



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2		1 <b>Holiday</b>	2 <b>Holiday</b>
5 WG Chicken Patty Sandwich Chicken Breast (H) Regular <b>OR</b> Buffalo Lettuce/Tomato/Cheese Baked Fries, Cinnamon Carrots <b>OR</b> WG Pretzel w/Cheese dipping sauce (V)  <b>B Day</b>	6 Tacos (GF) Beef, <b>OR</b> Chicken Seasoned Black Beans Lettuce/Tomato/Cheese Salsa and Jalapeno Peppers, Brown Rice <b>OR</b> Bean and Cheese Burrito (V)  <b>A Day</b>	7 Hamburgers (GF) Hamburger (H) Lettuce/Tomato/Cheese Baked Fries Baked Beans <b>OR</b> Gardenburger (V)  <b>B Day</b>	8 WG Bosco Cheese Sticks w/ Marinara Sauce (V) Seasoned Broccoli <b>OR</b> Baked Potato w/ Cheese & Broccoli (GF-V)  <b>A Day</b>	9 Pepperoni <b>OR</b> Cheese Pizza (V) Tossed Salad <b>OR</b> Fish Sandwich (H)  <b>B Day</b>
12 WG Chicken Nuggets (H) Mashed Potatoes and Gravy Seasoned Corn <b>OR</b> Mozz Cheese Bites (V)  <b>A Day</b>	13 Mexican Bowl (GF-H) Beef, <b>OR</b> Chicken Seasoned Black Beans Lettuce/Tomato/Cheese Salsa and Jalapeno Peppers, Brown Rice <b>OR</b> Bean and Cheese Burrito (V)  <b>B Day</b>	14 Chicken Stir Fry Steamed Rice Garlic Broccoli Fortune Cookie <b>OR</b> Baked Potato w/ Cheese & Broccoli (V-GF)  <b>A Day</b>	15 Penne Bolognese or w/ Marinara Sauce (V) Seasoned Broccoli Roll w/ butter <b>OR</b> Sausage and Peppers on a Sub Roll  <b>B Day</b>	16 Pepperoni <b>OR</b> Cheese Pizza (V) Tossed Salad <b>OR</b> Fish Sandwich (H)  <b>A Day</b>
19 <b>Holiday</b>	20 WG Chicken Patty Sandwich Chicken Breast (H) Regular <b>OR</b> Buffalo Lettuce/Tomato/Cheese Baked Fries, Cinnamon Carrots <b>OR</b> WG Pretzel w/Cheese dipping sauce (V)  <b>B Day</b>	21 Chicken Quesadillas Seasoned Black Beans Lettuce/Tomato/Cheese Salsa and Jalapeno Peppers, Brown Rice <b>OR</b> Cheese Quesadilla (V)  <b>A Day</b>	22 Pepperoni <b>OR</b> Cheese Pizza (V) Tossed Salad <b>OR</b> Fish Sandwich (H)  <b>B Day</b>	23 <b>Half Day</b>  <b>A Day</b>
26 WG Chicken Nuggets (H) Mashed Potatoes and Gravy Seasoned Corn <b>OR</b> Mozz Cheese Bites (V)  <b>B Day</b>	27 Nachos (GF) Beef, <b>OR</b> Chicken Seasoned Black Beans Lettuce/Tomato/Cheese Salsa and Jalapeno Peppers, Brown Rice <b>OR</b> Bean and Cheese Burrito (V)  <b>A Day</b>	28 Baked Herb Chicken (GF-H) Mashed Potatoes w/ Gravy Seasoned Corn Roll w/ butter Peach Cobbler <b>OR</b> Cheese Ravioli (V)  <b>B Day</b>	29 WG Bosco Cheese Sticks w/ Marinara Sauce (V) Seasoned Carrots <b>OR</b> Baked Potato w/Cheese & Broccoli (GF-V)  <b>A Day</b>	30 Pepperoni <b>OR</b> Cheese Pizza (V) Tossed Salad <b>OR</b> Fish Sandwich (H)  <b>B Day</b>
A fruit or vegetable must be taken by a student for a meal to be reimbursable. Otherwise ala carte pricing will be charged.		\$2.35 Breakfast \$3.60 Lunch \$.60 Milk	*Assorted Fruits and Vegetables 8 oz Low Fat Milk Served Daily	**SEE REVERSE SIDE FOR DAILY BREAKFAST & LUNCH ITEMS AND STATE & FEDERAL REGULATIONS

**BREAKFAST ITEMS AVAILABLE DAILY**

Assorted Cereal, WG Muffin, WW Bagel

Egg & Cheese on WW Bagel, Ham, Egg & Cheese on WG Muffin, Sausage, Egg & Cheese on WG Muffin

Choice of Low Fat Milk: 1% White, FF White or FF Chocolate

Choice of Juice or Fruit: Apple, Orange or Grape Juice, Fresh Apples, Oranges or Bananas

**LUNCH ITEMS AVAILABLE DAILY**

10" WG Wraps (2 oz Meat & 1/2 oz Cheese): LS Turkey, LS Ham, Italian Mixed, Roast Beef, Grilled Chicken or Veggie & Hummus  
Served with Lettuce & Tomato, LS Mayo or Mustard

2 All Beef Hot Dogs on WW Roll served with 2 PC's Ketchup or Mustard

Grab & Go Salads: Garden Salad, Chef Salad, Grilled Chicken Salad, Fruit Salad  
Fruit, Yogurt & Granola Salad, Ceasar Salad with Egg  
Served with Wheat Crackers, 1 PC RF Salad Dressing

**ALL SERVED WITH ASSORTED FRESH VEGGIES & FRUIT AND CHOICE OF LOW FAT MILK**

**\*\*Menu items subject to change.\*\***

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 Middle School:**

Daily minimums: 1/2 cup fruit serving, 3/4 cup vegetable serving, 1/2 cup legumes, 1/2 cup dark greens, 3/4 cup red/orange, 1/2 cup starchy, 1/2 cup other, 1 grain per day minimum w/a 2 grain per day maximum (No noodles or rice can be in the soups to meet this requirement), 1 oz. protein minimum w/a two protein maximum on all sandwiches and entrees, assorted low-fat and fat-free milk only

Minimum-maximum calories 600-700, saturated fat – less than 10% of total calories, sodium – 1225 mg or less, zero trans fat

**State & Federal Lunch Regulations for High School:**

Daily minimums: 1 cup fruit serving, 1 cup vegetable serving, 1/2 cup legumes, 1/2 cup dark greens, 1 1/4 cup red/orange, 1/2 cup starchy, plus 3/4 cup other, 2 grain minimum with a 10 grain per week maximum (No noodles or rice can be in the soups to meet this requirement), 2 oz. protein minimum with a 10 protein maximum per week, assorted low-fat and fat-free milk only

Minimum-maximum calories 750-850, saturated fat – less than 10% of total calories, sodium – 1280 mg or less, zero trans fat