



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 No School	2 No School	3 No School	4 No School	5 Day 1 WG Cheese Pizza Tossed Salad OR WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
8 Day 2 WG Chicken Nuggets (H) Mac and Cheese Cucumber Slices OR Corn Tortilla Chips and Hummus (GF-V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	9 Day 3 Burrito with Turkey and Cheese(WG-GF) Seasoned Turkey (H) Tortilla Chips Salsa OR Cheese Burrito (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	10 Day 4 Mini Sliders with Cheese Hamburgers (H) Potato Chips Baby Carrots OR Vegetable Burger (V)(H- GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	11 Day 5 WG Mini Waffles(V) Sausage Links Sliced Cucumbers OR Baked Cheese Stuffed Potato (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	12 Day 6 WG Cheese Pizza Tossed Salad OR WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
15 Day 1 WG Chicken Patty Sandwich on WG Bun Chicken Breast (H) Baked Potato Chips Baby Carrots OR WG Pretzel with Cheese Dipping Sauce (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk *K/1 Open House*	16 Day 2 Cheese Calzone with Marinara Sauce Cucumber Slices OR Corn Tortilla Chips and Hummus (GF-V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk *2/3 Open House*	17 Day 3 Hot Dog on WG Roll Potato Chips Baby Carrots OR Baked Cheese Stuffed (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk *4/5 Open House*	18 Day 4 Grilled Cheese Sandwich (GF-V) Celery Sticks OR WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	19 Day 5 WG Cheese Pizza Tossed Salad OR WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
22 Day 6 WG Chicken Nuggets (H) Mac and Cheese Cucumber Slices OR Corn Tortilla Chips and Hummus (GF-V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	23 Day 2 No School	24 Day 1 WG Bosco Cheese Sticks with Dipping Sauce (V) Baby Carrots OR WG Bagel w/Butter or Cream Cheese(V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	25 Day 2 WG Mini Pancakes(V) Sausage Links Sliced Cucumber OR Baked Cheese Stuffed Potato (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	26 Day 3 WG Cheese Pizza Tossed Salad OR WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
29 Day 4 WG Chicken Patty Sandwich on WG Bun Chicken Breast (H) Baked Potato Chips Baby Carrots OR WG Pretzel with Cheese Dipping Sauce (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	30 Day 5 Nachos with Turkey and Cheese (WG-GF) Seasoned Turkey (H) Salsa OR Cheese Burrito (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	V=Vegetarian Offering H=Halal Offering GF=Gluten Free Offering WG=Whole Grain	** SEE REVERSE SIDE FOR DAILY BREAKFAST & LUNCH ITEMS AND STATE & FEDERAL REGULATIONS



****Menu items subject to change****

New State & Federal Regulations

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