OCTOBER 2024 BVCS - MOUNTAIN VIEW

Every day we offer a delicious and varied salad bar full of fruits and veggies.

Monday	Tuesday	Wednesday	Thursday	Friday
	Nachos - Buffalo Chicken or Pulled Pork Pasta Salad Fruits & Veggies Milk	Chili 2 w/ Cornbread Brown Rice Fruits & Veggies Milk	3 Chicken & Biscuits Mashed Potatoes Fruits & Veggies Milk	4 Cheese Pizza Pepperoni Pizza Fruits & Veggies Milk
7 Cheeseburger Wrap Pasta Salad Fruits & Veggies Milk	8 Chicken Teriyaki Brown Rice Fruits & Veggies Milk	9 Grilled Cheese sandwich Homemade Soup Fruits & Veggies Milk	Spaghetti 10 Meat or Marinara Sauce Garlic Bread Fruits & Veggies Milk	Italian Dunkers w/ Marinara Fruits & Veggies Milk
14 INDIGENOUS PEOPLE'S DAY NO SCHOOL TODAY	Hamburgers Cheeseburgers Baked Beans Fruits & Veggies Milk	Egg, Sausage, Bacon 16 & Cheese Burrito Home Fries Fruits & Veggies Milk	17 Chicken Quesadillas Brown Rice Fruits & Veggies Milk	18 Cheese Pizza Pepperoni Pizza Fruits & Veggies Milk
21 Cheeseburger Wrap Pasta Salad Fruits & Veggies Milk	Beef Tacos Brown Rice Refried Beans Fruits & Veggies Milk	23 EARLY DISMISSAL Grilled Cheese Sandwich Fruits & Veggies Milk	24 Chicken & Broccoli Alfredo w/ Noodles Fruits & Veggies Milk	25 Italian Dunkers w/ Marinara Fruits & Veggies Milk
Hamburgers Cheeseburgers Baked Beans Fruits & Veggies Milk	Homemade Soup & 29 Sandwich Day Tuna or Egg Salad Fruits & Veggies Milk	Chicken w/ Bacon Wrap() Buffalo or Plain Brown Rice Fruits & Veggies Milk	31 Sloppy Joe's on Roll Fruits & Veggies Milk	

Boquet Valley CSD encourages all students to select a complete meal containing all 5 food components at lunch. Students must select at least <u>3 food</u> <u>components</u>, with one of the food components being at least <u>½ cup of fruit or vegetable</u> to constitute a reimbursable meal. Alternate choices are SB&J* or Egg Salad Sandwich. All students eat free meals