



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Mexican Bowl (GF-H) Beef, Chicken, OR Barbacoa Seasoned Black Beans Lettuce/Tomato/Cheese Salsa and Jalapeno Peppers, Brown Rice OR Tex-Mex Stuffed Potato (GF-V) A Day	2 Chicken Tikka Masala (H) Jasmine Rice Roasted Curried Cauliflower Garlic Tandoori Roti OR Chana Masala B Day	3 Pasta with Meatballs (VH) OR Sausage Marinara-Alfredo-Garlic Oil Seasoned Broccoli, Roll w/butter OR Eggplant Parmesan A Day	4 Buffalo Chicken OR Cheese Pizza (V) Tossed Salad OR Fish Sandwich (H) B Day
7 WG Chicken Patty Sandwich Chicken Breast (H) Regular OR Buffalo Lettuce/Tomato/Cheese Baked Fries, Cinnamon Carrots OR WG Pretzel with Cheese Dipping Sauce (V) A Day	8 Nachos (GF-V) Beef, Chicken, OR Barbacoa Seasoned Black Beans Lettuce/Tomato/Cheese Salsa and Jalapeno Peppers, Brown Rice OR Tex-Mex Stuffed Potato (GF-V) B Day	9 Grilled Hamburgers (GF) Hamburger (H) Lettuce/Tomato/Cheese Baked Fries, Baked Beans OR Garden Burger (V) A Day	10 WG Bosco Cheese Sticks w/ Marinara Sauce (V) Seasoned Carrots OR Fajita Turkey Barbacoa Burrito B Day	11 Pepperone OR Cheese Pizza (V) Tossed Salad OR Fish Sandwich (H) A Day
14	15	16	17	18
Holiday	Holiday	Holiday	Holiday	Holiday
21 WG Chicken Nuggets (H) Tator Tots Seasoned Carrots OR Mozz Cheese Bites (V) B Day	22 Quesadilla (H) Beef, Chicken, OR Barbacoa Seasoned Black Beans Lettuce/Tomato/Cheese Salsa and Jalapeno Peppers, Brown Rice OR Tex-Mex Stuffed Potato (GF-V) A Day	23 Turkey Dinner Mashed Potatoes & Gravy Corn Roll with butter OR Mac and Cheese B Day	24 Philly Cheese Chicken Sub w/ peppers & onions Baked Fries Cole Slaw OR Meatless Meatball Sub (V) A Day	25 Bacon-Chicken-Ranch OR Cheese Pizza (V) Tossed Salad OR Fish Sandwich (H) B Day
28 WG Chicken Patty Sandwich Chicken Breast (H) Regular OR Buffalo Lettuce/Tomato/Cheese Baked Fries, Cinnamon Carrots OR WG Pretzel with Cheese Dipping Sauce (V) A Day	29 Walking Taco (GF) Beef, Chicken, OR Pork Seasoned Black Beans Lettuce/Tomato/Cheese Salsa and Jalapeno Peppers, Brown Rice OR Bean & Cheese Burrito (V) B Day	30 Grilled Hamburgers (GF) Hamburger (H) Lettuce/Tomato/Cheese Baked Fries, Baked Beans OR Garden Burger (V) A Day		
A fruit or vegetable must be taken by a student for a meal to be reimbursable. Otherwise ala carte pricing will be charged.		\$2.35 Breakfast \$3.60 Lunch \$.60 Milk	* Assorted Fruits and Vegetables 8 oz Low Fat Milk Served Daily	** SEE REVERSE SIDE FOR DAILY BREAKFAST & LUNCH ITEMS AND STATE & FEDERAL REGULATIONS

V=Vegetarian Offering

H=Halal Offering

GF=Gluten Free 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

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