



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>3 Day 6 WG Chicken Nuggets (H) Baked Fries Seasoned Corn OR WG Cheese Bites (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk</p>	<p>4 Day 1 WG Mini Waffles (V) Sausage Links Sliced Cucumbers OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk</p>	<p>5 Day 2 Meatball Sub with Cheese Meatballs (H) Potato Chips Carrot Sticks OR Pita Chips, Carrots and Hummus (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk</p>	<p>6 Day 3 WG Bosco Cheese Sticks with Dipping Sauce (V) Seasoned Green Beans OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk</p>	<p>7 Day 4 WG Cheese or Pepperoni Pizza Tossed Salad OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk</p>	
<p>10 Day 5 WG Chicken Patty on WG Bun Chicken Breast (H) Baked Fries Seasoned Corn OR WG Pretzel with Cheese Dipping Sauce (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk</p>	<p>11 Day 6 Walking Taco (WG-GF) Turkey Taco Meat (H) Seasoned Black Beans Salsa Brown Rice OR Cheese Burrito (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk</p>	<p>12 Day 1 Hamburger on WG Bun Hamburger (H) Baked Fries Seasoned Carrots OR Vegetable Burger (V, H, GF) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk</p>	<p>13 Day 2 WG Grilled Cheese (V) Tomato Soup Goldfish Sliced Cucumbers OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk</p>	<p>14 Day 3 WG Cheese Pizza Tossed Salad OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk</p>	
<p>17 <div style="text-align: center; font-size: 24pt;">No School</div></p>	<p>18 <div style="text-align: center; font-size: 24pt;">No School</div></p>	<p>19 <div style="text-align: center; font-size: 24pt;">No School</div></p>	<p>20 <div style="text-align: center; font-size: 24pt;">No School</div></p>	<p>21 <div style="text-align: center; font-size: 24pt;">No School</div></p>	
<p>24 Day 4 WG Chicken Nuggets (H) Baked Fries Seasoned Corn OR WG Cheese Bites (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk</p>	<p>25 Day 5 Pulled Pork on WG Bun Seasoned Green Beans OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk</p>	<p>26 Day 6 WG French Toast Sticks (V) Sausage Links Sliced Cucumbers OR Baked Broccoli and Cheese Stuffed Potato (V-GF) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk</p>	<p>27 Day 1 Homemade Mac and Cheese Seasoned Green Beans OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk</p>	<p>28 Day 2 WG Cheese or Pepperoni Pizza Tossed Salad OR WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz Low Fat Milk</p>	
<p>A fruit or vegetable must be taken by a student for a meal to be reimbursable. Otherwise ala carte pricing will be charged.</p>		<p style="text-align: center;">Lunch Cost \$3.10 Breakfast Cost \$1.75</p>		<p style="text-align: center;"><u><i>WG: Whole Grain</i></u> <u><i>V-Vegetarian</i></u> <u><i>H- Halal</i></u> <u><i>GF- Gluten Free</i></u></p>	<p style="text-align: center;">** SEE REVERSE SIDE FOR DAILY BREAKFAST & LUNCH ITEMS AND STATE & FEDERAL REGULATIONS</p>



****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