December

Vista Student Center K-8

Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 2, 2019	**December 3, 2019**	**December 4, 2019**	**December 5, 2019**	**December 6, 2019**
Lunch YOGURT String Cheese Italian Corn Salad Fruit Juice Corn Muffin ^ Milk	**Lunch** TURKEY HAM & CHEESE ON A WHOLE WHEAT BUN ^ Baby Carrots Light Ranch Dressing Sun Splash Veggie Juice Apple Mustard Milk	**Lunch** TURKEY & CHEESE SANDWICH ^ Hummus Baby Carrots Applesauce Cup Mustard Milk	**Lunch** YOGURT String Cheese Tropical Veggie Juice Craisins Cherry Loaf ^ Milk	**Lunch** DELI SUB SANDWICH ^ Fresh Chopped Romaine (IW) Fresh Cauliflower Florets (IW) Light French Dressing Fruit Cup Mustard Milk
December 9, 2019	**December 10, 2019**	**December 11, 2019**	**December 12, 2019**	**December 13, 2019**
Lunch Yogurt String Cheese Hummus Cup Baby Carrots Chocolate Chip Mini Loaf Graham Crackers ^ Orange-Tangerine Juice Milk	**Lunch** TURKEY HAM & CHEESE SANDWICH ^ Sun Splash Veggie Juice Baby Carrots Light Ranch Dressing Mixed Fruit Cup Mustard Milk	**Lunch** YOGURT String Cheese Tropical Veggie Juice Applesauce Cup Cinnamon Oat Granola ^ Multi Grain Sun Chips ^ Milk	**Lunch** DELI SUB SANDWICH ^ Italian Corn Salad Fruit Cup Mustard Milk	**Lunch** TURKEY BOLOGNA SANDWICH^ Fresh Chopped Romaine (IW) Fresh Broccoli Florets (IW) Light Ranch Dressing Orange-Tangerine Juice Mustard Milk
December 16, 2019	**December 17, 2019**	**December 18, 2019**	**December 19, 2019**	**December 20, 2019**
Lunch TURKEY & CHEESE SANDWICH ^ Hummus Cup Baby Carrots Fresh Apple Mustard Milk	**Lunch** YOGURT String Cheese Tropical Veggie Juice Fruit Cup Corn Muffin ^ Milk	**Lunch** TURKEY BOLOGNA SANDWICH^ Baby Carrots Light Ranch Dressing Sun Splash Veggie Juice Applesauce Mustard Milk	**Lunch** VANILLA YOGURT String Cheese Tropical Veggie Juice Fruit Cup Cherry Loaf ^ Milk	**Lunch** TURKEY HAM & CHEESE SANDWICH ^ Fresh Chopped Romaine (IW) Fresh Broccoli Florets (IW) Light French Dressing Craisins Mustard Milk
December 23, 2019	**December 24, 2019**	**December 25, 2019**	**December 26, 2019**	**December 27, 2019**
Winter		Break		
December 30, 2019	**December 31, 2019**			
Winter Break Con.				

*** MENU SUBJECT TO CHANGE ** ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% OR FAT FREE MILK*

*^ Denotes item is whole-grain/whole wheat. *This menu is free of peanuts, tree nuts, fish, and shellfish.*

*** This institution is an equal opportunity provider.*