



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 Day 4 WG Mini Pancakes (V) Sausage Links Sliced Cucumbers OR WG Bagel w/ Butter/Cream Cheese Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p>	<p>2 Day 5 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</p>	<p>3 Day 6 Meatball Sub with Cheese Meatballs (H) Potato Chips Carrot Sticks and Dip OR Pita Chips , Carrots & Hummus Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p>	<p>4 Day 1 Cheese or Pepperoni Pizza Tossed Salad OR WG Bagel w/ Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p>
<p>7 Day 2 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</p>	<p>8 Day 3 Nachos (WG-GF) Seasoned Turkey Seasoned Black Beans, Salsa, Brown Rice OR Cheese Burrito (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p>	<p>9 Day 4 Hamburger on WG Roll Hamburger (H) Baked Fries Seasoned Carrots OR Vegetable Burger (V) (H-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p>	<p>10 Day 5 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</p>	<p>11 Day 6 WG Cheese/Sausage Pizza Tossed Salad OR WG Bagel w/ Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p>
<p>14</p> <p>No School</p>	<p>15</p> <p>No School</p>	<p>16</p> <p>No School</p>	<p>17</p> <p>No School</p>	<p>18</p> <p>No School</p>
<p>21 Day 1 WG Chicken Nuggets (H) Baked Fries Seasoned Corn OR WG Cheese Bites (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p>	<p>22 Day 2 WG French Toast Sticks (V) Sausage Links Sliced Cucumbers or WG Bagel w/ Butter/Cream Cheese Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p>	<p>23 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</p>	<p>24 Day 4 Cheese Ravioli with Tomato Sauce Seasoned Green Beans Roll with Butter OR WG Bagel w/ Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p>	<p>25 Day 5 Cheese or Pepperoni Pizza Tossed Salad or WG Bagel w/ Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p>
<p>28 Day 6 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</p>	<p>29 Day 1 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</p>	<p>30 Day 2 Hamburger on WG Roll Hamburger (H) Baked Fries Seasoned Carrots OR Vegetable Burger (V) (H-GF) Assorted Fresh Fruit & 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>Breakfast Cost \$1.75 Lunch Cost \$3.10</p>		<p><u>WG: Whole Grain</u> <u>V-Vegetarian</u> <u>H- Halal</u> <u>GF- Gluten Free</u></p> <p>** SEE REVERSE SIDE FOR DAILY BREAKFAST & LUNCH ITEMS AND STATE & FEDERAL REGULATIONS</p>



****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