

Vision Charter School  
November and December Lunch Menu

			Thursday, November 1 <b>Taco Salad</b> with Chicken, Corn Tortilla Chips, Pinto Beans, Corn, Cheese, Sour Cream, Salsa, Diced Peaches, White or Chocolate Milk.	Friday, November 2 <b>NO SCHOOL</b>
Monday, November 5 <b>Breakfast on Stick</b> (Sausage Wrapped in Pancake), Scrambled Eggs, Veggie Cup with Ranch Dressing, Apple Slices, White or Chocolate Milk	Tuesday, November 6 <b>Orange Chicken</b> , Rice with Roasted Peppers, Black Beans, Corns, Tomatoes, Garlic, Cilantro, and Lime, Pineapple Chunks, White and Chocolate Milk	Wednesday, November 7 <b>Vegetable Soup with Cheese Stuffed Breadstick</b> , Garden Salad with Ranch Dressing, Fresh Fruit Cup, White or Chocolate Milk	Thursday, November 8 <b>Malibu Chicken</b> , Dinner Roll, Steamed Carrots, Diced Peaches, White or Chocolate Milk	Friday, November 9 <b>Crispitos</b> (Rolled Tacos), Sour Cream, Salsa, Refried Beans, Side Salad with Ranch Dressing, Apple, White or Chocolate Milk
Monday, November 12 <b>Pepperoni Pizza</b> , Garden Salad with Ranch Dressing, Apple Sauce, White or Chocolate Milk	Tuesday, November 13 <b>Cheeseburger on Whole Grain Bun</b> , Lettuce, Sliced Tomatoes, Pickles, Green Beans, Diced Pears, White or Chocolate Milk	Wednesday, November 14 <b>Corn Dog</b> , Garden Salad with Ranch Dressing, Carrots and Hummus, Applesauce, White or Chocolate Milk	Thursday, November 15 <b>All Beef Hot Dog</b> on Whole Grain Bun, Chili, Cheese, Onion, Sliced Cucumbers, Banana, White or Chocolate Milk	Friday, November 16 <b>Turkey and Cheese Sandwich</b> on Ciabatta Bun, Veggie Bar, Baked Chips, Apple Slices, White or Chocolate Milk
Monday, November 19 <b>No School</b>	Tuesday, November 20 <b>No School</b>	Wednesday, November 21 <b>No School</b>	Thursday, November 22 <b>No School</b>	Friday, November 23 <b>No School</b>
Monday, November 26 <b>Pork and Vegetable Egg Roll</b> , Sweet and Sour Sauce, String Cheese, Green Beans, Mandarin Oranges, White or Chocolate Milk	Tuesday, November 27 <b>Chicken Nuggets</b> , BBQ Sauce or Honey Mustard, Corn, Side Salad with Ranch Dressing, Banana, White or Chocolate Milk	Wednesday, November 28 <b>Hot Ham and Cheese on a Ciabatta Bun</b> , Mixed Veggies, Fresh Cut Melon, White or Chocolate Milk	Thursday, November 29 <b>Cheeseburger on Whole Grain Bun</b> , Lettuce, Sliced Tomatoes, Pickles, Green Beans, Diced Pears, White or Chocolate Milk	Friday, November 30 <b>Pepperoni Pizza</b> , Garden Salad with Ranch Dressing, Apple Sauce, White or Chocolate Milk
Monday, December 3 <b>Cheesy Potato Soup</b> with Turkey and Corn, Side Salad with Ranch, Roll, Orange Slices, White or Chocolate Milk	Tuesday, December 4 <b>BBQ Rib Patty Sandwich</b> on Whole Grain Bun, BBQ Sauce, Baked Beans, Grapes, White or Chocolate Milk	Wednesday, December 5 <b>Chicken Parmesan with Cheesy Breadstick</b> , Broccoli and Cauliflower, Mixed Fruit Cup, White or Chocolate Milk	Thursday, December 6 <b>Beef and Bean Burritos</b> , Sour Cream, Salsa, Refried Beans, Garden Salad, Sliced Oranges, White or Chocolate Milk	Friday, December 7 <b>No School</b>
Monday, December 10 <b>Turkey and Cheese Sandwich</b> on Ciabatta Bun, Veggie Bar, Baked Chips, Apple Slices, White or Chocolate Milk	Tuesday, December 11 <b>Corn Dog</b> , Garden Salad with Ranch Dressing, Carrots and Hummus, Applesauce, White or Chocolate Milk	Wednesday, December 12 <b>Chicken Fajita</b> with Whole Wheat Tortilla, Peppers, Onion, Tomato, Salsa, Sour Cream, Pinto Beans, Fresh Sliced Melon, White or Chocolate Milk	Thursday, December 13 <b>Roasted Turkey</b> with Gravy over Mashed Potatoes, Roll, Green Beans, Orange Slices, White or Chocolate Milk	Friday, December 14 <b>Chili</b> , Onions, Salsa, Sour Cream, Cheese, Garden Salad with Ranch Dressing, Peaches, Chocolate Chip Cookie, White or Chocolate Milk

Monday, December 17 <b>Pepperoni Pizza</b> , Garden Salad with Ranch Dressing, Apple Sauce, White or Chocolate Milk	Tuesday, December 18 <b>Pulled Pork</b> on Whole Grain Bun, Coleslaw with Carrots, Apples, and Craisins, Orange Slices, White or Chocolate Milk	Wednesday, December 19 <b>All Beef Hot Dog</b> on Whole Grain Bun, Chili, Cheese, Onion, Sliced Cucumbers, Banana, White or Chocolate Milk	Thursday, December 20 <b>Breakfast Burrito</b> , Salsa, Refried Beans, Garden Salad with Ranch Dressing, Fresh Fruit Cup, White or Chocolate Milk	Friday, December 21 <b>Chicken Patty Sandwich</b> on Whole Grain Bun, Lettuce, Sliced Tomatoes, Corn, Mayo or BBQ Sauce, Apple Slices, White or Chocolate Milk
Breakfast Menu				
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				
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.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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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](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](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.