

Vista USD Emergency Menu March 2020

Breakfast

Components	Monday	Tuesday	Wednesday	Thursday	Friday
2 Grain	Benefit Bar (1 each)	Pan Dulce (1 each)	Bagel (1 each) Cream Cheese (1 oz)	Waffle (1 each)	Cinni Minis (1 each)
1/2 Fruit	Fruit Cup (1/2 c)	Fresh Fruit (1/2 c)	Fruit Cup (1/2 c)	Fruit Cup (1/2 c)	Fresh Fruit (1/2 c)
1 Milk	Milk (1 c)	Milk (1 c)	Milk (1 c)	Milk (1 c)	Milk (1 c)
1/2 Fruit	Juice (1/2 c)	Juice (1/2 c)	Juice (1/2 c)	Juice (1/2 c)	Juice (1/2 c)

Lunch

Components	Monday	Tuesday	Wednesday	Thursday	Friday
2 Meat/Meat Alternate 2 Grain	Tuna (1 each) & Tortilla Chips (2 oz)	Turkey Sticks (2 each) Cheese Stick (1 each) Tortilla Chips (2 oz)	PB&J (1 each, 5.3 oz)	Turkey & Ham Croissant Sandwich (1 each)	Pepperoni Pizza Kit (1 each)
1 Fruit & 1 Veg	Fruit (1/2 c) & Veg (3/4 c)	Fruit (1/2 c) & Veg (3/4 c)	Fruit (1/2 c) & Veg (3/4 c)	Fruit (1/2 c) & Veg (3/4 c)	Fruit (1/2 c) & Veg (3/4 c)
1 Milk	Milk (1 c)	Milk (1 c)	Milk (1 c)	Milk (1 c)	Milk (1 c)

Menu subject to change.

This institution is an equal opportunity provider.