



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
V=Vegetarian Offering H=Halal Offering GF=Gluten Free Offering WG=Whole Grain		1 Day 6 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	2 Day 5 No School	3 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
6 Day 2 WG Chicken Nuggets Baked Chips Baby Carrots OR WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	7 Day 3 WALKING Taco (WG-GF) Seasoned Turkey(H) Salsa, Brown Rice OR Baked Stuffed Potato (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	8 Day 4 WG Bosco Cheese Sticks with Dipping Sauce (V) Celery Sticks OR WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	9 Day 5 Mac and Cheese (V) Baby Carrots OR Vegetable Burger (V) (H-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	10 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
13 Day 1 No School	14 Day 1 WG Chicken Patty Sandwich on WG Bun Chicken Breast (H) Baked Chips Baby Carrots OR WG Pretzel with Cheese Dipping Sauce (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	15 Day 2 WG Waffles Sausage Links Sliced Cucumbers OR WG Bagel w/Butter or Cream Cheese Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	16 Day 3 Hot Dog on WG Bun Potato Chips Carrot Sticks and Dip OR Corn Chips, Carrots and Hummus (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	17 Day 4 WG Cheese Pizza Tossed Salad OR WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
20 Day 5 WG Chicken Nuggets(H) Baked Chips Baby Carrots OR WG Bagel w/Butter or Cream Cheese Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	21 Day 6 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	22 Day 1 Cheese Calzone with Marinara Sauce Cucumber Slices OR Corn Tortilla Chips and Hummus (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	23 Day 2 WG Pancakes (V) Sausage Links Sliced Cucumbers OR WG Bagel w/Butter or Cream Cheese Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	24 Day 3 WG Cheese Pizza Tossed Salad OR WG Bagel w/Butter or Cream Cheese Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
27 Day 4 WG Chicken Patty Sandwich on WG Bun Chicken Breast (H) Baked Chips Baby Carrots OR WG Pretzel with Cheese Dipping Sauce (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	28 Day 5 Nachos With Cheese (WG-GF) Seasoned Turkey(H) Salsa, Brown Rice OR Baked Stuffed Potato Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	29 Day 6 WG French Toast Sticks (V) Sausage Links Sliced Cucumber OR WG Bagel w/Butter or Cream Cheese Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	30 Day 1 Hot Dog on WG Bun Potato Chips Carrot Sticks and Dip OR Corn Chips, Carrots and Hummus (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	31 Day 2 Cheese Pizza Tossed Salad OR WG Bagel w/Butter or Cream Cheese 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.				** 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, 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