

Vision Charter School
January 2020
Lunch Menu

Monday, January 6 Pulled Pork on Whole Grain Bun, Coleslaw with Carrots, Apples, and Craisins, Orange Slices, White or Chocolate Milk	Tuesday, January 7 All Beef Hot Dog on Whole Grain Bun, Chili, Cheese, Onion, Sliced Cucumbers, Banana, White or Chocolate Milk	Wednesday, January 8 Chicken Breast , Dinner Roll, Mashed Potatoes, Corn, Apple or Orange, White or Chocolate Milk	Thursday, January 9 Pizza Hut Cheese Pizza , Garden Salad with Ranch Dressing, Marinara Sauce, Apple or Orange, White or Chocolate Milk	Friday, January 10 Country Breakfast Calzone , Scrambled Egg, Mozzarella Cheese, Sausage Gravy Wrapped in a Whole Grain Crust, Hashbrown, Orange Juice, White or Chocolate Milk
Monday, January 13 Orange Chicken , Rice, Garden Salad, Pineapple Chunks, White and Chocolate Milk	Tuesday, January 14 Macaroni and Cheese , Broccoli and Cauliflower, Diced Fruit, White or Chocolate Milk	Wednesday, January 15 Cheesy Potato Soup with Turkey and Corn, Side Salad with Ranch, Roll, Orange Slices, White or Chocolate Milk	Thursday, January 16 Pizza Hut Cheese Pizza , Garden Salad with Ranch Dressing, Marinara Sauce, Apple or Orange, White or Chocolate Milk	Friday, January 17 French Toast Sticks , Little Smokies, Baby Carrots, Apple Sauce, White or Chocolate Milk
Monday, January 20 NO SCHOOL	Tuesday, January 21 Pork and Vegetable Egg Roll , Sweet and Sour Sauce, String Cheese, Green Beans, Mandarin Oranges, White or Chocolate Milk	Wednesday, January 22 Chicken Nuggets , BBQ Sauce or Honey Mustard, Corn, Side Salad with Ranch Dressing, Banana, White or Chocolate Milk	Thursday, January 23 Pizza Hut Cheese Pizza , Garden Salad with Ranch Dressing, Marinara Sauce, Apple or Orange, White or Chocolate Milk	Friday, January 24 Cheeseburger on Whole Grain Bun , Lettuce, Sliced Tomatoes, Pickles, Green Beans, Diced Pears, White or Chocolate Milk
Monday, January 27 Lasagna w/ Meat Sauce , Dinner Roll, Garden Salad with Ranch Dressing, Apple or Orange, White or Chocolate Milk	Tuesday, January 28 Hot Pretzel with Cheese Sauce , Hummus, Garden Salad, Diced Fruit, White or Chocolate Milk	Wednesday, January 29 Fiesta Tortilla Soup with Chicken , Tortilla Chips, Sour Cream, Garden Salad, Diced Fruit, White or Chocolate Milk	Thursday, January 30 Pizza Hut Cheese Pizza , Garden Salad with Ranch Dressing, Marinara Sauce, Apple or Orange, White or Chocolate Milk	Friday, January 31 Beef and Bean Burritos , Sour Cream, Salsa, Garden Salad, Sliced Oranges, White or Chocolate Milk

Breakfast Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
Cereal Bar, Yogurt, String Cheese, Simply Chex, or Muffin	Cereal Bar, Yogurt, String Cheese, or Simply Chex	Cereal Bar, Yogurt, String Cheese, Simply Chex or Benefit Bar	Cereal Bar, Yogurt, String Cheese, or Simply Chex	Cereal Bar, Yogurt, String Cheese, Simply Chex, 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. Students may select one milk, two fruit options, and two grain options.				

Afterschool Snack				
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, 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.** Students may make a second trip to the salad bar; please visit the kitchen for a clean tray.

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.

Planned menu may change if there is a school closure. Fruit and vegetable substitutions are at the discretion of food service staff.

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- (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.

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