




# Field Trip Menu

# VITA 22-23

Monday	Tuesday	Wednesday	Thursday	Friday
Sunbutter & Jelly Sandwich  on Whole Grain Bread	Turkey & Cheese Pinwheels on Whole Grain Tortilla	Homemade Hummus 	Sunbutter & Jelly Wrap  on Whole Grain Tortilla	Turkey & Cheese Sandwich on Whole Grain Bread
Honey Roasted Sunflower Seeds	Chip Variety	Whole Grain Flatbread Triangles	Honey Roasted Sunflower Seeds	Goldfish Crackers
Apple Slices & Juice	Banana & Juice	Craisins & Juice	Apple & Juice	Banana & Juice
Carrots & Broccoli with Homemade Ranch	Carrots & Roasted Chickpeas with Homemade Ranch	Variety of Fresh Veggie Sticks	Jicama & Broccoli with Homemade Ranch	Carrots & Cucumber with Homemade Ranch

*Grab n Go Breakfast may be made available at late-start schools*

Whole Grain Chocolate Chip Breakfast Round  Cheese Stick Craisins & Juice	Homemade Granola  Yogurt Dried Apples & Juice	Homemade Power Bites  Hard Boiled Egg Craisins & Juice	Whole Grain Cinnamon Breakfast Round  Hard Boiled Egg Apple Slices & Juice	Whole Grain Frudel  Banana & Juice
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All meals come with choice of milk.

Menu is subject to change.

# FYI

ALL STUDENTS EAT AT NO  
CHARGE, EVERY DAY!

 vegetarian or vegetarian modification available  contains pork

This institution is an equal opportunity provider.

