



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Day 6 Hot Dog on WG Roll Potato Chips Seasoned Carrots OR Baked Broccoli/Cheese Stuffed Potato(V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	2 Day 1 WG Cheese or Sausage Pizza Tossed Salad OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	3 Day 2 <div style="text-align: center; font-size: 2em; font-weight: bold;">No School</div>
6 Day 3 WG Chicken Nuggets (H) Baked Fries Seasoned Corn OR WG Mozzarella Cheese Sticks (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	7 Day 4 WALKING Taco (WG_GF) Seasoned Turkey (H) Seasoned Black Beans Salsa Brown Rice OR Cheese Burrito (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	8 Day 5 Hamburger on WG Bun Hamburger (H) Baked Fries Seasoned Carrots OR Vegetable Burger (V) (H-GF) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	9 Day 6 Pasta with Meatballs (H) Seasoned Green Beans Roll with Butter OR Plant Based Meatballs (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	10 Day 1 WG Cheese or Pepperoni Pizza Tossed Salad OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
13 Day 2 WG Chicken Patty Sandwich on WG Roll Chicken Breast (H) Baked Fries Seasoned Corn OR WG Pretzel With Cheese Dipping Sauce (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	14 Day 3 WG Bosco Cheese Sticks with Dipping Sauce (V) Seasoned Green Beans OR WG Bagel w/Butter/Cream Cheese(V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	15 Day 4 Hot Dog on WG Bun Potato Chips Seasoned Carrots OR Baked Broccoli/Cheese Stuffed Potato(V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	16 Day 5 WG French Toast Sticks (V) Sausage Links Sliced Cucumbers OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	17 Day 6 WG Cheese or Sausage Pizza Tossed Salad OR WG Bagel w/Butter/Cream Cheese(V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
20 Day 1 WG Chicken Nuggets (H) Baked Fries Seasoned Corn OR WG Mozzarella Cheese Sticks (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	21 Day 2 WALKING Taco (WG_GF) Seasoned Turkey (H) Seasoned Black Beans Salsa Brown Rice OR Cheese Burrito (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	22 Day 3 Hamburger on WG Bun Hamburger (H) Baked Fries Seasoned Carrots OR Vegetable Burger (V) (H-GF) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	<div style="text-align: center; font-size: 2em; font-weight: bold;">No School</div>	<div style="text-align: center; font-size: 2em; font-weight: bold;">No School</div>
<div style="text-align: center; font-size: 2em; font-weight: bold;">No School</div>	<div style="text-align: center; font-size: 2em; font-weight: bold;">No School</div>	29 Day 1 WG Chicken Nuggets (H) Baked Fries Seasoned Corn OR WG Mozzarella Cheese Sticks (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	30 Day 2 WG Mini Waffles (V) Sausage Links OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	31 Day 3 WG Cheese or Pepperoni Pizza Tossed Salad OR WG Bagel w/Butter/Cream Cheese (V) 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.

Lunch Cost \$3.00
Breakfast \$1.65

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

**** SEE REVERSE SIDE FOR STATE & FEDERAL REGULATIONS**



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