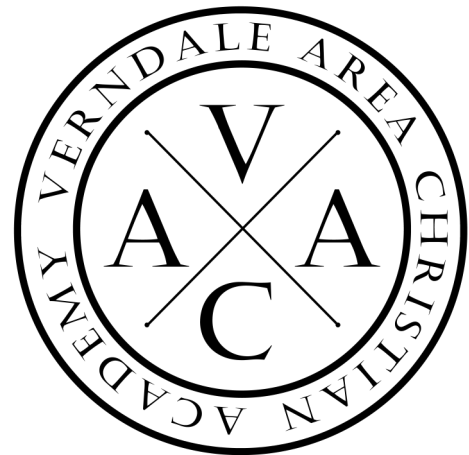


Verndale Area Christian Academy

Meal Menu - 6 Week Rotation



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Breakfast: French Toast Sticks† Oranges 100% Juice Milk* Lunch: Chicken Strips† Diced Potatoes Applesauce Milk*	Breakfast: Egg & Chz on Bagel† Pears 100% Juice Milk* Lunch: Chicken Fajita w/ Tort† Black Beans & Corn Pineapple Milk*	Breakfast: Pancakes Peaches 100% Juice Milk* Lunch: Grilled Chz Sandwich† Broccoli Pears & Yogurt Milk*	Breakfast: Life Cereal† Raisins 100% Juice Milk* Lunch: Beefy Lasagna Carrots Banana Milk*	Breakfast: Cinnamon Roll† Apple Slices 100% Juice Milk* Lunch: Chicken Patty on Bun† Green Beans Mixed Fruit Milk*
2	Breakfast: Eggo Waffle† Strawberries 100% Juice Milk* Lunch: Corn Dog† Broccoli Oranges Milk*	Breakfast: Egg & Chz on Biscuit† Applesauce 100% Juice Milk* Lunch: Tortilla† Burger w/ Chz French Fries Apple Slices Milk*	Breakfast: Apple Filled Donut† Craisins 100% Juice Milk* Lunch: Psta—Chick Alfr Sauce Carrots Banana Milk*	Breakfast: Kix Cereal† Pineapple 100% Juice Milk* Lunch: Hot Ham & Chz - Bun† Green Beans Pears Milk*	Breakfast: Yogurt w/ Grm Crkr† Peahes 100% Juice Milk* Lunch: Hotdog on Bun† Taco Flvr Black Beans Mixed Fruit Milk*
3	Breakfast: Bagel† w/ Strb Crm Apples 100% Juice Milk* Lunch: Cheeseburger on Bun† Baked Beans Oranges Milk*	Breakfast: Egg & Chz - Eng Muff† Craisins 100% Juice Milk* Lunch: Pulled Pork on Bun† Garlic Mash Potatoes Pears Milk*	Breakfast: Biscuit† & Sausage Oranges 100% Juice Milk* Lunch: Bosco Sticks Pizza Sauce Apples Milk*	Breakfast: Frosted Mini-Wheats† Banana 100% Juice Milk* Lunch: Mac & Chz w/ Hotdogs Green Beans Peaches Milk*	Breakfast: Breakfast Pizza† Pineapple 100% Juice Milk* Lunch: Cheese Pizza† Romaine Lettuce Salad Mixed Fruit Milk*
4	Breakfast: French Toast Sticks† Raisins 100% Juice Milk* Lunch: Corn Dogs† Green Beans Craisins Milk*	Breakfast: Egg & Chz on Bagel† Peaches 100% Juice Milk* Lunch: Beefy Lasagna Carrots Pears Milk*	Breakfast: Pancakes Strawberries 100% Juice Milk* Lunch: Grilled Chz Sandwich† Broccoli Pineapple Yogurt Milk*	Breakfast: Life Cereal† Banana 100% Juice Milk* Lunch: Chicken Fajita w/ Tort† Black Beans & Corn Orange Milk*	Breakfast: Cinnamon Roll† Apples 100% Juice Milk* Lunch: Chicken Patty on Bun† Tater Tots Mixed Fruit Milk*
5	Breakfast: Eggo Waffles† Pears 100% Juice Milk* Lunch: Hotdog on Bun† Carrots Oranges Milk*	Breakfast: Egg & Chz on Bisc† Applesauce 100% Juice Milk* Lunch: Chicken Strips† Baked Beans Peaches Milk*	Breakfast: Apple Filled Donut† Banana 100% Juice Milk* Lunch: Tater Tot Hotdish Pineapple Garlic Bread† Milk*	Breakfast: Kix Cereal† Craisins 100% Juice Milk* Lunch: Tortilla† Burger Green Beans Raisins Milk*	Breakfast: Yogurt w/ Grm Crkr† Apples 100% Juice Milk* Lunch: Hot Ham & Chz - Bun† Broccoli Mixed Fruit Milk*
6	Breakfast: Bagel† w/ Strb Crm Peaches 100% Juice Milk* Lunch: Bosco Sticks Pizza Sauce Pineapple Milk*	Breakfast: Egg & Chz - Eng Muff† Raisins 100% Juice Milk* Lunch: Pulled Pork on Bun† Garlic Mash Potatoes Pears Milk*	Breakfast: Biscuit† & Sausage Banana 100% Juice Milk* Lunch: Cheese Burger - Bun† Green Beans Applesauce Milk*	Breakfast: Frosted Mini-Wheats† Craisins 100% Juice Milk* Lunch: Mac & Chz w/ Hotdogs Baked Beans Oranges Milk*	Breakfast: Breakfast Pizza† Apples 100% Juice Milk* Lunch: Cheese Pizza† Romaine Lettuce Salad Mixed Fruit Milk*

VACA Events:

- Nov 6th—Picture Day
- Nov 25th—29th
VACA Elem Break
- Nov 28th & 29th—
VACA Closed
- Dec 23rd—Jan 3rd
VACA Elem Break
- Dec 24th & 25th—
VACA Closed
- Jan 1st—VACA Closed

Week 1	*Whole Milk served for Infants to 24 months, 25 months and older served Low-Fat (1%) milk
Week 2	†Whole Grain - served daily
Week 3	+Menu Items area subject to change based on availability or Kitchen Staff discretion
Week 4	
Week 5	++Meal Patterns are in accordance to the National School Lunch Program
Week 6	

~This institution is an equal opportunity provider~

November						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27			30

December						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23			26	27	28
29	30	31				

January						
S	M	T	W	T	F	S
				2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	