



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| <p>2 Day 3 WG Chicken Patty Sandwich on WG Bun Chicken Breast (H) Baked Chips Seasoned Green Beans OR WG Pretzel with Cheese Dipping Sauce (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p> | <p>3 Day 4 Walking Taco (WG-GF) Seasoned Turkey (H) Brown Rice, Cheese and Salsa OR Cheese Burrito (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p> | <p>4 Day 5 Hamburger on WG Bun Hamburger (H) Baked Chips Seasoned Carrots OR Vegetable Burger (V) (H-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p> | <p>5 Day 6 WG Bosco Cheese Sticks with Dipping Sauce (V) Seasoned Green Beans OR Baked Broccoli /Cheese Stuffed Potato (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p> | <p>6 Day 1 WG Cheese Pizza- Hot Lunch 1 WG Pepperoni Pizza- Hot Lunch 2 Carrots and Dip OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p> |
| <p>9 Day 2 WG Chicken Nuggets (H) Baked Chips Seasoned Corn OR Hot Egg and Cheese Bagel Sandwich Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p> | <p>10 Day 3 WG Pancakes (V) Sausage Links Sliced Cucumbers OR Corn Chips, Carrots and Hummus (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p> | <p>11 Day 4 Hotdog on WG Bun Baked Chips Seasoned Carrots OR Cheese Burrito (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p> | <p>12 Day 5 Penne with Meatballs (H) Seasoned Green Beans Roll with Butter OR Baked Broccoli/ Cheese Stuffed Potato (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p> | <p>13 Day 6 WG Cheese Pizza- Hot Lunch 1 WG Pepperoni Pizza- Hot Lunch 2 Carrots and Dip OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p> |
| <p>16 Day 1 WG Chicken Patty Sandwich on WG Bun Chicken Breast (H) Baked Chips Seasoned Green Beans OR WG Pretzel with Cheese Dipping Sauce (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p> | <p>17 Day 2 Walking Taco (WG-GF) Seasoned Turkey (H) Brown Rice, Salsa and Cheese OR Baked Broccoli/Cheese Stuffed Potato (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p> | <p>18 Day 3 Hamburger on WG Bun Hamburger (H) Baked Chips Seasoned Carrots OR Vegetable Burger (V) (H-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p> | <p>19 Day 4 WG Cheese or Pepperoni Pizza Carrots and Dip OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p> | <h2>No School</h2> |
| <p>23 Day 5 WG Chicken Nuggets (H) Baked Chips Seasoned Corn OR Hot Egg and Cheese Bagel Sandwich Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p> | <p>24 Day 6 WG Waffles (V) Sausage Links Sliced Cucumbers OR Corn Chips, Carrots and Hummus (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p> | <p>25 Day 1 Hotdog on WG Bun Baked Chips Seasoned Carrots OR Cheese Burrito (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p> | <p>26 Day 2 WG Bosco Cheese Sticks with Dipping Sauce (V) Seasoned Green Beans OR Baked Broccoli /Cheese Stuffed Potato (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p> | <p>27 Day 3 WG Cheese Pizza- Hot Lunch 1 WG Pepperoni Pizza- Hot Lunch 2 Carrots and Dip OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p> |
| <p>30 Day 4 WG Chicken Patty Sandwich on WG Bun Chicken Breast (H) Baked Chips Seasoned Green Beans OR WG Pretzel with Cheese Dipping Sauce (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p> | <p>31 Day 5 Walking Taco (WG-GF) Seasoned Turkey (H) Brown Rice, Salsa and Cheese OR Baked Broccoli/Cheese Stuffed Potato (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk</p> | | | |
| <p>A fruit or vegetable must be taken by a student for a meal to be reimbursable. Otherwise ala carte pricing will be charged.</p> | | | <p><u>WG: Whole Grain</u> <u>V-Vegetarian</u> <u>H- Halal</u> <u>GF- Gluten Free</u></p> | |
| <p>** SEE REVERSE SIDE FOR DAILY BREAKFAST & LUNCH ITEMS AND STATE & FEDERAL REGULATIONS</p> | | | | |



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