

Vision Charter School
October and November Lunch Menu

Monday, October 1 Pork and Vegetable Egg Roll , Sweet and Sour Sauce, String Cheese, Green Beans, Mandarin Oranges, White or Chocolate Milk	Tuesday, October 2 Chicken Nuggets , BBQ Sauce or Honey Mustard, Corn, Side Salad with Ranch Dressing, Banana, White or Chocolate Milk	Wednesday, October 3 Hot Ham and Cheese on a Ciabatta Bun , Mixed Veggies, Fresh Cut Melon, Whit or Chocolate Milk	Thursday, October 4 Cheeseburger on Whole Grain Bun , Lettuce, Sliced Tomatoes, Pickles, Green Beans, Diced Pears, White or Chocolate Milk	Friday, October 5 Pepperoni Pizza , Garden Salad with Ranch Dressing, Apple Sauce, White or Chocolate Milk
Monday, October 8 Cheesy Potato Soup with Turkey and Corn, Side Salad with Ranch, Roll, Orange Slices, White or Chocolate Milk	Tuesday, October 9 BBQ Rib Patty Sandwich on Whole Grain Bun, BBQ Sauce, Baked Beans, Grapes, White or Chocolate Milk	Wednesday, October 10 Chicken Parmesan , Breadstick, Broccoli and Cauliflower, Mixed Fruit Cup, White or Chocolate Milk	Thursday, October 11 Beef and Bean Burritos , Sour Cream, Salsa, Refried Beans, Garden Salad, Sliced Oranges, White or Chocolate Milk	Friday, October 12 Turkey and Cheese Sandwich on Ciabatta Bun, Veggie Bar, Baked Chips, Apple Slices, White or Chocolate Milk
October 15, 2018 No School	October 16, 2018 No School	October 17, 2018 No School	October 18, 2018 No School	October 19, 2018 No School
Monday, October 22 Chicken Fajita with Whole Wheat Tortilla, Peppers, Onion, Tomato, Salsa, Sour Cream, Pinto Beans, Fresh Sliced Melon, White or Chocolate Milk	Tuesday, October 23 Vegetable Soup with Cheese Stuffed Bread Sticks , Garden Salad With Ranch Dressing, Fresh Fruit Cup, White or Chocolate Milk	Wednesday, October 24 Chicken Patty Sandwich on Whole Grain Bun, Lettuce, Sliced Tomatoes, Corn, Mayo or BBQ Sauce, Apple Slices, White or Chocolate Milk	Thursday, October 25 Roasted Turkey with Gravy over Mashed Potatoes, Roll, Green Beans, Orange Slices, White or Chocolate Milk	Friday, October 26 Chili , Onions, Salsa, Sour Cream, Cheese, Garden Salad with Ranch Dressing, Peaches, Chocolate Chip Cookie, White or Chocolate Milk
Monday, October 29 Pepperoni Pizza , Garden Salad with Ranch Dressing, Apple Sauce, White or Chocolate Milk	Tuesday, October 30 Pulled Pork on Whole Grain Bun, Coleslaw with Carrots, Apples, and Craisins, Orange Slices, White or Chocolate Milk	Wednesday, October 31 All Beef Hot Dog on Whole Grain Bun, Chili, Cheese, Onion, Sliced Cucumbers, Banana, White or Chocolate Milk	Thursday, November 1 Taco Salad with Chicken, Corn Tortilla Chips, Pinto Beans, Corn, Cheese, Sour Cream, Salsa, Diced Peaches, White or Chocolate Milk.	Friday, November 2 Corn Dog , Garden Salad with Ranch Dressing, Carrots and Hummus, Applesauce, White or Chocolate Milk
Monday, November 5 Breakfast on Stick (Sausage Wrapped in Pancake), Scrambled Eggs, Veggie Cup with Ranch Dressing, Apple Slices, White or Chocolate Milk	Tuesday, November 6 Orange Chicken , Rice with Roasted Peppers, Black Beans, Corns, Tomatoes, Garlic, Cilantro, and Lime, Pineapple Chunks, White and Chocolate Milk	Wednesday, November 7 Vegetable Soup with Cheese Stuffed Breadsticks , Marinara Sauce, Garden Salad with Ranch Dressing, Fresh Fruit Cup, White or Chocolate Milk	Thursday, November 8 Malibu Chicken , Dinner Roll, Steamed Carrots, Diced Peaches, White or Chocolate Milk	Friday, November 9 Crispitos (Rolled Tacos), Sour Cream, Salsa, Refried Beans, Side Salad with Ranch Dressing, Apple, 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.

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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.

This institution is an equal opportunity provider.