



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Day 1 WG Mini Waffles (V) Sausage Links Sliced Cucumbers OR WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	2 Day 2 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	3 <div style="text-align: center; font-size: 2em;">No School</div>	4 Day 3 WG Cheese or Sausage Pizza Tossed Salad OR WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
7 Day 4 WG Chicken Nuggets Baked Fries Seasoned Carrots OR WG Mozzarella Cheese Sticks (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	8 Day 5 WALKING Taco (WG-GF) Seasoned Turkey(H) Salsa, Brown Rice, Seasoned Black Beans OR Cheese Burrito (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	9 Day 6 WG Bosco Cheese Sticks with Dipping Sauce Seasoned Green Beans OR WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	10 Day 1 WG French Toast Sticks (V) Sausage Links Sliced Cucumbers OR WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	11 Day 2 WG Cheese or Pepperoni Pizza Tossed Salad OR WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
<div style="text-align: center; font-size: 2em;">No School</div>	15 Day 3 WG Chicken Patty Sandwich on WG Bun Chicken Breast (H) Baked Fries Seasoned Corn OR WG Pretzel with Cheese Dipping Sauce (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	16 Day 4 Hot Dog on WG Bun Potato Chips Seasoned Carrots OR Broccoli and Cheese Stuffed Potato (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	17 Day 5 Meatball Sub with Cheese Meatballs (H) Potato Chips Carrot Sticks OR Pita Chips, Carrots and Hummus (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	18 Day 6 WG Cheese or Sausage Pizza Tossed Salad OR WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
21 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	22 Day 2 WG Pulled Pork Sandwich Baked Chips Seasoned Green Beans OR WG Bagel w/Butter or Cream Cheese Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	23 Day 3 Mac and Cheese (V) Seasoned Carrots OR Vegetable Burger (V) (H-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	24 Day 4 WG Pancakes (V) Sausage Links Sliced Cucumbers OR WG Bagel w/Butter or Cream Cheese Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	25 Day 5 WG Cheese or Pepperoni Pizza Tossed Salad OR WG Bagel w/Butter or Cream Cheese Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
28 Day 6 WG Chicken Patty Sandwich on WG Bun Chicken Breast (H) Baked Fries Seasoned Corn OR WG Pretzel with Cheese Dipping Sauce (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	29 Day 1 WALKING Taco (WG-GF) Seasoned Turkey(H) Salsa, Brown Rice, Seasoned Black Beans OR Cheese Burrito (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	30 Day 2 Hot Dog on WG Bun Potato Chips Seasoned Carrots OR Broccoli and Cheese Stuffed Potato (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	31 Day 3 WG Chicken Nuggets(H) Baked Fries Seasoned Corn OR Pita Chips, Carrots and Hummus (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	V=Vegetarian Offering H=Halal Offering GF=Gluten Free Offering WG=Whole Grain
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 \$3.10 Breakfast Cost \$1.75		** SEE REVERSE SIDE FOR DAILY BREAKFAST & LUNCH ITEMS AND 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, ¼ 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