

# Vision Charter School

## August/September 2017 Breakfast and Lunch Menu

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b> (Same Menu Every Week)	Whole Grain Cereal or Mini Bagel, Fresh Fruit, Chocolate or White Milk	Whole Grain Cereal or Chocolate Chip Muffin, Fresh Fruit, Fruit Juice, Chocolate or White Milk	Whole Grain Cereal or Benefit Bar, Fresh Fruit, Chocolate or White Milk	Whole Grain Cereal or Whole Grain Waffle, Fresh Fruit, Fruit Juice, Chocolate or White Milk	Whole Grain Cereal or Yogurt w/Granola, Fresh Fruit, Chocolate or White Milk
<b>Lunch</b> August 22 <sup>nd</sup> - August 25 <sup>th</sup>		<b>First Day of School</b> Turkey Sandwich from Subway, Veggie Bar, Apple Slices, Light Mayo, Mustard, Ketchup, White or Chocolate Milk	Chicken Nachos w/Whole Grain Tortilla Chips, Shredded Cheese, Refried Beans, Sour Cream, Pico de Gallo, Mixed Green Salad, Ranch, Diced Peaches, Chocolate or White Milk	Pizza Hut Cheese Pizza w/ Whole Grain Crust, Mixed Green Salad, Ranch Dressing, Marinara Dipping Sauce, Baby Carrots, Apple Sauce, Chocolate or White Milk	<b>First Day for Kindergarten</b>  Chicken Nuggets, BBQ Sauce, Mixed Veggies, Diced Pears, Chocolate or White Milk
August 28 <sup>th</sup> - August 31 <sup>st</sup>	Egg Roll w/Sweet and Sour Sauce, String Cheese, Green Beans, Orange Slices, White or Chocolate Milk	Ham Sandwich from Subway, Veggie Bar, Apple Slices, Light Mayo, Mustard, Ketchup, Chocolate or White Milk	Sloppy Joe on Whole Grain Bun with Baked Beans, Fresh Fruit Cup, Chocolate or White Milk	Pizza Hut Cheese Pizza w/ Whole Grain Crust, Mixed Green Salad, Ranch Dressing, Marinara Dipping Sauce, Baby Carrots, Apple Sauce, Chocolate or White Milk	<b>September 1<sup>st</sup> - No School</b>
September 5 <sup>th</sup> - September 8 <sup>th</sup>	<b>September 4<sup>th</sup> - No School</b>	Turkey Sandwich from Subway, Veggie Bar, Apple Slices, Light Mayo, Mustard, Ketchup, White or Chocolate Milk	Hamburger on Whole Grain Bun, Lettuce, Sliced Tomato, Corn, Fresh Melon, Light Mayo, Mustard, Ketchup, Chocolate or White Milk	Pizza Hut Cheese Pizza w/ Whole Grain Crust, Mixed Green Salad, Ranch Dressing, Marinara Dipping Sauce, Baby Carrots, Apple Sauce, Chocolate or White Milk	Beef Chili with Beans, Whole Grain Goldfish Crackers, Veggie Cup with Carrot Sticks, Celery Sticks, and Snap Peas, Banana, Chocolate or White Milk
September 11 <sup>th</sup> - September 15 <sup>th</sup>	Corn Dog, Mixed Veggies, Orange Slices, Ketchup, Mustard, Chocolate or White Milk	Ham Sandwich from Subway, Veggie Bar, Apple Slices, Light Mayo, Mustard, Ketchup, White or Chocolate Milk	Roasted Turkey w/Gravy, Whole Grain Dinner Roll, Mashed Potatoes, Roasted Broccoli, Diced Peaches, White or Chocolate Milk	Pizza Hut Cheese Pizza w/ Whole Grain Crust, Mixed Green Salad, Ranch Dressing, Marinara Dipping Sauce, Baby Carrots, Apple Sauce, Chocolate or White Milk	Cheesy Turkey Potato Soup, Whole Grain Flatbread, Garden Salad w/Ranch Dressing, Carrot Sticks w/Hummus, Banana, Chocolate or White Milk
September 18 <sup>th</sup> - September 22 <sup>nd</sup>	Chicken Nachos w/Whole Grain Tortilla Chips, Shredded Cheese, Refried Beans, Sour Cream, Pico de Gallo, Mixed Green Salad,	Turkey Sandwich from Subway, Veggie Bar, Apple Slices, Light Mayo, Mustard, Ketchup, White or Chocolate Milk	Chicken Nuggets, BBQ Sauce, Mixed Veggies, Diced Pears, Chocolate or White Milk	Pizza Hut Cheese Pizza w/ Whole Grain Crust, Mixed Green Salad, Ranch Dressing, Marinara Dipping Sauce, Baby Carrots, Apple	Egg Roll w/Sweet and Sour Sauce, String Cheese, Green Beans, Orange Slices, White or Chocolate Milk

	Ranch, Diced Peaches, Chocolate or White Milk			Sauce, Chocolate or White Milk	
<b>September 25<sup>th</sup></b> - <b>September 29<sup>th</sup></b>	Sloppy Joe on Whole Grain Bun with Baked Beans, Fresh Fruit Cup, Chocolate or White Milk	Ham Sandwich from Subway, Veggie Bar, Apple Slices, Light Mayo, Mustard, Ketchup, White or Chocolate Milk	Hamburger on Whole Grain Bun, Lettuce, Sliced Tomato, Corn, Fresh Melon, Light Mayo, Mustard, Ketchup, Chocolate or White Milk	Pizza Hut Cheese Pizza w/ Whole Grain Crust, Mixed Green Salad, Ranch Dressing, Marinara Dipping Sauce, Baby Carrots, Apple Sauce, Chocolate or White Milk	Beef Chili with Beans, Whole Grain Goldfish Crackers, Veggie Cup with Carrot Sticks, Celery Sticks, and Snap Peas, Banana, Chocolate or White Milk
<b>After School Snack</b> <b>(Same Menu Every Week)</b>	Yogurt with Whole Grain Animal Crackers	Apple Juice and Graham Crackers	Fresh Fruit and Yogurt	Pretzels and String Cheese	Blueberry Muffin and White Milk

**Subway Sandwich Veggie Bar contains: Iceberg Lettuce, Spinach, Sliced Tomatoes, Cucumbers, Green Peppers, Banana Peppers, Olives, and Radishes.**

**Secondary Grades will have access to a Salad Bar on a daily basis. The Salad Bar contains: Romaine Lettuce, Spinach, Broccoli, Shredded Carrots, Garbanzo Beans, Green Peas, Cherry Tomatoes, and Sliced Cucumber, Light Ranch Dressing, Honey Mustard, Fat Free Raspberry Vinaigrette Dressing**

**Veggie Cup contains carrot sticks, celery sticks, snap peas, and cherry tomatoes.**

**Mixed Green Salad is a mix of romaine and spinach.**

**Mixed Veggies is a traditional mix of carrots, corn, and peas.**

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