

Vision Charter School

October 2017 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 Whole Grain Waffle, Fresh Fruit, Fruit Juice, Chocolate or White Milk	Whole Grain Cereal or Frudel (fruit strudel), Fresh Fruit, Chocolate or White Milk
Lunch October 2nd - October 6th	Corn Dog, Mixed Veggies, Orange Slices, Ketchup, Mustard, 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, 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	Chicken Nuggets, BBQ Sauce, Mixed Veggies, Carrot Sticks with Hummus, Diced Pears, Chocolate or White Milk
October 9th - October 13th	Fall Break	Fall Break	Fall Break	Fall Break	Fall Break
October 16th - October 20th	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	Cheesy Turkey Potato Soup, Whole Grain Flatbread, Garden Salad w/Ranch Dressing, Carrot Sticks w/Hummus, Banana, Chocolate or White Milk
October 23rd - October 27th	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	Turkey Sandwich from Subway, Veggie Bar, Apple Slices, Light Mayo, Mustard, Ketchup, White or Chocolate Milk	Beef Chili with Beans, Whole Grain Goldfish Crackers, Veggie Cup with Carrot Sticks, Celery Sticks, and Snap Peas, Banana, 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	Hamburger on Whole Grain Bun, Lettuce, Sliced Tomato, Corn, Fresh Melon, Light Mayo, Mustard, Ketchup, Chocolate or White Milk
October 30th -	BBQ Rib Sandwich (Pork), Baked Beans, Fresh Fruit Cup, BBQ	Ham Sandwich from Subway, Veggie Bar, Apple Slices, Light	Corn Dog, Mixed Veggies, Orange Slices, Ketchup, Mustard,	Pizza Hut Cheese Pizza w/ Whole Grain Crust, Mixed Green Salad,	Chicken Nuggets, BBQ Sauce, Mixed Veggies, Diced Pears, Chocolate

October 31st	Sauce, Light Mayo, Ketchup, Chocolate or White Milk	Mayo, Mustard, Ketchup, White or Chocolate Milk	Chocolate or White Milk	Ranch Dressing, Marinara Dipping Sauce, Baby Carrots, Apple Sauce, Chocolate or White Milk	or White Milk
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	Blueberry 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, 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.