Clayton A. Bouton High School Voorheesville Middle School



February 2025

3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mashed Potatoes and Gravy Seasoned Corn R Mozz Cheese Bites (V) A Day 10 MC Chicken Patty Sandwich (Cheese Sasa and Alaspeen Peopers, Brown Rice OR Tex. Mex Stuffed Potato (GF-V) B Day 11 MC Chicken Patty Sandwich (Cheese Bites (V) A Day 12 General Tso's Chicken Seasoned Back Beans Lettruce/Pomato/Cheese Sasa and Alaspeen Peopers, Brown Rice OR Tex. Mex Stuffed Potato (GF-V) Medical Bowl (GF-N) B Day 13 MC Chicken Patty Sandwich Chicken Breast (H) Regular OR Buffalo Lettruce/Pomato/Cheese Sasa and alaspeen Peopers, Brown Rice OR Regular OR Buffalo Lettruce/Formato/Cheese Sasa and alaspeen Peopers, Brown Rice OR Regular OR Buffalo Lettruce/Formato/Cheese Sasa and Alaspeen Peopers, Brown Rice OR Seasoned Black Beans Lettruce/Formato/Cheese Sasa and Alaspeen Peopers, Brown Rice OR Seasoned Black Beans Lettruce/Formato/Cheese Sasa and Alaspeen Peopers, Brown Rice OR Seasoned Black Beans Lettruce/Formato/Cheese Sasa and Alaspeen Peopers, Brown Rice OR Seasoned Carrol Cheese Sasa and Lalspeen Peopers, Brown Rice OR Vegetable Egg Rolls w/ Dipping Sauce (V) Regular People Sauce (V) Regu	3	4	5	6	7
Seasoned Corn OR Mozz Cheese Bites (V) A Day Detatic Chips Salsa and Islageno Peppers, Brown Rice OR Tex-Mex Stuffed Potato (GF-V) B Day A Day Detato Chips Salsa and Islageno Peppers, Brown Rice OR Regular OR Buffalo Lettruce/Tomato/Cheese Sanse and Islageno Peppers, Brown Rice OR Tex-Mex Stuffed Potato (GF-V) Beef OR Chicken Seasoned Black Beans Lettruce/Tomato/Cheese Salsa and Islageno Peppers, Brown Rice OR Tex-Mex Stuffed Potato (GF-V) B Day A Day B	WG Chicken Nuggets (H)	Burrito (GF-V)	Philly Cheese Chicken Sub	WG Bosco Cheese Sticks	Buffalo Chicken OR
Lettuce/Tomato/Cheese Salsa and Jalapen Peppers, Brown Rice OR Tex-Mex Stuffed Potato (GF-V) B Day 10 WG Chicken Petty Sandwich Chicken Beast (H) Regular OR Buffalo Lettuce/Tomato/Cheese Baked Fries, Cinnamon Carrots OR WG Pretzel with Cheese Dipping Sauce (V) B Day 18 Holiday Holiday Holiday Lettuce/Tomato/Cheese Salsa and Jalapen Peppers, Brown Rice OR Tex-Mex Stuffed Potato (GF-W) B Day A Day B Day A Day 19 20 21 A Day B Day	Mashed Potatoes and Gravy	Beef OR Chicken	w/ peppers & onions	w/ Marinara Sauce (V)	Cheese Pizza (V)
Salsa and Jalapeno Peppers, Brown Rice OR Tex Mex Stuffed Potato (GF-V) B Day 10 WG Chicken Patty Sandwich Chicken Breast (H) Regular OR B Utfalo Lettuce/Tomato/Cheese Baked Fries, Cinnamon Carrots OR B Day A Day B Day A Day B Day 13 General Tso's Chicken Segular OR B Utfalo Lettuce/Tomato/Cheese Baked Fries, Cinnamon Carrots OR Salsa and Jalapeno Peppers, Brown Rice OR Tex-Mex Stuffed Potato (GF-V) B Day A Day B Day A	Seasoned Corn OR	Seasoned Black Beans	Potato Chips	Seasoned Carrots OR	Tossed Salad OR
Tex-Mex Stuffed Potato (GF-V) B Day A Day A Day A Day B Day A Day B Day A Day B Day A Day A Day A Day B Day A Day A Day B Day A Day A Day B Day B Day A Day B Day B Day B Day A Day B Day	Mozz Cheese Bites (V)	Lettuce/Tomato/Cheese	Cole Slaw OR	Fajita Chicken Burrito	Fish Sandwich (H)
