

Vision Charter School
 August/September
 Lunch Menu

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| Monday, August 20 Malibu Chicken , Steamed Carrots, Diced Peaches, White or Chocolate Milk | Tuesday, August 21 Crispitos (Rolled Tacos), Sour Cream, Salsa, Refried Beans, Side Salad with Ranch Dressing, Apple, White or Chocolate Milk | Wednesday, August 22 Pork and Vegetable Egg Roll , Sweet and Sour Sauce, String Cheese, Green Beans, Mandarin Oranges, White or Chocolate Milk | Thursday, August 23 Chicken Nuggets , BBQ Sauce or Honey Mustard, Corn, Side Salad with Ranch Dressing, Banana, White or Chocolate Milk | Friday, August 24 Hot Ham and Cheese Sandwich on Ciabatta Bun , Mixed Veggies, Fresh Cut Melon, White or Chocolate Milk |
| Monday, August 27 Cheeseburger on Whole Grain Bun , Lettuce, Sliced Tomatoes, Pickles, Green Beans, Diced Pears, White or Chocolate Milk | Tuesday, August 28 Pepperoni Pizza , Garden Salad with Ranch Dressing, Apple Sauce, White or Chocolate Milk | Wednesday, August 29 Cheesy Potato Soup with Turkey and Corn, Side Salad with Ranch, Roll, Orange Slices, White or Chocolate Milk | Thursday, August 30 BBQ Rib Patty Sandwich on Whole Grain Bun, BBQ Sauce, Baked Beans, Grapes, White or Chocolate Milk | Friday, August 31 No School |
| Monday, September 3 No School | Tuesday, September 4 Chicken Parmesan , Broccoli and Cauliflower, Mixed Fruit Cup, White or Chocolate Milk | Wednesday, September 5 Beef and Bean Burritos , Sour Cream, Salsa, Refried Beans, Garden Salad, Sliced Oranges, White or Chocolate Milk | Thursday, September 6 Turkey and Cheese Sandwich on Ciabatta Bun, Veggie Bar, Baked Chips, Apple Slices, White or Chocolate Milk | Friday, September 7 Corn Dog , Garden Salad with Ranch Dressing, Carrots and Hummus, Applesauce, White or Chocolate Milk |
| Monday, September 10 Chicken Fajita with Whole Wheat Tortilla, Peppers, Onion, Tomato, Salsa, Sour Cream, Pinto Beans, Fresh Sliced Melon, White or Chocolate Milk | Tuesday, September 11 Cheese Stuffed Bread Sticks , Marinara Sauce, Garden Salad With Ranch Dressing, Fresh Fruit Cup, White or Chocolate Milk | Wednesday, September 12 Chicken Patty Sandwich on Whole Grain Bun, Lettuce, Sliced Tomatoes, Corn, Mayo or BBQ Sauce, Apple Slices, White or Chocolate Milk | Thursday, September 13 Roasted Turkey with Gravy over Mashed Potatoes, Roll, Green Beans, Orange Slices, White or Chocolate Milk | Friday, September 14 Chili , Onions, Salsa, Sour Cream, Cheese, Garden Salad with Ranch Dressing, Peaches, Chocolate Chip Cookie, White or Chocolate Milk |
| Monday, September 17 Pepperoni Pizza , Garden Salad with Ranch Dressing, Apple Sauce, White or Chocolate Milk | Tuesday, September 18 Pulled Pork on Whole Grain Bun, Coleslaw with Carrots, Apples, and Craisins, Orange Slices, White or Chocolate Milk | Wednesday, September 19 All Beef Hot Dog on Whole Grain Bun, Chili, Cheese, Onion, Sliced Cucumbers, Banana, White or Chocolate Milk | Thursday, September 20 Taco Salad with Chicken, Corn Tortilla Chips, Pinto Beans, Corn, Cheese, Sour Cream, Salsa, Diced Peaches, White or Chocolate Milk. | Friday, September 21 No School |
| Monday, September 24 Breakfast on Stick (Sausage Wrapped in Pancake), Scrambled Eggs, Veggie Cup with Ranch Dressing, Apple Slices, White or Chocolate Milk | Tuesday, September 25 Orange Chicken , Rice with Roasted Peppers, Black Beans, Corns, Tomatoes, Garlic, Cilantro, and Lime, Pineapple Chunks, White and Chocolate Milk | Wednesday, September 26 Cheese Stuffed Breadsticks , Marinara Sauce, Garden Salad with Ranch Dressing, Fresh Fruit Cup, White or Chocolate Milk | Thursday, September 27 Malibu Chicken , Steamed Carrots, Diced Peaches, White or Chocolate Milk | Friday, September 28 Crispitos (Rolled Tacos), Sour Cream, Salsa, Refried Beans, Side Salad with Ranch Dressing, Apple, White or Chocolate Milk |

| Breakfast Menu | | | | |
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| Monday | Tuesday | Wednesday | Thursday | Friday |
| Cereal Bar or Blueberry Muffin | Cereal Bar or Pancakes | Cereal Bar or Cherry Frudel | Cereal Bar or Benefit Bar | Cereal Bar or Pop Tart |
| All Breakfasts come with the choice of grain based entrée, fruit, fruit juice, and white or chocolate milk. Fruit or fruit juice must be taken during breakfast service. Breakfast is \$1.85 full-price or free if you are approved for free or reduced lunches. | | | | |

| Afterschool Snack | | | | |
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| Monday | Tuesday | Wednesday | Thursday | Friday |
| Pretzels and String Cheese | Juice and Crackers | Yogurt and Animal Crackers | Muffin and Juice | Goldfish and String Cheese |
| After school snack is available without charge to students participating in organized educational and enrichment activities. Sports programs that compete off campus are not eligible for after school snack. | | | | |

Salad Bar is available to Middle School and High School Students every day in addition to the menu options. The salad bar will offer romaine lettuce, spinach, Arcadian blend lettuce, broccoli, cauliflower, garbanzo beans, grape tomatoes, cucumber, peppers, peas, shredded carrot, olives, mushrooms, green onions, radishes, whole grain croutons, ranch dressing, Italian dressing, thousand island dressing and fresh fruit options. Please remember the salad bar is a privilege. Students may not share that privilege with another student. Only the student that has paid for a lunch may visit the salad bar.

Full price student lunches are \$3.15. Full price adult lunches are \$3.85. Students may purchase a second lunch at the adult rate of \$3.85, but the purchase must be made with cash, no charges will be allowed for a second lunch.

Reduced price lunches are \$0.40. There is no charge for a reduced price breakfast.

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at:

http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.