Clayton A. Bouton High School
Voorheesville Middle School

May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pepperoni **OR** Cheese Pizza (V) Tossed Salad **OR** Fish Sandwich (H) **A Day**
4 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**	**5** 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) **A Day**	**6** **Ball Park Day** All Beef Hot Dogs **OR** Italian Sausage Potato Chips, Carrots/Celery w/Dip Cracker Jacks (purchase) **OR** Nachos with Cheese **B Day**	**7** WG Bosco Cheese Sticks w/ Marinara Sauce (V) Seasoned Green Beans **OR** Cheeseburger **A Day**	**8** Pepperoni and Sausage **OR** Cheese Pizza (V) Tossed Salad **OR** Fish Sandwich (H) **B Day**
11 WG Chicken Nuggets (H) Mashed Potatoes and Gravy Seasoned Corn Cheese Bites (V) **A Day**	**12** 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**	**13** Hamburgers (GF) Hamburger (H) Lettuce/Tomato/Cheese Baked Fries Baked Beans **OR** Mac and Cheese (V) **A Day**	**14** WG French Toast Sticks Hash Brown Breakfast Sausage Maple Syrup **OR** Beef **OR** Chicken Burrito **B Day**	**15** Pepperoni **OR** Cheese Pizza (V) Tossed Salad **OR** Fish Sandwich (H) **A Day**
18 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**	**19** 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**	**20** Chicken Quesadillas Seasoned Black Beans Lettuce/Tomato/Cheese Salsa and Jalapeno Peppers, Brown Rice **OR** Cheese Quesadilla (V) **B Day**	**21** WG Bosco Cheese Sticks w/ Marinara Sauce (V) Seasoned Green Beans **OR** Cheeseburger **A Day**	**22** Buffalo Chicken **OR** Cheese Pizza (V) Tossed Salad **OR** Fish Sandwich (H) **B Day**
25 **Memorial Day**	**26** WG Chicken Nuggets (H) Mashed Potatoes and Gravy Seasoned Corn Cheese Bites (V) **A Day**	**27** Hamburgers (GF) Hamburger (H) Lettuce/Tomato/Cheese Baked Fries Baked Beans **OR** Mac and Cheese (V) **B Day**	**28** 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) **A Day**	**29** Pepperoni **OR** Cheese Pizza (V) Tossed Salad **OR** Fish Sandwich (H) **B 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
$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

V= Vegetarian Offering H=Halal Offering GF=Gluten Free Offering WG=Whole Grain

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

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LUNCH ITEMS AVAILABLE DAILY

10" WG Wraps (2 oz Meat & ½ 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, ¾ cup vegetable serving, ½ cup legumes, ½ cup dark greens, ¾ cup red/orange, ½ c starchy, ½ 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, ½ cup legumes, ½ cup dark greens, 1 ¼ cup red/orange, ½ cup starchy, plus ¾ 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