

# 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

