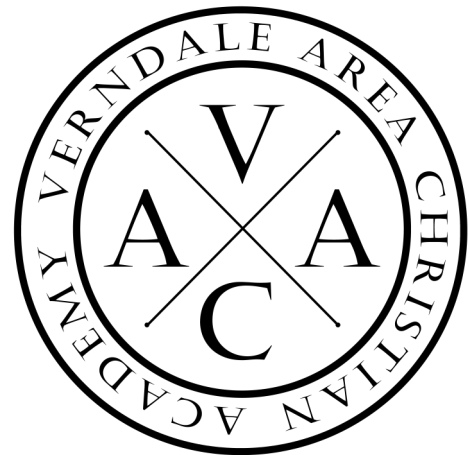


Verndale Area Christian Academy

Meal Menu - 6 Week Rotation



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Breakfast: Egg & Chz on Bagel† Pears 100% Juice Milk* Lunch: Chicken Strips† Mashed Potatoes Applesauce Milk*	Breakfast: French Toast Sticks† Oranges 100% Juice Milk* Lunch: Beefy Taco Boat Tortilla Chips† Black Beans & Corn Pineapple Milk*	Breakfast: Pancakes Peaches 100% Juice Milk* Lunch: Chicken Noodle Soup Carrots Banana Milk*	Breakfast: Life Cereal† Raisins 100% Juice Milk* Lunch: Grilled Chz Sandwich† Broccoli Pears & Yogurt Milk*	Breakfast: Dutch Waffle† Apple Slices 100% Juice Milk* Lunch: Chicken Patty on Bun† Green Beans Mixed Fruit Milk*
2	Breakfast: Egg & Chz on Biscuit† Applesauce 100% Juice Milk* Lunch: Corn Dog† Broccoli Oranges Milk*	Breakfast: Eggo Waffle† Strawberries 100% Juice Milk* Lunch: Tortilla† Burger w/ Chz French Fries Apple Slices Milk*	Breakfast: Blueberry Muffin Top† Craisins 100% Juice Milk* Lunch: Spag Sauce & Pasta† Carrots Banana Milk*	Breakfast: Kix Cereal† Pineapple 100% Juice Milk* Lunch: Ham & Chz on Bun† Green Beans Pears Milk*	Breakfast: Yogurt w/ Grm Crkr† Peahes 100% Juice Milk* Lunch: Hotdog on Bun† Baked Beans Mixed Fruit Milk*
3	Breakfast: Egg & Chz - Eng Muff† Craisins 100% Juice Milk* Lunch: Chicken Quesadilla† Mexican Black Beans Oranges Milk*	Breakfast: Bagel† w/ Strb Crm Apples 100% Juice Milk* Lunch: Tater Tot Hotdish Garlic Bread† 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: Egg & Chz on Bagel† Peaches 100% Juice Milk* Lunch: Chicken Strips† Green Beans Craisins Milk*	Breakfast: French Toast Sticks† Raisins 100% Juice Milk* Lunch: Chicken Noodle Soup 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: Beefy Taco Boat Tortilla Chips† Black Beans & Corn Orange Milk*	Breakfast: Dutch Waffle† Apples 100% Juice Milk* Lunch: Chicken Patty on Bun† Mashed Potatoes Mixed Fruit Milk*
5	Breakfast: Egg & Chz on Bisc† Applesauce 100% Juice Milk* Lunch: Hotdog on Bun† French Fries Oranges Milk*	Breakfast: Eggo Waffles† Pears 100% Juice Milk* Lunch: Tortilla† Burger Green Beans Raisins Milk*	Breakfast: Blueberry Muffin Top† Banana 100% Juice Milk* Lunch: Spag Sauce & Pasta† Carrots Pineapple Milk*	Breakfast: Kix Cereal† Craisins 100% Juice Milk* Lunch: Corn Dog† Baked Beans Peaches Milk*	Breakfast: Yogurt w/ Grm Crkr† Apples 100% Juice Milk* Lunch: Ham & Chz on Bun† Broccoli Mixed Fruit Milk*
6	Breakfast: Egg & Chz - Eng Muff† Raisins 100% Juice Milk* Lunch: Bosco Sticks Pizza Sauce Pineapple Milk*	Breakfast: Bagel† w/ Strb Crm Peaches 100% Juice Milk* Lunch: Tater Tot Hotdish Garlic Bread† Pears Milk*	Breakfast: Biscuit† & Sausage Banana 100% Juice Milk* Lunch: Chicken Quesadilla† Mexican Black Beans Applesauce Milk*	Breakfast: Frosted Mini-Wheats† Craisins 100% Juice Milk* Lunch: Mac & Chz w/ Hotdogs Green Beans Oranges Milk*	Breakfast: Breakfast Pizza† Apples 100% Juice Milk* Lunch: Cheese Pizza† Romaine Lettuce Salad Mixed Fruit Milk*

VACA Events:

- Nov. 5th—VACA Picture Day
- Nov. 24th—Start of Thanks Break
- Nov. 27th—Thanks Break **VACA Closed**
- Nov. 28th—Thanks Break **VACA Closed**
- Dec. 12th—VACA Christmas Play
- Dec. 19th—End of Second Qtr
- Dec. 22nd—Start of Christmas Break
- Dec. 23rd Christ. Break **VACA Closed**
- Dec. 24th Christ. Break **VACA Closed**
- Dec. 25th Christ. Break **VACA Closed**
- Dec. 26th Christ. Break **VACA Closed**
- Jan. 1st New Year Break **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			29

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					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