

September 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 Pancakes, scrambled eggs, sausage GF & DF Option OR Sw Chicken Salad GF	2 Chicken Yakisoba DF GF option OR Sw Chicken Salad GF	3 French Bread Pizza (choose pepperoni or cheese) GF option OR Sw Chicken Salad GF
6 NO SCHOOL	7 Breakfast Cake, Eggs and Sausage GF & DF Option OR Taco Salad GF	8 Nachos GF option OR Taco Salad GF	9 Pasta w/ meat sauce GF option OR Taco Salad GF	10 Breaded Chicken Sandwich DF GF option OR Taco Salad GF
13 Pasta w/ Alfredo GF option OR Fall Chicken Salad GF & DF	14 Blueberry Muffins, ham scramble, cheese stick GF Option OR Fall Chicken Salad GF & DF	15 (no secondary lunch) Chicken Quesadilla GF Option OR Fall Chicken Salad GF & DF	16 (no secondary lunch) Grilled Ham and Cheese Sandwich GF option OR Fall Chicken Salad GF & DF	17 (no secondary lunch) Teriyaki Chicken w/ rice DF GF option OR Fall Chicken Salad GF & DF
20 Hoagie Sandwiches (Choose turkey & ham or pepperoni & salami) GF option OR Cobb Salad GF	21 Hawaiian Chicken w/ rice GF & DF OR Cobb Salad GF	22 Breakfast Burrito GF option OR Cobb Salad GF	23 Italian Pasta Bake GF option OR Cobb Salad GF	24 Bean and Cheese Burrito GF option OR Cobb Salad GF
27 Turkey & Cheese Roll up GF option OR Chicken Caesar Salad	28 Cheese Tortellini w/ Red Sauce GF & DF option (pasta no cheese) OR Chicken Caesar Salad	29 Biscuits, Eggs & Sausage GF & DF option OR Chicken Caesar Salad	30 Grilled Cheese w/ Tomato Soup GF option OR Chicken Caesar Salad	

- 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 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 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.