Tex-Mex Stuffed Potato (GF-V) B Day A Day B Day B Day A Day B Day B Day B Day A Day B Day		Salsa and Jalapeno Peppers, Brown Rice OR	Meatless Meatball Sub (V)		
10 WG Chicken Patty Sandwich Chicken Breast (H) WG Subfalo Lettrue/Tomato/Cheese Baked Fries, Cinnamon Carrots OR WG Pretzel with Cheese Dipping Sauce (V) B Day A Day		1 1	, ,		
WG Chicken Patry Sandwich Chicken Breast (H) Chicken Breast (H) Regular OR Buffalo Lettuce/Tomato/Cheese Baked Fries, Cinnamon Carrots OR WG Pretzel with Cheese Dipping Sauce (V) B Day A Day A Day B Day A Day	A Day	B Day	A Day	B Day	A Day
Chicken Breast (H) Regular OR Buffalo Lettuce/Tomato/Cheese Baked Fries, Cinnamon Carrots OR WG Pretzel with Cheese Dipping Sauce (V) B Day A Day A Day B Day A Day A Day B Day A Day B Day A Day B Day A Day A Day B Day A Day Chicken Rosup Potato Chips OR Traditional Cuban Sandwich Fish Sandwich (H) B Day B Day A Day	10	11	12	13	14
Chicken Breast (H) Regular OR Buffalo Lettuce/Tomato/Cheese Baked Fries, Cinnamon Carrots OR WG Pretzel with Cheese Dipping Sauce (V) B Day A Day A Day B Day A Day A Day B Day	WG Chicken Patty Sandwich	Mexican Bowl (GF-H)	General Tso's Chicken	Grilled Cheese (V) (WG)	Pepperoni OR
Regular OR Buffalo Lettuce/Tomato/Cheese Sakad Fries, Cinnamon Carrots OR WG Pretzel with Cheese Dipping Sauce (V) B Day A Day A Day B Day A Day A Day B Day A Day A Day B Day A Day B Da	Chicken Breast (H)	Beef OR Chicken	Vegetable Fried Rice	1 1 1 1	Cheese Pizza (V)
Lettuce/Tomato/Cheese Baked Fries, Cinnamon Carrots OR WG Pretzel with Cheese Dipping Sauce (V) B Day A Day B Day B Day B Day B Day B Day B Day A Day B D	, ,	Seasoned Black Beans	~	•	Tossed Salad OR
Baked Fries, Cinnamon Carrots OR WG Pretzel with Cheese Dipping Sauce (V) B Day A Day B Day B Day A Day B Day B Day A Day B D					1
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B Day A Day B Day B Day B Day B Day B Day A Day B	I ·		Togetable 188 Home til 2 ippling stade (1)		
Holiday	wd Fretzer with cheese Dipping Sauce (v)	Tex-Wex Stuffed Fotato (GI-V)			
17 Holiday					
Holiday A Pave A Dave	B Day	A Day	B Day	A Day	B Day
24 WG Chicken Nuggets (H) Mashed Potatoes and Gravy Seasoned Corn OR Mozz Cheese Bites (V) 25 WG Bosco Cheese Sticks WG French Toast Sticks WG French Toast Sticks Chicken Parmesan (GF-H) Hash Brown Penne Pasta Marinara Cheese Pizza (V) Seasoned Carrots OR Fajita Chicken Burrito 28 Sausage OR Cheese Pizza (V) Fenne Pasta Marinara Garlic Bread Garlic Bread Seasoned Broccoli OR Fish Sandwich (H) A Daw					21
24 WG Chicken Nuggets (H) Mashed Potatoes and Gravy Seasoned Corn OR Mozz Cheese Bites (V) 25 WG Bosco Cheese Sticks W/ Marinara Sauce (V) Seasoned Corn OR Mozz Cheese Bites (V) 26 WG French Toast Sticks WG French Toast Sticks Hash Brown Hash Brown Breakfast Sausage Cucumber Slices OR Breakfast Sausage Cucumber Slices OR BBQ Pork Sub					
