

January 2019 VANGUARD ACADEMY Lunch K-8

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
6	7	8	9 Chicken Chalupas Rice, Beans Iceberg Lettuce, Tomato Fruit Choice of Milk	10 Corn Dog Peas Steam Broccoli Fruit Mustard Ketchup Choice of Milk	11 Pizza Cucumber Baby Carrots Fruit Ranch Dressing Choice of Milk	12
13 	14 Chesseburger on WW Bun Steam Broccoli Lettuce/Tomato Pickles Fruit Mayo/Ketchup Choice of Milk	15 Chicken Taco Wrap Rice, Beans Iceberg Lettuce Tomato Fruit Choice of Milk	16 WG Spaghetti & meatballs Carrots Corn Fruit Dinner Roll Choice of Milk	17 Turkey Sandwich Lettuce/Tomato Pickles, Baby Carrots Sun Chips Fruit Mayo/Mustard Choice of Milk	18 Pizza Cucumber Baby Carrots Fruit Ranch Dressing Choice of Milk	19 
20	21 Hot Dog Corn Green Beans Sun Chips Fruit Mustard/ Ketchup Choice of Milk	22 Crispy Tacos Rice, Beans Iceberg Lettuce, Tomato Fruit Choice of Milk	23 Barbecued Chicken Pasta, Corn, Salad Mix Fruit Ranch Dressing Choice of Milk	24 Cheeseburger on WW Bun Steam Broccoli Lettuce/Tomato Pickles Fruit Mayo/Ketchup Choice of Milk	25 Pizza Cucumber Baby Carrots Fruit Ranch Dressing Choice of Milk	26
27 	28 Macho Nacho Cheese Sauce Baked Tostito Scoops Brown Rice, Pinto Beans Lettuce/tomato, Fruit Choice of Milk	29 Pig in the blanket Steam Broccoli Mixed Vegetables Fruit Ranch Dressing Choice of Milk	30 Turkey Sandwich Lettuce/Tomato Pickles, Baby Carrots Sun Chips Fruit Mayo/Mustard Choice of Milk	31 Chicken Nuggets Dinner Roll Mashed Potatoes Brown Gravy Mix Vegetables Fruit Ketchup Choice of Milk	1 February	

Menu is subject to change without notice due to price and availability of food.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.