


NOVEMBER

Vista Student Center K-8

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				November 1, 2019 Lunch YOGURT Cinnamon Oat Granola ^ String Cheese Dragon Punch Veggie Juice Applesauce Assorted Chips ^ Milk
November 4, 2019 Lunch YOGURT String Cheese Cherry Loaf ^ Sun Splash Veggie Juice Baby Carrots Ranch Dressing Applesauce Cup Milk	November 5, 2019 Lunch TURKEY HAM & CHEESE SANDWICH ^ Italian Corn Salad Diced Peaches Mustard Milk	November 6, 2019 Lunch DELI SUB SANDWICH ^ Broccoli Buds Baby Carrots Light Ranch Dressing Craisins Mustard Milk	November 7, 2019 Lunch YOGURT String Cheese Tropical Veggie Juice Applesauce Cup Peach Loaf ^ Tostitos Tortilla Chips ^ Milk	November 8, 2019 Lunch TURKEY & CHEESE SANDWICH ^ Hummus Cup Baby Carrots Craisins Mustard Milk
November 11, 2019 <i>veterans day</i> No School	November 12, 2019	November 13, 2019 Lunch YOGURT String Cheese Corn Muffin ^ Sun Splash Veggie Juice Baby Carrots Ranch Dressing Milk	November 14, 2019 Lunch TURKEY HAM & CHEESE ON A WHOLE WHEAT BUN ^ Dragon Punch Veggie Juice Craisins Mustard Milk	November 15, 2019 Lunch YOGURT String Cheese Italian Corn Salad Assorted Fruit Juice Cookie ^ Tostitos Tortilla Chips ^ Milk
November 18, 2019 Lunch TURKEY BOLOGNA SANDWICH^ Fruit Cup Dragon Punch Veggie Juice Mustard Milk	November 19, 2019 Lunch YOGURT String Cheese Fresh Chopped Romaine (IW) Fresh Broccoli Florets (IW) Ranch Dressing Corn Muffin ^ Milk	November 20, 2019 Lunch DELI SUB SANDWICH ^ Sun Splash Veggie Juice Baby Carrots Applesauce Cup Light Ranch Dressing Mustard Milk	November 21, 2019 Lunch YOGURT String Cheese Tropical Veggie Juice Craisins Pumpkin Muffin ^ Milk	November 22, 2019 Lunch TURKEY & CHEESE SANDWICH ^ Hummus Cup Baby Carrots Applesauce Mustard Milk
November 25, 2019	November 26, 2019	November 27, 2019	November 28, 2019 	November 29, 2019 break

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% OR FAT FREE MILK

^ Denotes item is whole-grain/whole wheat.

** MENU SUBJECT TO CHANGE **

*This menu is free of peanuts, tree nuts, fish, and shellfish.

*** This institution is an equal opportunity provider.