



VCUSD K-5 AUGUST MENU

MONDAY



18 Breakfast
Egg Bites w/ Tortilla & Salsa or Cereal
Offered with each choice
Chilled Peaches/Juice
Lunch
Chicken Nuggets or Grilled Cheese Sandwich
Offered with each Choice
Tater Tots

25 Breakfast
Cheese Omelet w/ Biscuit or Cereal
Offered with each choice
Chilled Peaches/Juice
Lunch
Ham & Cheese Sand. or PB & J or Sunbutter W/ Cheese Stick
Offered with each Choice
Tater Tots
Potato Chips

TUESDAY



19 Breakfast
French Toast Sticks or Cereal
Offered with each choice
Chilled Pears/Juice
Lunch
Chicken Soft Taco or Bean & Cheese Burrito
Offered with each Choice
Steamed Corn

26 Breakfast
Mini Maple Chip Waffles or Cereal
Offered with each choice
Chilled Pears/Juice
Lunch
Tamale or Cheese Tamale
Offered with each Choice
Steamed Corn

WEDNESDAY

13 Breakfast
Pizza Nada or Cereal
Offered with each choice
Orange Wedges/Juice
Lunch
Pepperoni Pizza or Cheese Pizza
Offered with each Choice
Steamed Mixed Veggies
Sherbert Cup

20 Breakfast
Egg & Cheese Croissant or Cereal
Offered with each choice
Orange Wedges/Juice
Lunch
Spaghetti with Meat Sauce or Spaghetti W/Cheese
Offered with each Choice
Steamed Mixed Veggies
Fruit Roll-Up

27 Breakfast
Pancake Sausage Stick or Cereal
Offered with each choice
Orange Wedges/Juice
Lunch
Orange Chicken & Noodles or Teriyaki Tofu W/Noodles
Offered with each Choice
Steamed Mixed Veggies

THURSDAY

14 Breakfast
Strawberry Smoothie w/ graham or Cereal
Offered with each choice
Banana/Juice
Lunch
Cheese Burger or Veggie Burger
Offered with each Choice
Crinkle Fries

21 Breakfast
Blueberry Parfait w/ graham or Cereal
Offered with each choice
Banana/Juice
Lunch
Hot Dog or Cheese Bites
Offered with each Choice
Curly Fries

28 Breakfast
Assorted Muffin & Yogurt or Cereal
Offered with each choice
Banana/Juice
Lunch
Spicy Breaded Chicken Sandwich or Veggie Wrap
Offered with each Choice
Sidewinder Fries

FRIDAY

15 Breakfast
Fresh Cinnamon Rolls or Cereal
Offered with each choice
Apple/Juice
Lunch
Mini Corndogs or Mac & Cheese W/Roll
Offered with each Choice
Steamed Green Beans

22 Breakfast
Pizza Puffs or Cereal
Offered with each choice
Apple/Juice
Lunch
BBQ Chicken Sandwich or Veggie Stacker
Offered with each Choice
Steamed Green Beans

29 Breakfast
Fresh Cinnamon Rolls or Cereal
Offered with each choice
Apple/Juice
Lunch
Corn Dog or Cheese Quesadilla
Offered with each Choice
Steamed Green Beans

Veggie Beans
Leaf Lettuce
Baby Carrots
Dried Fruit
Applesauce
Fresh Fruit

MONDAY

Iceberg Lettuce
Salsa
Olives
Fiesta Black Beans
Cucumber Slices
Shredded Cheese
Fresh Pineapple

TUESDAY

WEDNESDAY
Leafy Green Salad
Dry Noodles Topper
Kidney Beans
Tomato & Broccoli
Chilled Pears
Fresh Strawberries
Fresh Mango
Dressing

Green Lettuce
Pickles
Tomato Slices
Baby Carrots
Chilled Fruit
Fresh Melon
Dressing

THURSDAY

Leafy Green Salad
Carrots & Celery
Fresh Peas
Bell Peppers
Chilled Peaches
Fresh Fruit
Dressing

FRIDAY

Offered Daily
1% White Milk
or
Nonfat
Chocolate
Milk

Menus are subject to change.

This institution is an equal opportunity provider.