

VISTA DEL FUTURO CHARTER SCHOOL LUNCH

OCT

MENU 2022

GEAR UP FOR SWIM CLASS



ANNOUNCEMENTS:

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.



Updated 10/1/2022
www.SquareMeals.org

3RD HOTDOG
PINTO BEANS
CORN
FRUIT
MILK

4TH CHICKEN TENDERS
CURLY FRIES
MUFFIN
CARROTS
FRUIT
MILK

5TH MANDARIN CHICKEN
ASIAN NOODLES
BROCCOLI
FRUIT
MILK

6TH MEATLOAF
MASHED POTATOES
GREEN PEAS
DINNER ROLL
FRUIT
MILK

7TH PEPPERONI PIZZA
CUCUMBER
CHERRY TOMATO
FRUIT
MILK

10TH NO SCHOOL-
PROFESSIONAL
DEVELOPMENT
TRAINING

11TH CHICKEN NUGGETS
RICE KRISPIES TREAT
MASHED POTATOES
CORN
FRUIT
MILK

12TH SPAGHETTI WITH
MEATSAUCE
GARLIC BREAD
BROCCOLI
FRUIT
MILK

13TH BAKED CHICKEN
PINTO BEANS
RICE
FRUIT
MILK

14TH PEPPERONI PIZZA
ITALIAN SALAD
BABY CARROTS
FRUIT
MILK

17TH CHICKEN
SANDWICH
FRENCH FRIES
LETTUCE-TOMATO
FRUIT
MILK

18TH NACHOS
PINTO BEANS
CORN
FRUIT
MILK

19TH BEEF FINGERS
COOKIES
MASHED POTATOES
CARROTS
FRUIT
MILK

20TH CHICKEN TERIYAKI
RICE
BROCCOLI
FRUIT
MILK

21ST PIZZA BOLI
GREEN SALAD
BABY CARROTS
FRUIT
MILK

24TH CHICKEN
DRUMSTICK
COOKIES
MASHED POTATOES
GREEN BEANS
FRUIT
MILK

25TH TURKEY AND HAM
SANDWICH
BAKED CHIPS
BABY CARROTS
LETTUCE- TOMATO
FRUIT
MILK

26TH CORN DOG
PINTO BEANS
GREEN BEANS
FRUIT
MILK

27TH POPCORN
CHICKEN
CURLY FRIES
BROCCOLI
DINNER ROLL
FRUIT
MILK

28TH MINI PEPPERONI
PIZZA
MANDARIN-
CRANBERRY SALAD
FRUIT
MILK

31ST CHEESE STICKS
MARINARA SAUCE
BROCCOLI
FRUIT
MILK

NOTICE:
Product availability is
not stable, and this menu is subject to
change without notice based
on availability



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA.
This institution is an equal opportunity provider.