

October 2021

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
				1 Pizza Quesadillas (choose pepperoni or cheese) GF option OR Chicken Caesar Salad
4 Mac and Cheese GF option OR BBQ Chicken Salad GF	5 Soft Tacos GF option OR BBQ Chicken Salad GF	6 Pumpkin Pancakes, eggs & sausage GF/DF Option OR BBQ Chicken Salad GF	7 Hot Dogs GF/DF option OR BBQ Chicken Salad GF	8 NO SCHOOL
11 Breakfast Cake GF/DF option OR Chef Salad GF	12 Chicken Fried Rice DF GF option OR Chef Salad GF	13 Nachos GF option OR Chef Salad GF	14 Pasta W/ Meat Sauce GF/DF option OR Chef Salad GF	15 Breaded Chicken Sandwich GF/DF option OR Chef Salad GF
18 Pasta with Alfredo GF option OR Asian Chicken Salad DF	19 Blueberry Muffins GF/DF option OR Asian Chicken Salad DF	20 Chicken Quesadilla GF option OR Asian Chicken Salad DF	21 Grilled Ham and Cheese GF option OR Asian Chicken Salad DF	22 Teriyaki Chicken W/ Rice DF GF option OR Asian Chicken Salad DF
25 Hoagies (choose turkey or pepperoni & salami) GF option OR Cheeseburger Salad GF	26 Hawaiian Chicken DF/GF OR Cheeseburger Salad GF	27 Breakfast Burritos GF option OR Cheeseburger Salad GF	28 Italian Pasta Bake GF option OR Cheeseburger Salad GF	29 Bean and Cheese Burritos GF option OR Cheeseburger Salad GF

- We strive to make as much of our food from scratch as possible.
- Gluten-free and dairy-free options are regularly offered. Please be advised that we are not a gluten-free or dairy-free kitchen and gluten and/or dairy cross-contamination may occur, although we try our best to avoid this from happening. We use GF bread, noodles, and/or sauces in the GF option meals. If dairy-free is offered, we omit the dairy-containing item as the lunch is prepared.
- Regular and large-size lunch options available
- Fruit offered daily, veggie offered daily except with breakfast-type meals.
- Milk available for purchase with your online order.
- Forgot your lunch? Or didn't have time to make 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.