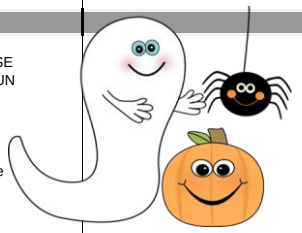
October

Vista Student Center K-8

Lunch Menu

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

*** MENU SUBJECT TO CHANGE ***

^ Denotes item is whole-grain/whole wheat.

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

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