

Voorheesville Elementary School

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December 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Day 1 Breaded or Grilled Chicken Sandwich w/ Lettuce, Tomato, Cheese Baked Fries Seasoned Green Beans or Soft Pretzel w/ Nacho Cheese Sauce Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	3 Day 2 Loaded Nachos w/ Cheese Cheesy Rice Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <i>School Banking \$\$</i>	4 Day 3 Grilled Cheese Sandwich Chicken Noodle Soup Potato Chips or Tuna Melt Sandwich Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	5 Day 4 Cheese OR Supreme Pizza Tossed Salad Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	6 Day 5 ½ Day No Lunch Served <i>Cheepers K-2</i>
9 Day 6 Chicken Nuggets Mashed Potatoes and Gravy Dinner Roll, Seasoned Broccoli or Mozzarella Sticks Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	10 Day 1 Mini Pancakes, Hash Brown, Sausage Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <i>School Banking \$\$</i>	11 Day 2 ½ Day No Lunch Served	12 Day 3 Cheese OR Pepperoni Pizza Tossed Salad Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	13 Day 4 ½ Day No Lunch Served
16 Day 5 Popcorn Chicken Baked Fries Seasoned Carrots or Soft Pretzel w/ Nacho Cheese Sauce Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	17 Day 6 Nachos w/ Cheese Cheesy Rice Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <i>School Banking \$\$</i>	18 Day 1 Bosco Bread Sticks w/ Sauce or Baked Potato w/ Bacon Seasoned Broccoli Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	19 Day 2 French Toast, Sausage, Hash Brown or Beef and Cheese Burrito Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	20 Day 3 Cheese OR Chicken Bacon Ranch Pizza Tossed Salad Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk <i>Cheepers 3-5</i>
23 No School	24 No School	25 No School	26 No School	27 No School
30 No School	31 No School	1 No School	2 Day 4 Chicken Nuggets Mashed Potatoes and Gravy Seasoned Broccoli or Mozzarella Sticks Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	3 Day 5 Cheese OR Pepperoni Pizza Tossed Salad Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk
A fruit or vegetable must be taken by a student for a meal to be reimbursable. Otherwise ala carte pricing will be charged.		\$1.60 Breakfast \$2.85 Lunch \$.50 Milk	<u>WG: Whole Grain</u> <u>WW: Whole Wheat</u> <u>LS: Low Sodium</u> <u>RF: Reduced Fat</u>	** SEE REVERSE SIDE FOR DAILY BREAKFAST & LUNCH ITEMS AND STATE & FEDERAL REGULATIONS



BREAKFAST ITEMS New York State & Federal Regulations

New State & Federal Regulations
Elementary School Grades K-5
350-500 Calories, 540 mg or less of Na+
8 oz Low Fat Milk 91% Skim and Flavored Skim Milk available daily

WG: Whole Grain WW: Whole Wheat LS: Low Sodium RF: Reduced Fat

BREAKFAST ITEMS AVAILABLE DAILY

Assorted Cereal, WG Muffin, WW Bagel
Choice of Low Fat Milk: 1% White, FF White or FF Chocolate
Choice of Juice or Fruit: Apple, Orange or Grape Juice, Fresh Apples, Oranges or Bananas

LUNCH ITEMS AVAILABLE DAILY

10" WG Wraps (2 oz Meat & ½ oz Cheese): LS Turkey, LS Ham
Served with Lettuce & Tomato, LS Mayo or Mustard
All Beef Hot Dogs on WW Roll served with PC's Ketchup or Mustard
Grab & Go Salads: Garden Salad, Chef Salad, Grilled Chicken Salad, Fruit Salad
Fruit, Yogurt & Granola Salad, Caesar Salad with Egg
Served with Wheat Crackers, 1 PC RF Salad Dressing
ALL SERVED WITH ASSORTED FRESH VEGGIES & FRUIT AND CHOICE OF LOW FAT MILK AVAILABLE DAILY

****Menu items subject to change.****

New State & Federal Regulations