

## VISTA SPRINGS CHARTER SCHOOL

### LNJH - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
February 25, 2019	February 26, 2019	February 27, 2019	February 28, 2019	March 1, 2019
				TURKEY & CHEESE SANDWICH ^ Italian Corn Salad Diced Peaches Mustard Choice of Milk
March 4, 2019	March 5, 2019	March 6, 2019	March 7, 2019	March 8, 2019
TURKEY HAM & CHEESE SANDWICH ^ Italian Corn Salad Applesauce Cup Mustard Choice of Milk	DELI SUB SANDWICH ^ Hummus Cup Baby Carrots Grape Juice Mustard Choice of Milk	TURKEY & CHEESE SANDWICH ^ SunSet Sip Juice Baby Carrots Light Ranch Dressing Diced Peaches Mustard Choice of Milk	STRAWBERRY YOGURT String Cheese Tropical Veggie Juice Fresh Orange* Corn Muffin Choice of Milk	TURKEY BOLOGNA SANDWICH ^ Fresh Chopped Romaine (IW) Fresh Broccoli Florets (IW) Light Ranch Dressing Fruit Punch Juice Mustard Choice of Milk
March 11, 2019	March 12, 2019	March 13, 2019	March 14, 2019	March 15, 2019
TURKEY & CHEESE SANDWICH ^ Baby Carrots Light Ranch Dressing SunSet Sip Juice Mixed Fruit Cup Mustard Choice of Milk	TURKEY BOLOGNA ON A WHOLE WHEAT BUN Hummus Cup Baby Carrots Applesauce Cup Mustard Choice of Milk	VANILLA YOGURT String Cheese Wango Mango Juice Fresh Pear* Cherry Loaf ^ Choice of Milk	TURKEY HAM & CHEESE SANDWICH ^ Italian Corn Salad Strawberry-Kiwi Juice Mustard Choice of Milk	DELI SUB SANDWICH ^ Fresh Chopped Romaine (IW) Fresh Cauliflower Florets (IW) Light French Dressing Diced Peaches Mustard Choice of Milk
March 18, 2019	March 19, 2019	March 20, 2019	March 21, 2019	March 22, 2019
TURKEY BOLOGNA SANDWICH ^ SunSet Sip Juice Baby Carrots Light Ranch Dressing Fresh Orange* Mustard Choice of Milk	Apple Juice Mustard Choice of Milk TURKEY HAM & CHEESE SANDWICH ^ Italian Corn Salad	DELI SUB SANDWICH ^ Hummus Cup Baby Carrots Mixed Fruit Cup Mustard Choice of Milk	STRAWBERRY YOGURT String Cheese Tropical Veggie Juice Fresh Apple Slices Corn Muffin Choice of Milk	TURKEY & CHEESE SANDWICH ^ Fresh Chopped Romaine (IW) Fresh Broccoli Florets (IW) Light Ranch Dressing Pineapple Tidbits Mustard Choice of Milk
March 25, 2019	March 26, 2019	March 27, 2019	March 28, 2019	March 29, 2019
TURKEY HAM & CHEESE SANDWICH ^ Italian Corn Salad Diced Pears Mustard Choice of Milk	VANILLA YOGURT String Cheese Wango Mango Juice Pineapple Tidbits Cherry Loaf ^ Choice of Milk	TURKEY & CHEESE SANDWICH ^ Fresh Chopped Romaine (IW) Fresh Cauliflower Florets (IW) Light French Dressing Orange-Tangerine Juice Mustard Choice of Milk	TURKEY BOLOGNA ON A WHOLE WHEAT BUN Hummus Cup Baby Carrots Fresh Apple Slices Mustard Choice of Milk	DELI SUB SANDWICH ^ Baby Carrots Light Ranch Dressing SunSet Sip Juice Fresh Banana* Mustard Choice of Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

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

