



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
V=Vegetarian Offering H=Halal Offering GF=Gluten Free Offering WG=Whole Grain			1 Day 4 Hot Lunch 1 Penne Pasta with Meatballs Seasoned Green Bens Roll with Butter OR Hot Lunch 2 Buttered Pasta (V) WG Bagel w/Butter/Cream Cheese (V) Deli Sandwich or Yogurt Parfait Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	2 Day 5 Hot Lunch 1 WG Cheese Pizza- Hot Lunch 2 WG Pepperoni Pizza- Carrots and Dip WG Bagel w/Butter/Cream Cheese (V) Deli Sandwich or Yogurt Parfait Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
5 Day 6 Hot Lunch 1 WG Chicken Nuggets (H) Mashed Potatoes/Gravy Seasoned Corn Hot Lunch 2 Corn Chips and Hummus (V-GF) WG Bagel w/Butter/Cream Cheese (V) Deli Sandwich or Yogurt Parfait Assorted Fresh Fruit 8 oz. Low Fat Milk	6 Day 1 Hot Lunch 1 WG Mini Pancakes(V) Sausage Links, Sliced Cucumbers OR WG Bagel w/Butter/Cream Cheese (V) Deli Sandwich Yogurt Parfait Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	7 Day 2 Hot Lunch 1 Cheese or Plain Hamburger on WG Bun Hamburger (H), Fries,, Seasoned Carrots Hot Lunch 2 Vegetable Burger (V) (H-GF) WG Bagel w/Butter/Cream Cheese (V) Deli Sandwich or Yogurt Parfait Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	8 Day 3 Hot Lunch 1 WG Bosco Cheese Sticks with Dipping Sauce (V), Seasoned Green Beans Hot Lunch 2 Baked Cheese Stuffed Potato (V) WG Bagel w/Butter/Cream Cheese (V) Deli Sandwich or Yogurt Parfait Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	9 Day 4 Hot Lunch 1 WG Cheese Pizza- Hot Lunch 2 WG Pepperoni Pizza- Carrots and Dip WG Bagel w/Butter/Cream Cheese (V) Deli Sandwich or Yogurt Parfait Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
12 No School	13 Day 5 Hot Lunch 1 WG Chicken Patty Sandwich on WG Bun, Chicken Breast (H), Baked Chips, Seasoned Corn Hot Lunch 2 WG Pretzel with Cheese Dipping Sauce (V) WG Bagel w/Butter/Cream Cheese (V) Deli Sandwich or Yogurt Parfait Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	14 Day 6 Hot Lunch 1 Hotdog on WG Bun Baked Chips, Seasoned Carrots OR Hot Lunch 2 Baked Cheese Stuffed Potato WG Bagel w/Butter/Cream Cheese (V) Deli Sandwich or Yogurt Parfait Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	15 Day 1 Hot Lunch 1 Grilled Cheese Sandwich (WG-GF-V) Tomato Soup, WG Goldfish OR Hot Lunch 2 Hot Ham and Cheese Burrito WG Bagel w/Butter/Cream Cheese (V) Deli Sandwich or Yogurt Parfait Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	16 Day 2 Hot Lunch 1 WG Cheese Pizza- Hot Lunch 2 WG Pepperoni Pizza- Carrots and Dip WG Bagel w/Butter/Cream Cheese (V) Deli Sandwich or Yogurt Parfait Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
19 Day 3 Hot Lunch 1 WG Chicken Nuggets (H) Mashed Potatoes/Gravy Seasoned Corn Hot Lunch 2 Corn Chips & Hummus (V-GF) WG Bagel w/Butter/Cream Cheese (V) Deli Sandwich or Yogurt Parfait Assorted Fresh Fruit 8 oz. Low Fat Milk	20 Day 4 Hot Lunch 1 Walking Taco (WG-GF) Seasoned Turkey (H), Brown Rice, Salsa and Cheese Hot Lunch 2 Cheese Burrito WG Bagel w/Butter/Cream Cheese (V) Deli Sandwich or Yogurt Parfait Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	21 Day 5 Hot Lunch 1 Cheese or Plain Hamburger on WG Bun Hamburger (H), Fries,, Seasoned Carrots Hot Lunch 2 Vegetable Burger (V) (H-GF) WG Bagel w/Butter/Cream Cheese (V) Deli Sandwich or Yogurt Parfait Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	22 Day 6 Hot Lunch 1 French Toast Sticks (V) Sausage Links, Sliced Cucumbers OR WG Bagel w/Butter/Cream Cheese (V) Deli Sandwich Yogurt Parfait Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	23 Day 1 Hot Lunch 1 WG Cheese Pizza- Hot Lunch 2 WG Pepperoni Pizza- Carrots and Dip WG Bagel w/Butter/Cream Cheese (V) Deli Sandwich or Yogurt Parfait Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
26 Day 2 Hot Lunch 1 WG Chicken Patty Sandwich on WG Bun, Chicken Breast (H), Baked Fries, Seasoned Corn Hot Lunch 2 WG Pretzel with Cheese Dipping Sauce (V) WG Bagel w/Butter/Cream Cheese (V) Deli Sandwich or Yogurt Parfait Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	27 Day 3 Hot Lunch 1 WG Mini Waffles Sausage Links, Sliced Cucumbers (V) OR WG Bagel w/Butter/Cream Cheese (V) Deli Sandwich Yogurt Parfait Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	28 Day 4 Hot Lunch 1 Hotdog on WG Bun Baked Chips, Seasoned Carrots OR Hot Lunch 2 Baked Cheese Stuffed Potato WG Bagel w/Butter/Cream Cheese (V) Deli Sandwich or Yogurt Parfait Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	29 Day 5 Hot Lunch 1 WG Bosco Cheese Sticks with Dipping Sauce (V), Seasoned Green Beans Hot Lunch 2 Baked Cheese Stuffed Potato (V) WG Bagel w/Butter/Cream Cheese (V) Deli Sandwich or Yogurt Parfait Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	30 Day 6 Hot Lunch 2 WG Pepperoni Pizza- Carrots and Dip WG Bagel w/Butter/Cream Cheese (V) Deli Sandwich or Yogurt Parfait 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.				** 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: 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