friday

No School

7

THIS ONE IS JUST RIGHT

10

Cinnamon Oatmeal

Blueberries & Milk

EL RITO SPECIAL

11

Breakfast Burrito

Applesauce & Milk

THE OLD TIMER'S

12

Bacon, Eggs

Sliced Oranges & Milk

No School

13

No School

14

No School

17

EL FUEGO!

18

Chorizo Burrito

Banana & Milk

OH SO SWEET!

19

Blueberry Pancakes

Milk

FRISCO POTATOES

20

Home Fries, Cheese, Salsa

Mixed Fruit & Milk

BETTER THAN YOUR MOM'S

21

Huevos Rancheros

Strawberries & Milk

THE ANAYA SPECIAL

24

Egg & Cheese Bagel

Sandwich

Apple & Milk

DON'T TELL THE CHICKENS!

25

Scrambled Eggs, Toast

Grapes & Milk

THE OLD TIMER'S

26

Bacon, Eggs

Banana & Milk

OJO CALIENTE FIRE

27

Red Chili Breakfast Burrito

Sliced Oranges & Milk

QUESO QUESA

28

Cheese Quesadilla

Mixed Fruit & Milk

