

Clayton A. Bouton High School
Voorheesville Middle School



June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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	3 Walking Taco (GF) Beef, Chicken, OR Barbacoa Seasoned Black Beans Lettuce/Tomato/Cheese Salsa and Jalapeno Peppers, Brown Rice OR Bean & Cheese Burrito (V) B Day	4 WG Bosco Cheese Sticks w/ Marinara Sauce (V) Seasoned Carrots OR Turkey Barbacoa Burrito A Day	5 General Tso's Chicken Vegetable Fried Rice Lo Mein Noodles Garlic Broccoli OR Chicken Dumplings with dipping sauce B Day	6 Pepperoni OR Cheese Pizza (V) Tossed Salad OR Fish Sandwich (H) A Day
9 WG Chicken Nuggets (H) Baked Fries Seasoned Corn OR Mozz Sticks (V) B Day	10 WG French Toast Sticks Hash Brown Breakfast Sausage Cucumber Slices OR BBQ Pork Sub A Day	11 Grilled Hamburgers (GF) Hamburger (H) Lettuce/Tomato/Cheese Potato Chips Seasoned Carrots OR Garden Burger (V) B Day	12 BBQ Chicken (H) Baked Fries Seasoned Carrots Roll with butter Strawberry Shortcake OR Vegetable Egg rolls w/ dipping sauce (V) A Day	13 Pepperoni OR Cheese Pizza (V) Tossed Salad OR Fish Sandwich (H) B Day
16 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	17 Pasta with Meatballs (VH) OR Sausage Marinara-Alfredo-Garlic Oil Seasoned Broccoli Roll with butter OR Eggplant Parmesan B Day	18 WG Bosco Cheese Sticks w/ Marinara Sauce (V) Seasoned Carrots OR Chicken Tikka Masala over Jasmine Rice A Day	19 Holiday	20 Picnic Hamburgers-Hotdogs (H) Assorted Chips Baby Carrots, Watermelon Chocolate Chip Cookies Juice Boxes OR Vegetable Burger (V) B Day
23 WG Chicken Nuggets (H) Baked Fries Seasoned Corn OR Mozz Sticks (V) A Day	24 WG French Toast Sticks Hash Brown Breakfast Sausage Cucumber Slices OR Chicken Dumplings with dipping sauce B Day	25 Pepperoni OR Cheese Pizza (V) Tossed Salad OR Fish Sandwich (H) A Day	26 No Lunch 1/2 Day B Day	27 No Lunch 1/2 Day A Day
30				
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, Caesar 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