



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 No School	2 No School
5 WG Chicken Nuggets (H) Baked Chips Seasoned Corn OR Corn Chip, Carrots & Hummus (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	6 Nachos (WG-GF) Seasoned Turkey (H) Cheese, Salsa Brown Rice OR Cheese Burrito (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	7 Hamburger on WG Bun Hamburger (H) Baked Potato Chips Seasoned Carrots OR Vegetable Burger (V) (H-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	8 Bosco Cheese Sticks with Dipping Sauce (V) Seasoned Green Beans OR Baked Broccoli and Cheese Stuffed Potato (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	9 WG Cheese or Pepperoni Pizza Tossed Salad OR WG Bagel W/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
12 WG Chicken Patty Sandwich on WG Bun Chicken Breast (H) Baked Potato Chips Seasoned Broccoli OR WG Pretzel with Cheese Dipping Sauce (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	13 Burrito (WG) Seasoned Turkey (H) Salsa & Brown Rice OR Cheese Burrito (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	14 Penne with Meatballs (H) Seasoned Green Beans Roll with Butter OR Baked Broccoli and Cheese Stuffed Potato (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	15 WG Pancakes(V) Sausage Links Sliced Cucumbers OR Corn Chip, Carrots & Hummus (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	16 WG Cheese or Pepperoni Pizza Tossed Salad OR WG Bagel W/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
19 No School	20 WG Chicken Nuggets (H) Baked Chips Seasoned Corn OR Corn Chip, Carrots & Hummus (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	21 Hot Dog on WG Bun Baked Chips Seasoned Carrots OR Baked Broccoli /Cheese Stuffed Potato V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	22 WG Cheese or Pepperoni Pizza Tossed Salad OR WG Bagel W/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	23 Early Dismissal/ Bag Lunch Available Pre-Order Bosco Bread Sticks
26 WG Chicken Patty Sandwich on WG Bun Chicken Breast (H) Baked Chips Seasoned Broccoli OR WG Pretzel with Cheese Dipping Sauce (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	27 WALKING Taco (WG-GF) Seasoned Turkey (H) Cheese, Salsa & Brown Rice OR Baked Broccoli and Cheese Stuffed Potato (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	28 WG Pancakes (V) Sausage Links Sliced Cucumbers OR WG Bagel W/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat	29 Bosco Cheese Sticks with Dipping Sauce (V) Seasoned Green Beans OR Corn Chip, Carrots & Hummus (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	30 WG Cheese or Pepperoni Pizza Tossed Salad OR WG Bagel W/Butter/Cream Cheese (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.			<u>WG: Whole Grain</u> <u>V-Vegetarian</u> <u>H- Halal</u> <u>GF- Gluten Free</u>	** 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