



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>  <b>No School</b>	<b>2</b> <b>Day 2</b> WG Bosco Sticks W/Dipping Sauce (V) Seasoned Green Beans <b>OR</b> WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>3</b> <b>Day 3</b> WG Cheese or Pepperoni Pizza Tossed Salad <b>OR</b> WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk
<b>6</b> <b>Day 4</b> WG Chicken Nuggets (H) Baked Fries Seasoned Corn <b>OR</b> WG Mozzarella Cheese Sticks (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	<b>7</b> <b>Day 5</b> Walking Taco (WG-GF) Seasoned Chicken (H) Seasoned Black Beans, Salsa, Brown Rice <b>OR</b> Cheese Burrito (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	<b>8</b> <b>Day 6</b> Hamburger in WG Roll Hamburger (H) Baked Fries Seasoned Carrots <b>OR</b> Vegetable Burger (V) (H-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>9</b> <b>Day 1</b> WG Grilled Cheese (V) Tomato Soup Carrot Sticks Goldfish <b>OR</b> Hummus w/ Pita Chips Cucumber Slices (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	<b>No School</b>
<b>13</b> <b>Day 2</b> WG Chicken Patty Sandwich on WG Roll Chicken Breast (H) Baked Fries Seasoned Corn <b>OR</b> WG Pretzel with Cheese Dipping Sauce (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	<b>14</b> <b>Day 3</b> WG French Toast Sticks (V) Sausage Links Sliced Cucumbers <b>OR</b> WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	<b>15</b> <b>Day 4</b> Hot Dog on WG Roll Potato Chips Seasoned Carrots <b>OR</b> Baked Broccoli/Cheese Stuffed Potato (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>16</b> <b>Day 5</b> WG Bosco Bread Sticks w/Dipping Sauce Seasoned Green Beans (V) <b>OR</b> WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	<b>17</b> <b>Day 6</b> WG Cheese or Sausage Pizza Tossed Salad <b>OR</b> WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk
<b>20</b> <b>Day 1</b> WG Chicken Nuggets (H) Baked Fries Seasoned Corn <b>OR</b> WG Mozzarella Cheese Sticks (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	<b>21</b> <b>Day 2</b> WG Cheese or Pepperoni Pizza Tossed Salad <b>OR</b> WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	<b>No School</b>	<b>No School</b>	<b>No School</b>
<b>27</b> <b>Day 3</b> WG Chicken Patty Sandwich on WG Roll Chicken Breast (H) Baked Fries Seasoned Corn <b>OR</b> WG Pretzel with Cheese Dipping Sauce (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	<b>28</b> <b>Day 4</b> Walking Taco (WG-GF) Seasoned Chicken (H) Seasoned Black Beans, Salsa, Brown Rice <b>OR</b> Cheese Burrito (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	<b>29</b> <b>Day 5</b> Hamburger in WG Roll Hamburger (H) Baked Fries Seasoned Carrots <b>OR</b> Vegetable Burger (V) (H-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>30</b> <b>Day 6</b> Meatball Sub with Cheese Meatballs (H) Potato Chips Carrot Sticks and Dip <b>OR</b> Baked Broccoli/Cheese Stuffed Potato (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>V=Vegetarian Offering</b> <b>H=Halal Offering</b> <b>GF=Gluten Free Offering</b> <b>WG=Whole Grain</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>Lunch Cost \$3.00</b> <b>Breakfast Cost \$1.65</b>		<b>** SEE REVERSE SIDE FOR DAILY BREAKFAST &amp; LUNCH ITEMS AND STATE &amp; FEDERAL REGULATIONS</b>

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

## **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

