Clayton A. Bouton High School
Voorheesville Middle School

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 WG Chicken Nuggets (H) Mashed Potatoes and Chicken Gravy Seasoned Corn **OR** Broccoli/Cheddar Potato (GF-V) **B Day**	**3** Dos (2) Corn Tacos WG Beef, Chicken, **OR** Turkey Barbacoa Lettuce & Tomato Salsa and Jalapeno Slice Fiesta Rice **OR** Bean and Cheese Burrito **A Day**	**4** Cheese Burger (WG-H) Hamburger Lettuce/Tomato/Cheese Potato Puffs Baked Beans **OR** Garden Burger (V) **B Day**	**5** V-ville Mac and Cheese BBQ Turkey Barbacoa Seasoned Carrots **OR** Broccoli/Cheddar Potato (V-GF) **A Day**	**6** Tony's Cheese Pizza **OR** Pepperoni Pizza Tossed Salad **OR** Fish Sandwich **B Day**
9 Chicken Patty Sandwich Buffalo Chicken Sandwich Lettuce/Tomato/Cheese Potato Puffs, Seasoned Carrots **OR** Soft Pretzel (V-WG) **A Day**	10 **Superintendent's Conference Day**	**11** **Holiday**	**12** Bosco Cheese Sticks (V-WG) Marinara Sauce Seasoned Carrots **OR** BBQ Chicken **B Day**	**13** Cheese Pizza (V-WG) **OR** Bacon-Chicken-Ranch Big Daddy's Slice Tossed Salad **OR** Fish Sandwich **A Day**
16 WG Chicken Nuggets (H) Mashed Potatoes and Chicken Gravy Seasoned Corn **OR** Broccoli/Cheddar Potato (GF-V) **B Day**	**17** Walking Taco (GF-H) Beef, Chicken, **OR** Turkey Barbacoa Lettuce & Tomato Salsa and Jalapeno Slice Fiesta Rice **OR** Bean and Cheese Burrito **A Day**	**18** Cheese Burger (WG-H) Hamburger Lettuce/Tomato/Cheese Potato Puffs Baked Beans **OR** Garden Burger (V) **B Day**	**19** Penne Pasta Bolognese Roll with Butter Seasoned Broccoli **OR** Pasta with Oil-Garlic **A Day**	**20** Tony's Cheese Pizza **OR** Pepperoni Pizza Tossed Salad **OR** Fish Sandwich **B Day**
23 Chicken Patty Sandwich Buffalo Chicken Sandwich Lettuce/Tomato/Cheese Potato Puffs, Seasoned Carrots **OR** Soft Pretzel (V-WG) **A Day**	**24** Bosco Cheese Sticks (V-WG) Marinara Sauce Seasoned Carrots **OR** Turkey over Biscuits **B Day**	**25** **Holiday**	**26** **Holiday**	**27** **Holiday**
30 WG Chicken Nuggets (H) Mashed Potatoes and Chicken Gravy Seasoned Corn **OR** Broccoli/Cheddar Potato (GF-V) **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

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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