



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WG Chicken Nuggets (H) Baked Chips Seasoned Corn <b>OR</b> Corn chips, Carrots and Hummus (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	Day 6 3 Walking Taco (WG-GF) Seasoned Turkey (H) Cheese, Salsa, Brown Rice <b>OR</b> Baked Broccoli Cheese Stuffed Potato (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	Day 1 4 Hamburger on WG Bun Hamburger (H) Baked Chips Seasoned Carrots <b>OR</b> Vegetable Burger (V, H, GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	Day 2 5 WG Waffles (V) Sausage Links Sliced Cucumbers <b>OR</b> Corn Chips, Carrots and Hummus (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	Day 3 6 WG Cheese or Pepperoni Pizza Carrots and Dip <b>OR</b> WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
9 WG Chicken Patty Sandwich on WG Bun Chicken Breast (H) Baked Chips Seasoned Broccoli <b>OR</b> WG Pretzel with Cheese Dipping Sauce (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	Day 5 10 WG Pancakes Sausage Links Sliced Cucumbers <b>OR</b> Corn Chips, Carrots and Hummus (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	Day 6 11 WG Bosco Cheese Sticks with Dipping Sauce (V) Seasoned Green Beans <b>OR</b> Baked Broccoli Cheese Stuffed Potato (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	Day 1 12 Penne with Meatballs (H) Seasoned Carrots Roll with Butter <b>OR</b> Baked Broccoli Cheese Stuffed Potato (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	Day 3 13 Cheese or Pepperoni Pizza Carrots and Dip <b>OR</b> WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
16 <b>No School</b>	17 <b>No School</b>	18 <b>No School</b>	19 <b>No School</b>	20 <b>No School</b>
23 WG Chicken Nuggets (H) Baked Chios Seasoned Corn <b>OR</b> Corn Chips, Carrots and Hummus (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	Day 4 24 Walking Taco (WG-GF) Seasoned Turkey (H) Cheese, Salsa, Brown Rice <b>OR</b> Baked Broccoli Cheese Stuffed Potato (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	Day 5 25 Hotdog on WG Bun Baked Chips Seasoned Carrots <b>OR</b> Baked Broccoli and Cheese Stuffed Potato (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	Day 6 26 WG Bosco Cheese Sticks with Dipping Sauce (V) Seasoned Green Beans <b>OR</b> Corn Chips, Carrots and Hummus (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	Day 2 27 WG Cheese or Pepperoni Pizza Carrots and Dip <b>OR</b> 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:  $\frac{1}{2}$  cup fruit serving,  $\frac{3}{4}$  cup vegetable serving  $\frac{1}{2}$  c legumes,  $\frac{1}{2}$  c dark greens,  $\frac{3}{4}$  c red/orange,  $\frac{1}{2}$  c starchy, plus  $\frac{1}{2}$  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