

# Vision Charter School

## January 2018 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 Chocolate Chip Muffin, Fresh Fruit, Chocolate or White Milk	Whole Grain Cereal or Pancakes, 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 Frudel (fruit strudel), Fresh Fruit, Chocolate or White Milk
<b>Lunch</b> January 8-12	Corn Dog, Yogurt, Mixed Green Salad, Ranch, Diced Peaches, Chocolate or White Milk	Turkey Sandwich from Subway, Veggie Bar, Apple Slices, Light Mayo, Mustard, Ketchup, White or Chocolate Milk	Egg Roll w/Sweet and Sour Sauce, String Cheese, Green Beans, Orange Slices, 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	BBQ Rib Sandwich (Pork), Baked Beans, Fresh Fruit Cup, BBQ Sauce, Light Mayo, Ketchup, Chocolate or White Milk
<b>January 15-19</b>	No School	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	Hot Ham and Cheese Sandwich, Tater Tots, Carrots and Hummus, Grapes, Light Mayo, Mustard, White or Chocolate Milk
<b>January 22-26</b>	Rolled Tacos, Refried Beans, Sour Cream, Pico de Gallo, Mixed Green Salad, Ranch, Orange Slices, Chocolate or White Milk	Turkey Sandwich from Subway, Veggie Bar, Apple Slices, Light Mayo, Mustard, Ketchup, White or Chocolate Milk	Chicken Nuggets, BBQ Sauce, Mixed Veggies, String Cheese, Diced Pears, Chocolate or White Milk Nuggets,	Pizza Hut Cheese Pizza w/ Whole Grain Crust, Mixed Green Salad, Ranch Dressing, Marinara Dipping Sauce, Baby Carrots, Apple Sauce, Chocolate or White Milk	No School
<b>January 29-31</b>	Beef Chili with Beans, Whole Grain Goldfish Crackers, Veggie Cup with Carrot Sticks, Celery Sticks, and Snap Peas, Banana, Chocolate or White Milk	Ham Sandwich from Subway, Veggie Bar, Apple Slices, Light Mayo, Mustard, Ketchup, White or Chocolate Milk	Chicken Sandwich on a Whole Grain Bun, Lettuce, Sliced Tomato, 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	Roasted Turkey w/Gravy, Whole Grain Dinner Roll, Mashed Potatoes, Corn, Diced Peaches, White or Chocolate Milk
<b>After School Snack</b> (Same Menu Every Week)	Yogurt with Whole Grain Animal Crackers	Apple Juice and Graham Crackers	Fruit and Whole Grain Goldfish Crackers	Pretzels and String Cheese	Apple Muffin and Juice

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, Cauliflower, Shredded Carrots, Radishes, Garbanzo Beans, Green Peas, Cherry Tomatoes, and Sliced Cucumber, Green Onions, Mushrooms, Olives, Whole Grain Croutons, Italian Dressing, and Light Ranch Dressing,

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

Mixed Green Salad is a mix of romaine and spinach.

Fresh Fruit Cup includes oranges slices, apple slices, and grapes.

Mixed Veggies is a mix of carrots, corn, and green beans.

### Breakfast Prices

Free and Reduced approved students, no cost.

Full price students, \$1.85.

Adult price, \$2.15.

### Lunch Prices

Students approved for free, no cost.

Students approved for reduced, \$0.40.

Full price students, \$3.15.

Adult price, \$3.85.

Milk, \$0.50.

**Middle and high school students have daily access to the salad bar. Salad bar is only available to students/adults that have paid and checked in for lunch. The privilege of participating in the salad bar cannot be transferred to another student.**

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