

## January 2022

*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
3 <b>NO SCHOOL</b>	4 Corn Dogs & chips <b>GF &amp; DF option</b> OR Antipasto Salad <b>GF</b>	5 Pancakes, scrambled eggs & sausage <b>GF &amp; DF option</b> OR Antipasto Salad <b>GF</b>	6 Soft tacos <b>GF option</b> OR Antipasto Salad <b>GF</b>	7 Chicken Yakisoba <b>DF</b> <b>GF &amp; DF option</b> OR Antipasto Salad <b>GF</b>
10 Pasta w/ meat sauce & garlic bread <b>GF &amp; DF option</b> OR SW Chicken Salad <b>GF</b>	11 Chicken Fried Rice & Spring Roll <b>DF</b> <b>GF &amp; DF option</b> OR SW Chicken Salad <b>GF</b>	12 Nachos <b>GF</b> OR SW Chicken Salad <b>GF</b>	13 Breakfast cake, scrambled eggs & sausage <b>GF &amp; DF option</b> OR SW Chicken Salad <b>GF</b>	14 Breaded chicken sandwiches & chips <b>DF</b> <b>GF &amp; DF option</b> OR SW Chicken Salad <b>GF</b>
17 <b>NO SCHOOL</b>	18 Grilled Ham & Cheese Sandwiches & chips <b>GF option</b> OR Cheeseburger Salad <b>GF</b>	19 Chicken Quesadillas <b>GF option</b> OR Cheeseburger Salad <b>GF</b>	20 Blueberry Muffins, hash browns & ham scramble <b>GF &amp; DF option</b> OR Cheeseburger Salad <b>GF</b>	21 Teriyaki Chicken with rice <b>DF</b> <b>GF &amp; DF option</b> OR Cheeseburger Salad <b>GF</b>
24 Hoagie sandwiches & chips <b>GF option</b> OR Asian Chicken Salad <b>GF &amp; DF</b>	25 Pizza Quesadillas <b>GF option</b> OR Asian Chicken Salad <b>GF &amp; DF</b>	26 Breakfast burritos <b>GF option</b> OR Asian Chicken Salad <b>GF &amp; DF</b>	27 Italian Pasta Bake <b>GF option</b> OR Asian Chicken Salad <b>GF &amp; DF</b>	28 Bean & Cheese Burritos <b>GF option</b> OR Asian Chicken Salad <b>GF &amp; DF</b>
31 Cheese tortellini w/ red sauce <b>GF option</b> OR Chef Salad <b>GF</b>				

- 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.