



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG French				<b>1</b> <b>Day 4</b> Hot Lunch 1 WG Cheese Pizza-OR Hot Lunch 2 WG Pepperoni Pizza-Carrots and Dip OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
<b>4</b> <b>Day 5</b> Hot Lunch 1 WG Chicken Nuggets (H) Baked Chips, Seasoned Corn OR Hot Lunch 2 WG Pretzel with Cheese Dipping Sauce (V) WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>5</b> <b>Day 6</b> Hot Lunch 1 WG Waffles (V) Sausage Links, Sliced Cucumbers OR Hot Lunch 2 Corn Chips, Carrots and Hummus (V-GF) WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>6</b> <b>Day 1</b> Hot Lunch 1 Hotdog on WG Bun Baked Chips, Seasoned Carrots OR Hot Lunch 2 Cheese Burrito (V) OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>7</b> <b>Day 2</b> Hot Lunch 1 WG Bosco Cheese Sticks with Dipping Sauce (V), Seasoned Green Beans OR Hot Lunch 2 Baked Broccoli /Cheese Stuffed Potato (V) WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>8</b> <b>Day 3</b> Hot Lunch 1 WG Cheese Pizza-OR Hot Lunch 2 WG Pepperoni Pizza-Carrots and Dip OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
<b>11</b> <b>Day 4</b> Hot Lunch 1 WG Chicken Nuggets (H) Baked Chips, Seasoned Corn OR Hot Lunch 2 Hot Egg and Cheese Bagel Sandwich WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>12</b> <b>Day 5</b> Hot Lunch 1 Walking Taco (WG-GF) Seasoned Turkey (H), Brown Rice, Salsa and Cheese OR Hot Lunch 2 Baked Broccoli/Cheese Stuffed Potato (V) WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit 8 oz. Low Fat Milk	<b>13</b> <b>Day 6</b> Hot Lunch 1 Hamburger on WG Bun Hamburger (H), Baked Chips, Seasoned Carrots OR Hot Lunch 2 Vegetable Burger (V) (H-GF) OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit	<b>14</b> <b>Day 1</b> Hot Lunch 1 WG Pancakes(V) Sausage Links, Sliced Cucumbers OR Hot Lunch 2 Cheese Burrito (V) WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>15</b> <b>Day 2</b> Hot Lunch 1 WG Cheese Pizza-OR Hot Lunch 2 WG Pepperoni Pizza-Carrots and Dip OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
<b>18</b> <b>Day 3</b> Hot Lunch 1 WG Chicken Patty Sandwich on WG Bun, Chicken Breast (H), Baked Chips, Seasoned Green Beans OR Hot Lunch 2 WG Pretzel with Cheese Dipping Sauce (V) WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>19</b> <b>Day 4</b> Hot Lunch 1 WG Waffles (V) Sausage Links, Sliced Cucumbers OR Hot Lunch 2 Corn Chips, Carrots and Hummus (V-GF) WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>20</b> <b>Day 5</b> Hot Lunch 1 Hotdog on WG Bun Baked Chips, Seasoned Carrots OR Hot Lunch 2 Cheese Burrito (V) OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>21</b> <b>Day 6</b> Hot Lunch 1 WG Bosco Cheese Sticks with Dipping Sauce (V), Seasoned Green Beans OR Hot Lunch 2 Baked Broccoli /Cheese Stuffed Potato (V) WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>22</b> <b>Day 1</b> Hot Lunch 1 WG Cheese Pizza-OR Hot Lunch 2 WG Pepperoni Pizza-Carrots and Dip OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
<b>25</b> <b>No School</b>	<b>26</b> <b>Day 2</b> Hot Lunch 1 WG Chicken Nuggets (H) Baked Chips, Seasoned Corn OR Hot Lunch 2 Hot Egg and Cheese Bagel Sandwich WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>27</b> <b>Day 3</b> Hot Lunch 1 Hamburger on WG Bun Hamburger (H), Baked Chips, Seasoned Carrots OR Hot Lunch 2 Vegetable Burger (V) (H-GF) OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit	<b>28</b> <b>Day 4</b> Hot Lunch 1 WG Chicken Patty Sandwich on WG Bun, Chicken Breast (H), Baked Chips, Seasoned Green Beans OR Hot Lunch 2 Cheese Burrito (V) OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>29</b> <b>Day 5</b> Hot Lunch 1 WG Cheese Pizza-OR Hot Lunch 2 WG Pepperoni Pizza-Carrots and Dip OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh
A fruit or vegetable must be taken by a student for a meal to be reimbursable. Otherwise ala carte pricing will be charged.		<b>Lunch Cost FREE</b> <b>Breakfast - FREE</b>		<u>WG: Whole Grain</u> <u>V-Vegetarian</u> <u>H- Halal</u> <u>GF- Gluten Free</u> <b>** SEE REVERSE SIDE FOR 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*