

## February 2020

*Mission Statement- Serving healthy and fresh lunches with the love of Jesus while supporting the mission and vision of VCSI.*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> White Cheddar Mac & Cheese <b>GF Option</b> Or Curry Chicken Lettuce Wrap <b>GF &amp; DF</b>	<b>4</b> Blueberry Muffins & Ham Scramble <b>GF &amp; DF Option</b> Or Curry Chicken Lettuce Wrap <b>GF &amp; DF</b>	<b>5</b> Chicken Quesadilla <b>GF Option</b> Or Curry Chicken Lettuce Wrap <b>GF &amp; DF</b>	<b>6</b> No School	<b>7</b> No School
<b>10</b> Pasta with Red or Meat Sauce <b>DF, GF Option</b> Or Taco Salad <b>GF, DF Option</b>	<b>11</b> Hawaiian Chicken <b>GF &amp; DF</b> Or Taco Salad <b>GF, DF Option</b>	<b>12</b> BBQ Chicken Cheesy Bread <b>GF Option</b> Or Taco Salad <b>GF, DF Option</b>	<b>13</b> Bean & Cheese Burritos <b>GF Option</b> Or Taco Salad <b>GF, DF Option</b>	<b>14</b> Chocolate Chip Pancakes with Strawberry Sauce, Eggs & Sausage <b>GF &amp; DF Option</b> Or Taco Salad <b>GF, DF Option</b>
<b>17</b> Hoagie Sandwich (select Ham & Turkey or Pepperoni & Salami) <b>GF Option</b> Or BLT Salad <b>GF, DF Option</b>	<b>18</b> Pizza Quesadillas (select Cheese or Pepperoni) <b>GF Option</b> Or BLT Salad <b>GF, DF Option</b>	<b>19</b> Yum Bowls (Chicken Optional) <b>GF, DF Option</b> Or BLT Salad <b>GF, DF Option</b>	<b>20</b> Breakfast Burritos <b>GF/DF Option</b> Or BLT Salad <b>GF, DF Option</b>	<b>21</b> Grilled Ham & Cheese <b>GF Option</b> Or BLT Salad <b>GF, DF Option</b>
<b>24</b> Breakfast Cake <b>GF &amp; DF Option</b> Or Cobb Salad <b>GF, DF Option</b>	<b>25</b> Chicken Noodle Soup <b>DF, GF Option</b> Or Cobb Salad <b>GF, DF Option</b>	<b>26</b> Taquitos <b>GF Option</b> Or Cobb Salad <b>GF, DF Option</b>	<b>27</b> French Bread Pizza (select Cheese, Pepperoni or Hawaiian) <b>GF Option</b> Or Cobb Salad <b>GF, DF Option</b>	<b>28</b> Chicken Fried Rice <b>DF, GF Option</b> Or Cobb Salad <b>GF, DF Option</b>

- We strive to make as much of our food from scratch as possible.
- Gluten-free and dairy-free options regularly offered. Please be advised that we are not a gluten-free kitchen and gluten cross-contamination may occur. We use GF bread, noodles, and/or sauces in the GF option meals. If dairy-free is offered, we can omit the dairy-containing item as the lunch is prepared.
- Regular and large-size lunch options available
- Fruit and veggie or salad offered daily
- Water provided in the cafeteria, milk available for purchase.
- Forgot your lunch? Or didn't have time to make a lunch? We have a sack lunch bag (i.e. string cheese, protein bar, fruit and veggie) available for a fee that will be added to the parent's FACTS account.