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** STRAWBERRY YOGURT String Cheese Corn Muffin Fresh Orange* 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 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 Milk
September 9, 2019	**September 10, 2019**	**September 11, 2019**	**September 12, 2019**	**September 13, 2019**
Lunch **TURKEY BOLOGNA SANDWICH^** Fresh Chopped Romaine (IW) Fresh Broccoli Florets (IW) Fresh Banana* Light Ranch Dressing Mustard 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 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** 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 30, 2019				
Lunch 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.*