September 2019

Vista Student Center

K -8 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	September 3, 2019	**September 4, 2019**	**September 5, 2019**	**September 6, 2019**
NO SCHOOL **LABOR DAY**	**Lunch** TURKEY & CHEESE SANDWICH ^ Italian Corn Salad Fresh Banana* Mustard Milk	**Lunch** TURKEY BOLOGNA W/ WHOLE WHEAT BUN Baby Carrots Hummus Cup Mustard Orange Juice Milk	**Lunch** TURKEY HAM & CHEESE W/WHOLE WHEAT B Baby Carrots Fresh Apple Slices Light Ranch Dressing Mustard Sun Splash Veggie Juice Milk	**Lunch** Yogurt Granola String Cheese Dragon Punch Diced Pears Pizza Crackers Milk
September 9, 2019	**September 10, 2019**	**September 11, 2019**	**September 12, 2019**	**September 13, 2019**
Lunch Yogurt String Cheese Sun Splash Apple Slices Tostito Tortilla Chips Milk	**Lunch** TURKEY HAM & CHEESE SANDWICH ^ Italian Corn Salad Pineapple Tidbits Mustard Milk	**Lunch** DELI SUB SANDWICH ^ Baby Carrots Applesauce Cup Light Ranch Dressing Mustard Sun Splash Veggie Juice Milk	**Lunch** STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice Milk	**Lunch** TURKEY & CHEESE SANDWICH ^ Baby Carrots Fresh Pear* Hummus Cup Mustard Milk
September 16, 2019	**September 17, 2019**	**September 18, 2019**	**September 19, 2019**	**September 20, 2019**
Lunch **TURKEY & CHEESE SANDWICH ^** Italian Corn Salad Fresh Banana* Mustard Milk	**Lunch** VANILLA YOGURT String Cheese Cherry Loaf ^ Mixed Fruit Cup Tropical Veggie Juice Milk	**Lunch** TURKEY BOLOGNA W/ WHOLE WHEAT BUN Baby Carrots Hummus Cup Mustard Orange Juice Milk	**Lunch** TURKEY HAM & CHEESE W/WHOLE WHEAT B Baby Carrots Fresh Apple Slices Light Ranch Dressing Mustard Sun Splash Veggie Juice Milk	**Lunch** DELI SUB SANDWICH ^ Fresh Chopped Romaine (IW) Fresh Cauliflower Florets (IW) Diced Peaches Light French Dressing Mustard
September 23, 2019	**September 24, 2019**	**September 25, 2019**	**September 26, 2019**	**September 27, 2019**
NO SCHOOL	**Lunch** Yogurt, Assorted Flavors String Cheese Cherry Loaf ^ Apple Slices Dragon Punch Milk	**Lunch** Mini Sub Sandwich Diced Peaches Baby Carrots w/Ranch Mustard Sun Splash Veggie Juice Milk	**Lunch** Vanilla Yogurt String Cheese Cinnamon Oat Granola Savory Pizza Crackers Apple Slices Italian Corn Salad Milk	**Lunch** Turkey Ham & Cheese Sandwich Applesauce Cup Baby Carrots Hummus Cup Mustard Milk
September 30, 2019				
Lunch Mini Sub Sandwich Italian Corn Salad Mustard Orange 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. ***# Denotes item is vegetarian.***

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