



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1		
3 Day 3 WG Chicken Nuggets (H) Baked Chips Baby Carrots OR Baked Stuffed Potato (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk	4 Day 4 Nachos (WG-GF) Seasoned Turkey (H) Seasoned Black Beans, Salsa, Brown Rice OR Cheese Burrito (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	5 Day 5 Grilled Cheese Sandwich Baked Chips Baby Carrots OR WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	6 Day 6 WG Waffles (V) Sausage Links Sliced Cucumbers OR WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	7 Day 1 1/2 Day **To Go Lunch Available to Order**
10 No School	11 No School	12 Day 2 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	13 Day 3 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	14 Day 4 WG Cheese or Pepperoni Pizza Tossed Salad OR WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
17 Day 5 WG Chicken Nuggets (H) Baked Chips Baby Carrots OR Baked Stuffed Potato (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	18 Day 6 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	19 Day 1 Grilled Cheese Sandwich Baked Chips Baby Carrots OR WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	20 Day 2 WG French Toast (V) Sausage Links Sliced Cucumbers OR WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	23 Day 3 WG Cheese or Pepperoni Pizza Tossed Salad OR WG Bagel w/Butter or Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
24 Day 4 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	25 Day 5 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	26 No School	27 No School	28 No School
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 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