



| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|--|---|--|--|
|  |  |   | 1<br><b>No School</b>  | 2<br><b>No School</b>  |
| <b>5</b> <b>Day 5</b><br>WG Chicken Nuggets (H)<br>Baked Chips<br>Seasoned Corn<br>OR<br>Corn Chip, Carrots & Hummus (V-GF)<br>Assorted Fresh Fruit & Veggies<br>8 oz. Low Fat Milk  | <b>6</b> <b>Day 6</b><br>Nachos (WG-GF)<br>Seasoned Turkey (H)<br>Cheese, Salsa<br>Brown Rice<br>OR<br>Cheese Burrito (V)<br>Assorted Fresh Fruit & Veggies<br>8 oz. Low Fat Milk                                    | <b>7</b> <b>Day 1</b><br>Hamburger on WG Bun<br>Hamburger (H)<br>Baked Potato Chips<br>Seasoned Carrots<br>OR<br>Vegetable Burger (V) (H-GF)<br>Assorted Fresh Fruit & Veggies<br>8 oz. Low Fat Milk            | <b>8</b> <b>Day 2</b><br>Bosco Cheese Sticks with Dipping Sauce (V)<br>Seasoned Green Beans<br>OR<br>Baked Broccoli and Cheese Stuffed Potato (V-GF)<br>Assorted Fresh Fruit & Veggies<br>8 oz. Low Fat Milk | <b>9</b> <b>Day 3</b><br>WG Cheese or Pepperoni Pizza<br>Tossed Salad<br>OR<br>WG Bagel W/Butter/Cream Cheese (V)<br>Assorted Fresh Fruit & Veggies<br>8 oz. Low Fat Milk  |
| <b>12</b> <b>Day 4</b><br>WG Chicken Patty Sandwich on WG Bun<br>Chicken Breast (H)<br>Baked Potato Chips<br>Seasoned Broccoli<br>OR<br>WG Pretzel with Cheese Dipping Sauce (V)<br>Assorted Fresh Fruit & Veggies<br>8 oz. Low Fat Milk | <b>13</b> <b>Day 5</b><br>Burrito (WG)<br>Seasoned Turkey (H)<br>Salsa & Brown Rice<br>OR<br>Cheese Burrito (V)<br>Assorted Fresh Fruit & Veggies<br>8 oz. Low Fat Milk  | <b>14</b> <b>Day 6</b><br>Penne with Meatballs (H)<br>Seasoned Green Beans<br>Roll with Butter<br>OR<br>Baked Broccoli and Cheese Stuffed Potato (V-GF)<br>Assorted Fresh Fruit & Veggies<br>8 oz. Low Fat Milk | <b>15</b> <b>Day 1</b><br>WG Pancakes(V)<br>Sausage Links<br>Sliced Cucumbers<br>OR<br>Corn Chip, Carrots & Hummus (V-GF)<br>Assorted Fresh Fruit & Veggies<br>8 oz. Low Fat Milk                            | <b>16</b> <b>Day 2</b><br>WG Cheese or Pepperoni Pizza<br>Tossed Salad<br>OR<br>WG Bagel W/Butter/Cream Cheese (V)<br>Assorted Fresh Fruit & Veggies<br>8 oz. Low Fat Milk |
| <b>19</b><br><b>No School</b>  | <b>20</b> <b>Day 3</b><br>WG Chicken Nuggets (H)<br>Baked Chips<br>Seasoned Corn<br>OR<br>Corn Chip, Carrots & Hummus (V-GF)<br>Assorted Fresh Fruit & Veggies<br>8 oz. Low Fat Milk                                 | <b>21</b> <b>Day 4</b><br>Hot Dog on WG Bun<br>Baked Chips<br>Seasoned Carrots<br>OR<br>Baked Broccoli /Cheese Stuffed Potato V-GF)<br>Assorted Fresh Fruit & Veggies<br>8 oz. Low Fat Milk                     | <b>22</b> <b>Day 5</b><br>WG Cheese or Pepperoni Pizza<br>Tossed Salad<br>OR<br>WG Bagel W/Butter/Cream Cheese (V)<br>Assorted Fresh Fruit & Veggies<br>8 oz. Low Fat Milk                                   | <b>23</b> <b>Day 6</b><br><b>Early Dismissal/</b><br><b>Bag Lunch Available</b><br><b>Pre-Order</b><br><b>Bosco Bread Sticks</b>   |
| <b>26</b> <b>Day 1</b><br>WG Chicken Patty Sandwich on WG Bun<br>Chicken Breast (H)<br>Baked Chips<br>Seasoned Broccoli<br>OR<br>WG Pretzel with Cheese Dipping Sauce (V)<br>Assorted Fresh Fruit & Veggies<br>8 oz. Low Fat Milk        | <b>27</b> <b>Day 2</b><br>WALKING Taco (WG-GF)<br>Seasoned Turkey (H)<br>Cheese, Salsa & Brown Rice<br>OR<br>Baked Broccoli and Cheese Stuffed Potato (V-GF)<br>Assorted Fresh Fruit & Veggies<br>8 oz. Low Fat Milk | <b>28</b> <b>Day 3</b><br>WG Pancakes (V)<br>Sausage Links<br>Sliced Cucumbers<br>OR<br>WG Bagel W/Butter/Cream Cheese (V)<br>Assorted Fresh Fruit & Veggies<br>8 oz. Low Fat                                   | <b>29</b> <b>Day 4</b><br>Bosco Cheese Sticks with Dipping Sauce (V)<br>Seasoned Green Beans<br>OR<br>Corn Chip, Carrots & Hummus (V-GF)<br>Assorted Fresh Fruit & Veggies<br>8 oz. Low Fat Milk             | <b>30</b> <b>Day 5</b><br>WG Cheese or Pepperoni Pizza<br>Tossed Salad<br>OR<br>WG Bagel W/Butter/Cream Cheese (V)<br>Assorted Fresh Fruit & Veggies<br>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.  |  |   | <b>WG: Whole Grain V-Vegetarian</b><br><b>H- Halal GF- Gluten Free</b>   | <b>** SEE REVERSE SIDE FOR DAILY BREAKFAST &amp; LUNCH ITEMS AND STATE &amp; FEDERAL REGULATIONS</b>   |



**\*\*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*