

# VISTA HIGH SCHOOL - MENU 2012

Lunch includes: choice of 1 entrée, 1 milk, fruit & vegetables for ... \$2.75

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ENTREES</b>	Chicken Chunks	Chicken Sandwich	Teriyaki Chicken	Chicken Chunks	<b>Nino's Pizza</b>
Students	Chicken Caesar Salad	Taco Salad	Chicken Caesar Salad	Southwest Salad	Chef Salad
<b>MUST</b>	Cheeseburger	Hot Dog	Veggie Salad	Cheeseburger	Veggie Salad
take 1	Burrito	Burrito	Burrito	Burrito	Burrito
Entrée.	Corn Dog	Spaghetti	Pizza Stix	Baked Potato	Popcorn Chicken
	Turkey or Ham Sub	Veggie Bagel Sandwich	Turkey or Ham Sub	Turkey or Ham Sub	Chicken Sandwich
	Veggie Bagel Sandwich	Turkey or Ham Sub	Corn Dog	Veggie Bagel Sandwich	Turkey or Ham Sub
	Yogurt	Yogurt	Yogurt	Yogurt	Yogurt
	Smucker's PBJ	Smucker's PBJ	Smucker's PBJ	Smucker's PBJ	Smucker's PBJ
<b>Fruit</b>	Fruit Choice	Fruit Choice	Fruit Choice	Fruit Choice	Fruit Choice
<b>Veggies</b>	Veggie Choice	Veggie Choice	Veggie Choice	Veggie Choice	Veggie Choice
<b>Milk</b>	1% White Milk	1% White Milk	1% White Milk	1% White Milk	1% White Milk
	Non Fat Chocolate	Non Fat Chocolate	Non Fat Chocolate	Non Fat Chocolate	Non Fat Chocolate
<b>Extras</b>	Baked Cheetos	ABC Cheez its	Goldfish	Baked Cheetos	Belly Bears

Fruit Choices: apples, grapes, pears, bananas, peaches, oranges. Vegetable Choices: lettuce, broccoli, cauliflower, carrots, cucumbers, celery, tomatoes.

To Qualify as a reimburseable meal, each student must select one entrée plus one side dish or a milk. Students may select an additional 1 or 2 side dishes.

Condiments do not count as a component of a reimburseable meal. Condiments include: Ketchup, Mustard, Salsa, Ranch Dressing, Jalapeno Slices.

## Breakfast Menu

Breakfast includes: choice of 1 hot item or cereal, 1 milk, 1 juice and fruit for ... \$1.50

<b>Entrees</b>	Breakfast Burrito	Sausage & Ch. Muffin	Breakfast Burrito	Ham & Cheese Muffin	Breakfast Burrito
	Honey Bun	Bagel w/ Cr. Cheese	Honey Bun	Bagel w/ Cr. Cheese	Pan Dulce
	Chocolate Muffin	Pan Dulce	Smucker's PBJ	Chocolate Muffin	Pancakes
	Yogurt w/ Gr. Cracker	Yogurt w/ Gr. Cracker	Yogurt w/ Gr. Cracker	Yogurt w/ Gr. Cracker	Yogurt w/ Gr. Cracker
	Cereal	Cereal	Cereal	Cereal	Cereal
	Fruit, Juice, & Milk	Fruit, Juice, & Milk	Fruit, Juice, & Milk	Fruit, Juice, & Milk	Fruit, Juice, & Milk

Menu subject to change

This institution is an equal opportunity provider