24 WG Chicken Nuggets (H) Mashed Potatoes and Gravy Seasoned Corn OR Mozz Cheese Bites (V) 25 WG Bosco Cheese Sticks WG French Toast Sticks WG French Toast Sticks Chicken Parmesan (GF-H) Hash Brown Penne Pasta Marinara Cheese Pizza (V) Seasoned Carrots OR Fajita Chicken Burrito 28 Sausage OR Cheese Pizza (V) Fenne Pasta Marinara Garlic Bread Garlic Bread Seasoned Broccoli OR Fish Sandwich (H) A Daw					
WG Chicken Nuggets (H) Mashed Potatoes and Gravy Seasoned Corn OR Mozz Cheese Bites (V) WG Bosco Cheese Sticks w/ Marinara Sauce (V) Seasoned Carrots OR Mozz Cheese Bites (V) WG French Toast Sticks Hash Brown Breakfast Sausage Cucumber Slices OR Breakfast Sausage Cucumber Slices OR BRQ Pork Sub Chicken Parmesan (GF-H) Penne Pasta Marinara Garlic Bread Seasoned Broccoli OR Fish Sandwich (H) A Page A Page	Holiday	Holiday	Holiday	Holiday	Holiday
WG Chicken Nuggets (H) Mashed Potatoes and Gravy Seasoned Corn OR Mozz Cheese Bites (V) WG Bosco Cheese Sticks w/ Marinara Sauce (V) Seasoned Carrots OR Mozz Cheese Bites (V) WG French Toast Sticks Hash Brown Breakfast Sausage Cucumber Slices OR Breakfast Sausage Cucumber Slices OR BRQ Pork Sub Chicken Parmesan (GF-H) Penne Pasta Marinara Garlic Bread Seasoned Broccoli OR Fish Sandwich (H) A Page A Page					
WG Chicken Nuggets (H) Mashed Potatoes and Gravy Seasoned Corn OR Mozz Cheese Bites (V) WG Bosco Cheese Sticks W/ Marinara Sauce (V) Seasoned Carrots OR Fajita Chicken Burrito WG French Toast Sticks Hash Brown Breakfast Sausage Cucumber Slices OR BRQ Pork Sub Chicken Parmesan (GF-H) Penne Pasta Marinara Garlic Bread Seasoned Broccoli OR Fish Sandwich (H) A Day		1			
Mashed Potatoes and Gravy Seasoned Corn OR Mozz Cheese Bites (V) Marinara Sauce (V) Seasoned Carrots OR Fajita Chicken Burrito Hash Brown Breakfast Sausage Cucumber Slices OR BBQ Pork Sub Hash Brown Breakfast Sausage Cucumber Slices OR BBQ Pork Sub Cheese Pizza (V) Tossed Salad OR Fish Sandwich (H) A Day				I .	
Seasoned Corn OR Mozz Cheese Bites (V) Seasoned Carrots OR Fajita Chicken Burrito Breakfast Sausage Cucumber Slices OR BBQ Pork Sub Garlic Bread Seasoned Broccoli OR Eggplant Parmesan A Day				` ′	_ =
Mozz Cheese Bites (V) Fajita Chicken Burrito Cucumber Slices OR BBQ Pork Sub Seasoned Broccoli OR Eggplant Parmesan A Pay	•	1 '		1	` '
BBQ Pork Sub Eggplant Parmesan			_		.
A Day	Mozz Cheese Bites (V)	Fajita Chicken Burrito		I .	Fish Sandwich (H)
A Day			BBQ Pork Sub	Eggplant Parmesan	
					A Day
A Day B Day . A Day B Day	A Day	B Day	A Day	B Day	A Day
			\$2.35 Breakfast		** SEE REVERSE SIDE FOR
\$2.35 Breakfast ** SEE REVERSE SIDE	· · · · · · · · · · · · · · · · · · ·		-		DAILY BREAKFAST & LUNCH ITEMS AND
A fruit or vegetable must be taken by a student for a meal to be	reimbursable. Otherwise ala carte pricing will be charged.				STATE & FEDERAL REGULATIONS
A fruit or vegetable must be taken by a student for a meal to be \$3.60 Lunch pair bursable. Otherwise als carte pricing will be charged			\$.60 Milk		1 2 2

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: 1/2 cup fruit serving, 3/4 cup vegetable serving, 1/2 cup legumes, 1/2 cup dark greens, 3/4 cup red/orange, 1/2 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