

The lunch program of VCS consists of a two-week rotation of lunches. We provide hot lunches that include a protein, starch, vegetable, and fresh fruit on every full-schedule day. The cost of lunch is \$3.50. If you have any questions or suggestions, please contact the school office. Nutritional and allergy information is available upon request.

Vegetable

Fresh Fruit

WEEK 1 WEEK 2 Monday **Orange Chicken Orange Chicken** Vegetable Fried Rice Vegetable Fried Rice Fresh Fruit Fresh Fruit Chicken Alfredo **Grilled Hot Dogs** Tuesday Salad **Nacho Chips** Roll Vegetable Fresh Fruit Fresh Fruit DQ Chicken Strips** DQ Chicken Strips ** Thursday Mac-N-Cheese Mac-N-Cheese Vegetable Vegetable Fresh Fruit Fresh Fruit Chick-fil-a Friday Pizza Sandwich

Vegetable

Fresh Fruit

VEGETABLES

Corn
Green Beans
Steamed Broccoli
Carrots
Celery Sticks
Salad

FRESH FRUIT *

Banana
Apple Slices
Grapes
Strawberries
Orange Slices
Pineapple

- Fresh fruit selection is determined by seasonal availability.
- ** Includes Dairy

 Queen sandwich

 treat.