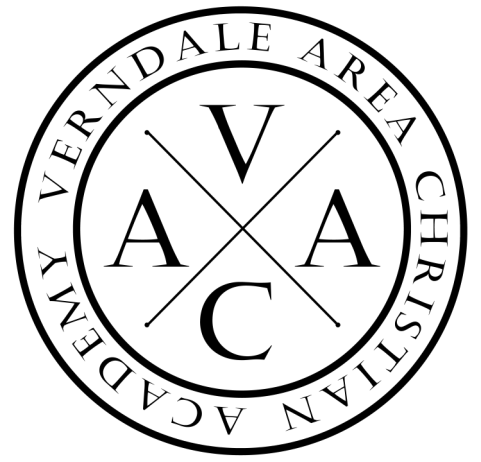


Verndale Area Christian Academy

Meal Menu - 6 Week Rotation



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Breakfast: Egg & Chz on Bagel† Pears 100% Juice Milk* Lunch: Chicken Strips† Diced Potatoes Applesauce Milk*	Breakfast: French Toast Sticks† Oranges 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: 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: 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† Peaches 100% Juice Milk* Lunch: Hotdog on Bun† Taco Flvr Black Beans Mixed Fruit Milk*
3	Breakfast: Egg & Chz - Eng Muff† Craisins 100% Juice Milk* Lunch: Cheeseburger on Bun† Baked Beans Oranges Milk*	Breakfast: Bagel† w/ Strb Crm Apples 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: Egg & Chz on Bagel† Peaches 100% Juice Milk* Lunch: Corn Dogs† Green Beans Craisins Milk*	Breakfast: French Toast Sticks† Raisins 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: Egg & Chz on Bisc† Applesauce 100% Juice Milk* Lunch: Hotdog on Bun† Carrots Oranges Milk*	Breakfast: Eggo Waffles† Pears 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: 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: 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:

- Feb. 10th - Start of Winter Break
- Feb. 17th - Presidents Day—**VACA Closed**
- Mar. 6th - P/T Conferences
- Mar. 14th - End of 3rd Qtr
- Mar. 17th - Start of Spring Break
- Apr. 18th - Good Friday—**VACA Closed**
- Apr. 21st—Start of Easter Break

- 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 ++Meal Patterns are in accordance to the National School Lunch Program
- Week 5
- Week 6

~This institution is an equal opportunity provider~

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