



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p style="text-align: center;"><b>No School</b></p>	<p>5</p> <p style="text-align: center;"><b>No School</b></p>	<p>6</p> <p style="text-align: center;"><b>No School</b></p>	<p>7 <span style="float: right;">Day 1</span></p> <p>Bosco Breadsticks with Dipping Sauce Sliced Cucumbers <b>OR</b> WG Bagel w/Butter or Cream Cheese(V) Assorted Fresh Fruit &amp; Veggies 8 oz. Low Fat Milk</p>	<p>8 <span style="float: right;">Day 2</span></p> <p>Cheese or Pepperoni Pizza Tossed Salad <b>OR</b> WG Bagel w/Butter or Cream Cheese Assorted Fresh Fruit &amp; Veggies 8 oz. Low Fat Milk <b>(V)</b></p>
<p>11 <span style="float: right;">Day 3</span></p> <p>Chicken Nuggets Baked Fries Seasoned Corn <b>OR</b> WG Mozzarella Cheese Sticks Assorted Fresh Fruit &amp; Veggies 8 oz. Low Fat Milk <b>(V)</b></p>	<p>12 <span style="float: right;">Day 4</span></p> <p>WALKING TACO (WG-GF) Seasoned Chicken (H) Seasoned Black Beans Salsa, Brown Rice <b>OR</b> Cheese Burrito Assorted Fresh Fruit &amp; Veggies 8 oz. Low Fat Milk (V)</p>	<p>13 <span style="float: right;">Day 5</span></p> <p>Hamburger on WG Roll Hamburger (H) Baked Fries Seasoned Carrots <b>OR</b> Vegetable Burger (V) Assorted Fresh Fruit &amp; Veggies 8 oz. Low Fat Milk (H-GF)</p>	<p>14 <span style="float: right;">Day 6</span></p> <p>French Toast Sticks Sausage Links Sliced Cucumbers <b>OR</b> WG Bagel w/Butter or Cream Cheese Assorted Fresh Fruit &amp; Veggies (V) 8 oz. Low Fat Milk</p>	<p>15 <span style="float: right;">Day 1</span></p> <p>Cheese or Sausage Pizza Tossed Salad <b>OR</b> WG Bagel w/Butter or Cream Cheese Assorted Fresh Fruit &amp; Veggies 8 oz. Low Fat Milk (V)</p>
<p>18 <span style="float: right;">Day 2</span></p> <p>Chicken Patty Sandwich on WG Bun Chicken Breast (H) Baked Fries Seasoned Corn <b>OR</b> WG Pretzel with Assorted Fresh Fruit &amp; Veggies 8 oz. Low Fat Milk</p> <p style="text-align: center;"><b>*K/1 Open House*</b></p>	<p>19 <span style="float: right;">Day 3</span></p> <p>Mex Chicken or Cheese Nachos (WG-GF) Seasoned Chicken (H) Seasoned Black Beans Salsa, Brown Rice <b>OR</b> Cheese Burrito Assorted Fresh Fruit &amp; Veggies 8 oz. Low Fat Milk</p> <p style="text-align: center;"><b>*2/3 Open House*</b></p>	<p>20 <span style="float: right;">Day 5</span></p> <p>Hot Dog on WG Roll Potato Chips Seasoned Carrots <b>OR</b> Broccoli/Cheese Stuffed Potato (V-GF) Assorted Fresh Fruit &amp; Veggies 8 oz. Low Fat Milk</p> <p style="text-align: center;"><b>*4/5 Open House*</b></p>	<p>21 <span style="float: right;">Day 5</span></p> <p>Bosco Breadsticks with Dipping Sauce (V) Seasoned Green Beans <b>OR</b> WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit &amp; Veggies 8 oz. Low Fat Milk</p>	<p>22 <span style="float: right;">Day 6</span></p> <p>Cheese or Buffalo Chicken Pizza Tossed Salad <b>OR</b> WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit &amp; Veggies 8 oz. Low Fat Milk</p>
<p>25</p> <p style="text-align: center;"><b>No School</b></p>	<p>26 <span style="float: right;">Day 1</span></p> <p>Chicken Nuggets Baked Fries Seasoned Corn <b>OR</b> WG Mozzarella Cheese Sticks (V) Assorted Fresh Fruit &amp; Veggies 8 oz. Low Fat Milk</p>	<p>27 <span style="float: right;">Day 2</span></p> <p>Hamburger on WG Roll Hamburger (H) Baked Fries Seasoned Carrots <b>OR</b> Vegetable Burger (V) Assorted Fresh Fruit &amp; Veggies 8 oz. Low Fat Milk</p>	<p>28 <span style="float: right;">Day 3</span></p> <p>Mini Waffles Sausage Links Sliced Cucumbers <b>OR</b> WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit &amp; Veggies 8 oz. Low Fat Milk</p>	<p>29 <span style="float: right;">Day 4</span></p> <p>Cheese or Pepperoni Pizza Tossed Salad <b>OR</b> WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit &amp; Veggies 8 oz. Low Fat Milk</p>
<p>A fruit or vegetable must be taken by a student for a meal to be reimbursable. Otherwise ala carte pricing will be charged.</p>		<p style="text-align: center;"><b>Lunch Cost \$3.00</b> <b>Breakfast Cost \$1.65</b></p>		<p style="text-align: center;"><b>** SEE REVERSE SIDE FOR DAILY BREAKFAST &amp; LUNCH ITEMS AND STATE &amp; FEDERAL REGULATIONS</b></p>



**\*\*Menu items subject to change\*\***

### **New State & Federal Regulations**

#### **New York State & Federal Regulations**

*All foods served at VCSD meet or exceed the required federal guidelines in regard to fat, sodium, sugar and whole grain dietary content. In addition, the Food Service Department offers customization to meet additional dietary needs. Each day students will have **gluten-free, Halal and vegetarian** meal options available. The staff of the Food Services Department is trained to distinguish these selections and can assist students in identifying foods that fit their individual needs.*

#### **State & Federal Lunch Regulations for Elementary School Grades K-5:**

*Daily minimums: ½ cup fruit serving, ¾ cup vegetable serving ½ c legumes, ½ c dark greens, ¾ c red/orange, ½ c starchy, plus ½ c other, 1 grain per day minimum (No noodles or rice can be in the soups to meet this requirement), 1 oz. protein minimum, Assorted low-fat and fat-free milk only*

*Minimum-maximum calories 550-650, saturated fat – less than 10% of total calories, sodium – 1110 mg or less, zero trans fat*