

## VATC - Vista Adult Transition Center Winter Menu Nov. 5 - March 1, 2019

### LUNCH MENU

*Lunch includes choice of entree, fruit, vegetable, 100% juice, and choice of milk (1% white, nonfat white, or nonfat chocolate).*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Chicken Tamale &amp; Cheese (D)</b>	<b>Popcorn Chicken &amp; Sunchips (D,S,W)</b>	<b>Pizza (D,W)</b> Pepperoni, Cheese, or Hawaiian	<b>Chicken Sandwich (D,W,S)</b>	<b>Pizza (D,W)</b> Pepperoni, Cheese, or Hawaiian
	<b>Cheeseburger (D,S,W)</b>			<b>Teriyaki Chicken &amp; Rice w/potsticker (S,W)</b>
<b>Crispy Spicy Chicken Salad (D,E,S,W)</b>	<b>Chicken Taco Salad (D,E,S)</b>	<b>Chicken Caesar Salad (D,E,F,S,W)</b>	<b>Turkey Cranberry Wrap (D,W)</b>	<b>Chipotle Chicken Salad (D,E,S)</b>
			<b>Chocolate Chip Cookie (D,E, W)</b>	

<i>Daily Offerings</i>
<b>Grilled Bean &amp; Cheese Burrito (D, W)</b>
<b>Large PBJ (P,W)</b>
<b>Turkey &amp; Cheese Sub (D,S,W)</b>
<b>Ham &amp; Cheese Sub (D,S,W)</b>
<b>Hummus, Cheese, &amp; Chips (D,S)</b>

### BREAKFAST MENU

*Breakfast includes choice of entree and choice of fruit, 100% juice, and/or milk (1% white, nonfat white, or nonfat chocolate).*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pan Dulce (D,E,S,W)</b>	<b>Pan Dulce (D,E,S,W)</b>	<b>Pan Dulce (D,E,S,W)</b>	<b>Pan Dulce (D,E,S,W)</b>	<b>Pan Dulce (D,E,S,W)</b>
<b>Benefit Bar (D,E,S,W)</b>	<b>Benefit Bar (D,E,S,W)</b>	<b>Benefit Bar (D,E,S,W)</b>	<b>Benefit Bar (D,E,S,W)</b>	<b>Benefit Bar (D,E,S,W)</b>
<b>Sausage &amp; Cheese Burrito (D,W) or Egg &amp; Potato Burrito (D,E,S)</b>	<b>Sausage &amp; Cheese Burrito (D,W) or Egg &amp; Potato Burrito (D,E,S)</b>	<b>Sausage &amp; Cheese Burrito (D,W) or Egg &amp; Potato Burrito (D,E,S)</b>	<b>Sausage &amp; Cheese Burrito (D,W) or Egg &amp; Potato Burrito (D,E,S)</b>	<b>Sausage &amp; Cheese Burrito (D,W) or Egg &amp; Potato Burrito (D,E,S)</b>
	<b>Sausage &amp; Cheese Sandwich (D,E,S,W)</b>	<b>Blueberry Muffin (D,E,S,W)</b>	<b>Bagel &amp; Cream Cheese (D,W)</b>	<b>Breakfast Bread (E,S,W)</b>
			<b>Eggo Mini Pancakes (D,E,S,W)</b>	
<b>Corn Chex #3199 (none) or Mini Wheats #3962 (W) or Honey Nut Cherrios #3209 (W)</b>	<b>Corn Chex #3199 (none) or Mini Wheats #3962 (W) or Honey Nut Cherrios #3209 (W)</b>	<b>Corn Chex #3199 (none) or Mini Wheats #3962 (W) or Honey Nut Cherrios #3209 (W)</b>	<b>Corn Chex #3199 (none) or Mini Wheats #3962 (W) or Honey Nut Cherrios #3209 (W)</b>	<b>Corn Chex #3199 (none) or Mini Wheats #3962 (W) or Honey Nut Cherrios #3209 (W)</b>
<b>Yogurt (D) &amp; Granola (S)</b>	<b>Yogurt (D) &amp; Granola (S)</b>	<b>Yogurt (D) &amp; Granola (S)</b>	<b>Yogurt (D) &amp; Granola (S)</b>	<b>Yogurt (D) &amp; Granola (S)</b>

*This institution is an equal opportunity provider. Menu subject to change. All meals are prepared by WaveCrest Cafe of Vista Unified School District.*

<b>ALLERGENS NOTED: D = Dairy, E = Eggs, F = Fish, P = Peanuts, S = Soy, T = Tree nuts, W = Wheat</b>
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