

SEPTEMBER

2020

VISTA DEL FUTURO CHARTER SCHOOL - LUNCH



m

Chili Beans Bowl
Carrots Corn
Corn Bread
Fruit
Milk 1.

t

Popcorn chicken
Mashed potatoes
Macaroni and cheese
Fruit
Milk 2.

w

Hot-Dogs
Curly fries
Pinto Beans
Fruit
Milk 3.

th

Chicken Mandarin
Oriental Noodles
Broccoli
Fruit
Milk 4.

f

Labor day
7.

Meatloaf
Mashed potatoes-Dinner roll
Mixed veggies
Fruit
Milk 8.

Cheese sticks
Marinara sauce
Peas
Fruit
Milk 9.

Chicken Sandwich
Lettuce/Tomato
Curly Fries
Fruit
Milk 10.

Home Style Pizza
Fresh Broccoli
Cucumber Sticks
Fruit
Milk 11.

Chicken Nuggets
Corn on the cob -Carrots
Rice krispies treat
Fruit
Milk 14.

Spaghetti with meat sauce
Broccoli-mixed veggies
Bread Stick
Fruit
Milk 15.

Chicken drumstick
Mashed Potatoes- Green
beans
Muffin
Fruit
Milk 16.

Picadillo
Flour tortilla
Beans-Rice
Fruit
Milk 17.

Home-Style Pizza
Italian Salad
Baby Carrots
Fruit
Milk 18.

Cheeseburger
Lettuce/Tomato
French Fries
Fruit
Milk 21.

Chicken Bites
Mashed potatoes-peas
Cookies
Fruit
Milk 22.

Beef Tacos
Lettuce-Tomato-Beans
Cookies
Fruit
Milk 23.

Sweet and sour Chicken
Fried rice
Broccoli-Carrots
Fruit
Milk 24.

Home-Style Pizza
Italian Salad
Baby Carrots
Fruit
Milk 25.

Doritos Nachos Supreme
Corn- Pinto beans
Muffin
Fruit
Milk 28.

Cheese sticks
Marinara sauce
Mixed veggies
Fruit
Milk 29.

Corn- Dogs
French Fries
Juicy Juice
Fruit
Milk 30.

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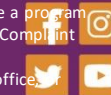
TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program and School Breakfast Program



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