

# 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
<b>NO SCHOOL LABOR DAY</b>	<b>Lunch</b> TURKEY & CHEESE SANDWICH ^ Italian Corn Salad Fresh Banana* Mustard Milk	<b>Lunch</b> TURKEY BOLOGNA W/ WHOLE WHEAT BUN Baby Carrots Hummus Cup Mustard Orange Juice Milk	<b>Lunch</b> TURKEY HAM & CHEESE W/WHOLE WHEAT BUN Baby Carrots Fresh Apple Slices Light Ranch Dressing Mustard Sun Splash Veggie Juice Milk	<b>Lunch</b> 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
<b>Lunch</b> Yogurt String Cheese Sun Splash Apple Slices Tostito Tortilla Chips Milk	<b>Lunch</b> TURKEY HAM & CHEESE SANDWICH ^ Italian Corn Salad Pineapple Tidbits Mustard Milk	<b>Lunch</b> DELI SUB SANDWICH ^ Baby Carrots Applesauce Cup Light Ranch Dressing Mustard Sun Splash Veggie Juice Milk	<b>Lunch</b> STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice Milk	<b>Lunch</b> 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
<b>Lunch</b> <b>TURKEY &amp; CHEESE SANDWICH ^</b> Italian Corn Salad Fresh Banana* Mustard Milk	<b>Lunch</b> VANILLA YOGURT String Cheese Cherry Loaf ^ Mixed Fruit Cup Tropical Veggie Juice Milk	<b>Lunch</b> TURKEY BOLOGNA W/ WHOLE WHEAT BUN Baby Carrots Hummus Cup Mustard Orange Juice Milk	<b>Lunch</b> TURKEY HAM & CHEESE W/WHOLE WHEAT BUN Baby Carrots Fresh Apple Slices Light Ranch Dressing Mustard Sun Splash Veggie Juice Milk	<b>Lunch</b> 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
<b>NO SCHOOL</b>	<b>Lunch</b> TURKEY HAM & CHEESE SANDWICH ^ Italian Corn Salad Pineapple Tidbits Mustard Milk	<b>Lunch</b> DELI SUB SANDWICH ^ Baby Carrots Applesauce Cup Light Ranch Dressing Mustard Sun Splash Veggie Juice Milk	<b>Lunch</b> STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* Tropical Veggie Juice Milk	<b>Lunch</b> TURKEY & CHEESE SANDWICH ^ Baby Carrots Fresh Pear* Hummus Cup Mustard Milk
September 30, 2019				
<b>Lunch</b> TURKEY & CHEESE SANDWICH ^ Italian Corn Salad Fresh Banana* Mustard 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.*