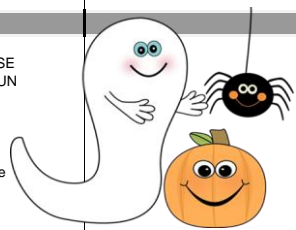


October

Vista Student Center K-8

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	October 1, 2019 Lunch VANILLA YOGURT String Cheese Applesauce Cup Cherry Loaf ^ Dragon Punch Milk	October 2, 2019 Lunch TURKEY BOLOGNA ON A WHOLE WHEAT BUN Hummus Cup Baby Carrots Mustard Orange Juice Milk	October 3, 2019 Lunch TURKEY HAM & CHEESE ON A WHOLE WHEAT BUN Baby Carrots Light Ranch Dressing Fresh Apple Slices Mustard Sun Splash Veggie Juice Milk	October 4, 2019 Lunch DELI SUB SANDWICH ^ Fresh Chopped Romaine (IW) Fresh Cauliflower Florets (IW) Light French Dressing Diced Peaches Mustard Milk
October 7, 2019 Lunch TURKEY BOLOGNA SANDWICH^ Fresh Chopped Romaine (IW) Fresh Broccoli Florets (IW) Light Ranch Dressing Fresh Banana* Mustard Milk	October 8, 2019 Lunch TURKEY HAM & CHEESE SANDWICH ^ Italian Corn Salad Pineapple Tidbits Mustard Milk	October 9, 2019 Lunch DELI SUB SANDWICH ^ Baby Carrots Light Ranch Dressing Applesauce Cup Mustard Sun Splash Veggie Juice Milk	October 10, 2019 Lunch STRAWBERRY YOGURT String Cheese Fresh Orange* Corn Muffin Tropical Veggie Juice Milk	October 11, 2019 Lunch TURKEY & CHEESE SANDWICH ^ Hummus Cup Baby Carrots Fresh Pear* Mustard Milk
October 14, 2019 Lunch TURKEY & CHEESE SANDWICH ^ Italian Corn Salad Fresh Banana* Mustard Milk	October 15, 2019 Lunch VANILLA YOGURT String Cheese Mixed Fruit Cup Cherry Loaf ^ Tropical Veggie Juice Milk	October 16, 2019 Lunch TURKEY BOLOGNA ON A WHOLE WHEAT BUN Hummus Cup Baby Carrots Mustard Orange Juice Milk	October 17, 2019 Lunch TURKEY HAM & CHEESE ON A WHOLE WHEAT BUN Baby Carrots Light Ranch Dressing Fresh Apple Slices Mustard Sun Splash Veggie Juice Milk	October 18, 2019 Lunch DELI SUB SANDWICH ^ Fresh Chopped Romaine (IW) Fresh Cauliflower Florets (IW) Light French Dressing Diced Peaches Mustard Milk
October 21, 2019 Lunch TURKEY BOLOGNA SANDWICH^ Baby Carrots w/Ranch SunSplash Veggie Juice Apple Slices Milk	October 22, 2019 Lunch Vanilla Yogurt Mozzarella String Cheese Tropical Veggie Juice Apple Slices Corn Muffin or Cherry Loaf Milk	October 23, 2019 Lunch Deli Sub Sandwich Romaine Lettuce Broccoli Blts w/Ranch Applesauce Cup Mustard Milk	October 24, 2019 Lunch Strawberry Yogurt & Granola Mozzarella String Cheese SunSplash Veggie Juice Fresh Orange Chocolate Chip Mini Loaf Milk	October 25, 2019 Lunch TURKEY & CHEESE SANDWICH ^ Hummus Cup Baby Carrots Fresh Pear* Mustard Milk
October 28, 2019 Lunch TURKEY & CHEESE SANDWICH ^ Italian Corn Salad Fresh Banana* Mustard Milk	October 29, 2019 Lunch VANILLA YOGURT String Cheese Mixed Fruit Cup Cherry Loaf ^ Tropical Veggie Juice Milk	October 30, 2019 Lunch TURKEY BOLOGNA ON A WHOLE WHEAT BUN Hummus Cup Baby Carrots Mustard Orange Juice Milk	October 31, 2019 Lunch TURKEY HAM & CHEESE ON A WHOLE WHEAT BUN Baby Carrots Light Ranch Dressing Fresh Apple Slices Mustard Sun Splash Veggie Juice Milk	

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 from peanuts, tree nuts, fish, and shellfish.

*** This institution is an equal opportunity provider.