



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WG Chicken Nuggets (H) Mashed Potatoes and Gravy Seasoned Corn OR Grilled Cheese (V) A Day	3 Tacos (GF-H) Beef, OR Chicken Seasoned Black Beans Lettuce/Tomato/Cheese Salsa and Jalapeno Peppers, Brown Rice OR Bean and Cheese Burrito (V) B Day	4 Hamburgers (GF) Hamburger (H) Lettuce/Tomato/Cheese Baked Fries Baked Beans OR Gardenburger (V) A Day	5 Chicken Parmesan (H) Pasta Marinara Garlic Bread Seasoned Broccoli OR Eggplant Parmesan (V) B Day	6 Pepperoni OR Cheese Pizza (V) Tossed Salad OR Fish Sandwich (H) A Day
9 WG Chicken Patty Sandwich Chicken Breast (H) Regular OR Buffalo Lettuce/Tomato/Cheese Baked Fries, Cinnamon Carrots OR WG Pretzel w/Cheese dipping sauce (V) B Day	10 Mexican Bowl (GF-H) Beef, OR Chicken Seasoned Black Beans Lettuce/Tomato/Cheese Salsa and Jalapeno Peppers, Brown Rice OR Bean and Cheese Burrito (V) A Day	11 WG Bosco Cheese Sticks w/ Marinara Sauce (V) Seasoned Broccoli OR McRib BBQ Sandwich B Day	12 Penne Bolognese or Marinara (V) Seasoned Broccoli Roll w/ butter OR Baked Potato w/ Cheese and Broccoli (GF-V) A Day	13 Pepperoni OR Cheese Pizza (V) Tossed Salad OR Fish Sandwich (H) B Day
16 February Break	17 February Break	18 February Break	19 February Break	20 February Break
23 WG Chicken Nuggets (H) Mashed Potatoes and Gravy Seasoned Corn OR Grilled Cheese (V) A Day	24 Walking Taco (GF-H) Beef, OR Chicken Seasoned Black Beans Lettuce/Tomato/Cheese Salsa and Jalapeno Peppers, Brown Rice OR Bean and Cheese Burrito (V) B Day	25 Grilled Cheese (V) (WG) Tomato or Chicken Soup Potato Chips OR McRib BBQ Sandwich A Day	26 Mac and Cheese (V,H) Buffalo Chicken OR BBQ Cole Slaw OR Baked Cheese and Broccoli Stuffed Potato (V) B Day	27 Pepperoni OR Cheese Pizza (V) Tossed Salad OR Fish Sandwich (H) A Day

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 *Assorted Fruits and Vegetables
\$3.60 Lunch 8 oz Low Fat Milk Served Daily
\$.60 Milk

**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 c 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