



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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4 <b>No School</b>	5 <b>No School</b>	6 <b>No School</b>	7 WG Bosco Cheese Sticks with Marinara Sauce (V) Seasoned Carrots <b>OR</b> Buffalo Chicken Wrap Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <b>A Day</b>	8 Pepperoni <b>OR</b> Cheese Pizza (V) Tossed Salad <b>OR</b> Fish Sandwich (H) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <b>B Day</b>
11 WG Chicken Nuggets Mashed Potatoes and Gravy Seasoned Corn <b>OR</b> WG Pretzel with Cheese Sauce (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <b>A Day</b>	12 Beef <b>OR</b> Chicken Loaded Nachos (GF-H) Seasoned Black Beans, Brown Rice Lettuce-Tomato-Cheese Salsa and Jalapeno Peppers <b>OR</b> Bean & Cheese Burrito (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <b>B Day</b>	13 Pesto Pasta w/ Grilled Chicken Seasoned Chicken (H) Seasoned Broccoli Garlic Bread <b>OR</b> Pasta w/ Olive Oil & Garlic (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <b>A Day</b>	14 Meatball Sub w/ Mozzarella Cheese Meatballs (H) Potato Chips Green Beans <b>OR</b> Meatless Meatball Sub (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <b>B Day</b>	15 Bacon, Chicken, & Ranch <b>OR</b> Cheese Pizza (V) Tossed Salad <b>OR</b> Fish Sandwich (H) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <b>A Day</b>
18 WG Chicken Patty Sandwich Chicken Breast (H) Regular <b>OR</b> Buffalo Lettuce-Tomato-Cheese Baked Fries, Cinnamon Carrots <b>OR</b> Mozzarella Cheese Sticks (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk  <b>B Day</b>	19 f Walking Taco (GF/H) Beef <b>OR</b> Chicken Lettuce, Tomato, Cheese Seasoned Black Beans, Brown Rice Salsa and Jalapeno Peppers <b>OR</b> Bean and Cheese Burrito (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk  <b>A Day</b>	20 Grilled Hamburgers (GF) Hamburger (H) Lettuce-Tomato-Cheese Baked Fries, Baked Beans <b>OR</b> Garden Burger (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <b>B Day</b>	21 WG Chicken Parmesan w/ Marinara Sauce Italian Chicken (H) Pasta Garlic Bread Seasoned Broccoli <b>OR</b> Eggplant Parmesan (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <b>A Day</b>	22 Sausage <b>OR</b> Cheese Pizza (V) Tossed Salad <b>OR</b> Fish Sandwich (H) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <b>B Day</b>
25 <b>No School</b>	26 WG Chicken Nuggets Mashed Potatoes and Gravy Seasoned Corn <b>OR</b> WG Pretzel with Cheese Sauce (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <b>A Day</b>	27 Mac & Cheese (V) Buffalo Chicken <b>OR</b> BBQ Pork Cole Slaw <b>OR</b> Beef/Cheese Burrito Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <b>B Day</b>	28 WG French Toast Sticks Hash Browns, Breakfast Sausage Cucumber Slices <b>OR</b> Hummus, Tzatziki, and Pita (V-H) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <b>A Day</b>	29 Homemade Pizza w/ Assorted Toppings (V) Tossed Salad <b>OR</b> Fish Sandwich (H) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk  <b>B Day</b>
A fruit or vegetable must be taken by a student for a meal to be reimbursable. Otherwise ala carte pricing will be charged.		<b>\$2.25 Breakfast</b> <b>\$3.50 Lunch</b> <b>\$.60 Milk</b>		<b>** SEE REVERSE SIDE FOR DAILY BREAKFAST &amp; LUNCH ITEMS AND STATE &amp; FEDERAL REGULATIONS</b>

V=Vegetarian Offering  
GF=Gluten Free Offering

H=Halal Offering  
WG=Whole Grain



**BREAKFAST ITEMS AVAILABLE DAILY**

Assorted Cereal, WG Muffin, WW Bagel

Egg & Cheese on WW Bagel, Ham, Egg & Cheese on WG Muffin, Sausage, Egg & Cheese on WG Muffin

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

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**LUNCH ITEMS AVAILABLE DAILY**

10" WG Wraps (2 oz Meat & ½ oz Cheese): LS Turkey, LS Ham, Italian Mixed, Roast Beef, Grilled Chicken or Veggie & Hummus

Served with Lettuce & Tomato, LS Mayo or Mustard

2 All Beef Hot Dogs on WW Roll served with 2 PC's Ketchup or Mustard

Grab & Go Salads: Garden Salad, Chef Salad, Grilled Chicken Salad, Fruit Salad

Fruit, Yogurt & Granola Salad, Ceasar 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**

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

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 Middle School:**

Daily minimums: ½ cup fruit serving, ¾ cup vegetable serving, ½ cup legumes, ½ cup dark greens, ¾ cup red/orange, ½ c starchy, ½ cup other, 1 grain per day minimum w/a 2 grain per day maximum (No noodles or rice can be in the soups to meet this requirement), 1 oz. protein minimum w/a two protein maximum on all sandwiches and entrees, assorted low-fat and fat-free milk only

Minimum-maximum calories 600-700, saturated fat – less than 10% of total calories, sodium – 1225 mg or less, zero trans fat

**State & Federal Lunch Regulations for High School:**

Daily minimums: 1 cup fruit serving, 1 cup vegetable serving, ½ cup legumes, ½ cup dark greens, 1 ¼ cup red/orange, ½ cup starchy, plus ¾ cup other, 2 grain minimum with a 10 grain per week maximum (No noodles or rice can be in the soups to meet this requirement), 2 oz. protein minimum with a 10 protein maximum per week, assorted low-fat and fat-free milk only

Minimum-maximum calories 750-850, saturated fat – less than 10% of total calories, sodium – 1280 mg or less, zero trans fat