



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken Quesadillas Seasoned Black Beans Lettuce/Tomato/Cheese Salsa and Jalapeno Peppers Brown Rice OR Cheese Quesadillo (V) A Day	2 Bacon-Chicken-Ranch OR Cheese Pizza (V) Tossed Salad OR Fish Sandwich (H) B Day
5 WG Chicken Nuggets (H) Mashed Potatoes and Gravy Seasoned Corn OR Stuffed Potato (GF-V) A Day	6 Mexican Bowl (GF-H) Beef, Chicken OR Barbacoa Seasoned Black Beans Lettuce/Tomato/Cheese Salsa and Jalapeno Peppers, Brown Rice OR Bean and Cheese Burrito (V) B Day	7 Grilled Hamburgers (GF) Hamburger (H) Lettuce/Tomato/Cheese Baked Fries Baked Beans OR Garden Burger (V) A Day	8 WG Bosco Cheese Sticks w/ Marinara Sauce (V) Seasoned Carrots OR Buffalo Chicken Burrito B Day	9 Pepperoni OR Cheese Pizza (V) Tossed Salad OR Fish Sandwich (H) A Day
12 Holiday	13 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	14 Dos Tacos (GF-H) Beef, Chicken, OR Barbacoa Seasoned Black Beans Lettuce/Tomato/Cheese Salsa and Jalapeno Peppers, Brown Rice OR Bean and Cheese Burrito (V) A Day	15 Buffalo Chicken and Mozzarella Sub Chicken Breast (H) Potato Chips Green Beans OR Eggplant Parm Sub (V) B Day	16 Buffalo Chicken OR Cheese Pizza (V) Tossed Salad OR Fish Sandwich (H) A Day
19 WG Chicken Nuggets (H) Mashed Potatoes and Gravy Seasoned Corn OR Stuffed Potato (GF-V) B Day	20 Walking Taco (GF-H) Beef, Chicken, OR Barbacoa Seasoned Black Beans Lettuce/Tomato/Cheese Salsa and Jalapeno Peppers, Brown Rice OR Bean and Cheese Burrito (V) A Day	21 Grilled Hamburgers (GF) Hamburger (H) Lettuce/Tomato/Cheese Baked Fries Baked Beans OR Garden Burger (V) B Day	22 WG French Toast Sticks Hash Brown Breakfast Sausage Maple Syrup OR Beef OR Chicken Burrito A Day	23 Pepperoni OR Cheese Pizza (V) Tossed Salad OR Fish Sandwich (H) B Day
26 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	27 Mexican Bowl (GF-H) Beef, Chicken, OR Barbacoa Seasoned Black Beans Lettuce/Tomato/Cheese Salsa and Jalapeno Peppers, Brown Rice OR Bean and Cheese Burrito (V) B Day	28 Grilled Cheese (V) (WG) Tomato OR Chicken Soup Potato Chips OR McRib BBQ Sandwich A Day	29 WG Bosco Cheese Sticks w/ Marinara Sauce (V) Seasoned Carrots OR BBQ Chicken Burrito B Day	30 Bacon-Chicken-Ranch 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.

\$2.90 Breakfast
\$3.90 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

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: ½ 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