

# VISTA DEL FUTURO CHARTER SCHOOL- LUNCH

# SEPT

## MENU 2022

### GEAR UP FOR DANCE



#### ANNOUNCEMENTS:

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## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

5<sup>TH</sup> LABOR DAY

6<sup>TH</sup> CHICKEN TENDERS  
SMILEY FACES  
MIXED VEGETABLES  
RICE KRISPIES TREAT  
FRUIT  
MILK

7<sup>TH</sup> MANDARIN CHICKEN  
ASIAN NOODLES  
BROCCOLI  
FRUIT  
MILK

8<sup>TH</sup> CHICKEN DRUMSTICK  
MASHED POTATOES  
PEAS  
COOKIES  
FRUIT  
MILK

9<sup>TH</sup> PIZZA  
ITALIAN SALAD  
SLICED TOMATO  
FRUIT  
MILK

12<sup>TH</sup> CHEESESTICKS  
MARINARA SAUCE  
BROCCOLI  
FRUIT  
MILK

13<sup>TH</sup> CHICKEN NUGGETS  
PEAS  
CARROTS  
COOKIES  
FRUIT  
MILK

14<sup>TH</sup> CORN DOG  
CURLY FRIES  
GREEN BEANS  
FRUIT  
MILK

15<sup>TH</sup> NACHOS  
PINTO BEANS  
CORN  
FRUIT  
MILK

16<sup>TH</sup> PEPPERONI PIZZA  
GREEN SALAD  
BABY CARROTS  
FRUIT  
MILK

19<sup>TH</sup> CHEESEBURGER  
LETTUCE/ TOMATO  
FRENCH FRIES  
FRUIT  
MILK

20<sup>TH</sup> POPCORN CHICKEN  
MIXED VEGETABLES  
MACARONI AND CHEESE  
FRUIT  
MILK

21<sup>ST</sup> SPAGHETTI WITH  
MEATSAUCE  
GARLIC BREAD  
SPINACH SALAD  
FRUIT  
MILK

22<sup>ND</sup> MEATLOAF  
MASHED POTATOES  
PEAS  
MUFFIN  
FRUIT  
MILK

23<sup>RD</sup> PEPPERONI PIZZA  
CUCUMBER  
BABY CARROTS  
FRUIT  
MILK

26<sup>TH</sup> BONELESS WINGS  
POTATO WEDGES  
MIXED VEGETABLES  
FRUIT  
MILK

27<sup>TH</sup> TURKEY HAM AND  
CHEESE SUB  
LETTUCE/TOMATO  
CHIPS  
FRUIT  
MILK

28<sup>TH</sup> BEEF FINGERS  
POTATO WEDGES  
CARROTS  
FRUIT  
MILK

29<sup>TH</sup> TERIYAKI CHICKEN  
RICE  
BROCCOLI  
FRUIT  
MILK

30<sup>TH</sup> PEPPERONI PIZZA  
SALAD  
BABY CARROTS  
FRUIT  
MILK



Food and Nutrition Division  
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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