



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Nachos (GF) Beef OR Chicken Seasoned Black Beans Lettuce/Tomato/Cheese Salsa and Jalapeno Peppers, Brown Rice OR Bean & Cheese Burrito (V) A Day	2 Mac and Cheese (V,H) Buffalo Chicken OR BBQ Pork Cole Slaw OR Steamed Dumplings with Dipping Sauce B Day	3 <p style="text-align: center;">Holiday</p>	4 Pepperoni OR Cheese Pizza (V) Tossed Salad OR Fish Sandwich (H) A Day
7 WG Chicken Nuggets (H) Mashed Potatoes and Gravy Seasoned Corn OR WG Pretzel with Cheese Sauce (V) B Day	8 Burrito (V-H) Beef OR Chicken Seasoned Black Beans Lettuce/Tomato/Cheese Salsa and Jalapeno Peppers, Brown Rice OR Bean & Cheese Burrito (V) A Day	9 WG Bosco Cheese Sticks w/ Marinara Sauce (V) Seasoned Carrots OR Buffalo Chicken Wrap B Day	10 WG French Toast Sticks Hash Brown Breakfast Sausage Cucumber Slices OR Hummus, Tzatziki and Pita (V-H) A Day	11 Buffalo Chicken OR Cheese Pizza (V) Tossed Salad OR Fish Sandwich (H) B Day
14 <p style="text-align: center;">Indigenous Peoples' Day</p>	15 WG Chicken Patty Sandwich Chicken Breast (H) Regular OR Buffalo Lettuce/Tomato/Cheese Baked Fries, Cinnamon Carrots OR Mozzarella Cheese Sticks (V) A Day	16 General Tso's Chicken Vegetable Fried Rice Lo Mein Noodles Garlic Broccoli OR Vegetable Egg rolls with Dipping Sauce (V) B Day	17 Meatball Sub w/ mozzarella cheese Meatballs (H) Potato Chips Green Beans OR Meatless Meatball Sub (V) A Day	18 Sausage OR Cheese Pizza (V) Tossed Salad OR Fish Sandwich (H) B Day
21 WG Chicken Nuggets (H) Mashed Potatoes and Gravy Seasoned Corn OR WG Pretzel with Cheese Sauce (V) A Day	22 Mexican Bowl (GF-H) Beef, Pork, OR Chicken Seasoned Black Beans Lettuce/Tomato/Cheese Salsa and Jalapeno Peppers, Brown Rice OR Bean & Cheese Burrito (V) B Day	23 Grilled Hamburgers (GF) Hamburger (H) Lettuce/Tomato/Cheese Baked Fries, Baked Beans OR Garden Burger (V) A Day	24 Chicken Quesadillas Seasoned Black Beans Lettuce/Tomato/Cheese Salsa and Jalapeno Peppers, Brown Rice Cheese Quesadilla (V) B Day	25 Bacon, Chicken, Ranch OR Cheese Pizza (V) Tossed Salad OR Fish Sandwich (H) A Day
28 WG Chicken Patty Sandwich Chicken Breast (H) Regular OR Buffalo Lettuce/Tomato/Cheese Baked Fries, Cinnamon Carrots OR Mozzarella Cheese Sticks (V) B Day	29 Walking Taco (GF) Beef, Chicken, OR Pork Seasoned Black Beans Lettuce/Tomato/Cheese Salsa and Jalapeno Peppers, Brown Rice OR Bean & Cheese Burrito (V) A Day	30 WG Bosco Cheese Sticks w/ Marinara Sauce (V) Seasoned Carrots OR Buffalo Chicken Wrap B Day	31 WG Chicken Nuggets (H) Mashed Potatoes and Gravy Seasoned Corn OR Baked Stuffed Potato (V-GF) 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.		\$2.35 Breakfast \$3.60 Lunch \$.60 Milk	** SEE REVERSE SIDE FOR DAILY BREAKFAST & LUNCH ITEMS AND STATE & FEDERAL REGULATIONS	

V=Vegetarian Offering
GF=Gluten Free Offering

H=Halal Offering
WG=Whole Grain

*Assorted Fruits and Vegetable
8 oz Low Fat Milk Served Daily

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