



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <span style="float: right;"><b>Day 3</b></span> WG Chicken Patty Sandwich on WG Bun Chicken Breast (H) Baked Fries Seasoned Corn <b>OR</b> WG Pretzel with Cheese Dipping Sauce (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>4</b> <span style="float: right;"><b>Day 4</b></span> Nachos (WG-GF) Seasoned Turkey (H) Seasoned Black Beans Salsa Brown Rice OR Cheese Burrito Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>5</b> <span style="float: right;"><b>Day 5</b></span> Hot Dog on WG Bun Potato Chips Seasoned Carrots <b>OR</b> Baked Broccoli and Cheese Stuffed Potato (V-GF) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>6</b> <span style="float: right;"><b>Day 6</b></span> Meatball Sub with Cheese Meatballs (H) Potato Chips Carrot Sticks and Dip OR Pita Chips, Carrots and Hummus (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>7</b> <span style="float: right;"><b>Day 1</b></span> WG Cheese or Pepperoni Pizza Tossed Salad <b>OR</b> WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
<b>10</b> <span style="float: right;"><b>Day 2</b></span> WG Chicken Nuggets (H) Baked Fries Seasoned Corn <b>OR</b> WG Mozzarella Cheese Bites (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>11</b> <span style="float: right;"><b>Day 3</b></span> Mini Waffles (V) Sausage Links Sliced Cucumbers <b>OR</b> WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>12</b> <span style="float: right;"><b>Day 4</b></span> WG Bosco Cheese Sticks with Dipping Sauce (V) Seasoned Green Beans <b>OR</b> WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>13</b> <span style="float: right;"><b>Day 5</b></span> Cheese Ravioli with Tomato Sauce Seasoned Green Beans Roll with Butter <b>OR</b> WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>14</b> <span style="float: right;"><b>Day 6</b></span> WG Cheese Pizza Tossed Salad <b>OR</b> WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
<b>17</b> <span style="float: right;"><b>Day 1</b></span> WG Chicken Patty Sandwich on WG Bun Chicken Breast (H) Baked Fries Seasoned Corn <b>OR</b> WG Pretzel with Cheese Dipping Sauce (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>18</b> <span style="float: right;"><b>Day 2</b></span> Walking Taco (WG-GF) Seasoned Turkey (H) Seasoned Black Beans Brown Rice Salsa <b>OR</b> Cheese Burrito (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<h2>No School</h2>		<b>21</b> <span style="float: right;"><b>Day 4</b></span> WG Cheese or Sausage Pizza Tossed Salad <b>OR</b> WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
<b>24</b> <span style="float: right;"><b>Day 5</b></span> WG Chicken Nuggets (H) Baked Fries Seasoned Corn <b>OR</b> WG Mozzarella Cheese Bites (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>25</b> <span style="float: right;"><b>Day 6</b></span> WG Bosco Cheese Sticks with Dipping Sauce (V) Seasoned Green Beans <b>OR</b> WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>26</b> <span style="float: right;"><b>Day 1</b></span> Hamburger on WG Bun Hamburger (H) Baked Fries Seasoned Carrots OR Vegetable Burger (V) (WG-h) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>27</b> <span style="float: right;"><b>Day 2</b></span> WG French Toast Sticks (V) Sausage Links Sliced Cucumbers <b>OR</b> WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk	<b>28</b> <span style="float: right;"><b>Day 3</b></span> WG Cheese Pizza Tossed Salad <b>OR</b> WG Bagel w/Butter/Cream Cheese (V) Assorted Fresh Fruit & Veggies 8 oz. Low Fat Milk
<h2>No School</h2>				
A fruit or vegetable must be taken by a student for a meal to be reimbursable. Otherwise ala carte pricing will be charged.		<b>Breakfast-\$ 1.75</b> <b>Lunch \$ 3.10</b>		<b>** SEE REVERSE SIDE FOR DAILY BREAKFAST &amp; LUNCH ITEMS AND STATE &amp; FEDERAL REGULATIONS</b>



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