

Vision Charter School – March 2018 Breakfast and Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (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 Mini Cinnamon Rolls, Fresh Fruit, Fruit Juice, Chocolate or White Milk	Whole Grain Cereal or Frudel (fruit strudel), Fresh Fruit, Chocolate or White Milk
Lunch February 26 – March 2	Beef Chili with Beans, Whole Grain Goldfish Crackers, Veggie Cup with Baby Carrots, Snap Peas, and Cherry Tomatoes, Banana, Chocolate or White Milk	Turkey 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, Corn, 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	Chicken Patty on Whole Grain Bun, Lettuce, Sliced Tomato, Baked Beans, Diced Pears, Chocolate or White Milk
March 5-9	Hamburger on Whole Grain Bun, Lettuce, Sliced Tomato, Corn, Fresh Melon, Light Mayo, Mustard, Ketchup, Chocolate or White Milk	Ham 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	No School
March 12-16	Cheesy Nachos with Corn Tortilla Chips, Cheese Sauce, Sour Cream, Guacamole, Salsa and Olives, Refried Beans, 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	Pizza Hut Cheese Pizza w/ Whole Grain Crust, Mixed Green Salad, Ranch Dressing, Marinara Dipping Sauce, Baby Carrots, Apple Sauce, Chocolate or White Milk	Pulled Pork Sandwich on Whole Grain Bun, Coleslaw, Fresh Fruit Cup, Chocolate or White Milk
March 19-23	Hot Ham and Cheese Sandwich, Vegetable Soup, Carrots with Hummus, Banana, Chocolate or White Milk	Ham Sandwich from Subway, Veggie Bar, Apple Slices, Light Mayo, Mustard, Ketchup, White or Chocolate Milk	Corn Dog, Yogurt, 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	Rolled Tacos, Refried Beans, Sour Cream, Pico de Gallo, Mixed Green Salad, Ranch, Orange Slices, Chocolate or White Milk
March 26-30	No School	No School	No School	No School	No School
After School Snack (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, Bell 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, Sliced Cucumber, Green Onions, Mushrooms, Olives, Whole Grain Croutons, Italian Dressing, 1000 Island, and Light Ranch Dressing,

Veggie Cup contains baby carrots, 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.