

February 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
	1 Biscuits w/ jam, scrambled eggs & sausage GF & DF option OR Chef Salad GF	2 NEW! Chili & corn bread GF & DF option OR Chef Salad GF	3 Burrito Bowls GF OR Chef Salad GF	4 Philly Cheesesteak Sandwiches & chips GF option OR Chef Salad GF
7 Mac & Cheese GF option OR Chicken Caesar Salad	8 Soft tacos GF option OR Chicken Caesar Salad	9 Pancakes, scrambled eggs & sausage GF & DF option OR Chicken Caesar Salad	10 Chicken Yakisoba DF GF & DF option OR Chicken Caesar Salad	11 <p style="text-align: center;">NO SCHOOL</p>
14 Valentine's Day! Chocolate chip muffins, scrambled eggs & sausage GF & DF option OR Taco Salad GF	15 Pasta w/ meat sauce GF & DF option OR Taco Salad GF	16 Nachos GF OR Taco Salad GF	17 Chicken fried rice & spring roll DF GF & DF option OR Taco Salad GF	18 Breaded chicken sandwiches & chips DF GF & DF option OR Taco Salad GF
21 <p style="text-align: center;">NO SCHOOL</p>	22 Grilled ham & cheese & chips GF option OR BBQ Chicken Salad GF	23 Pasta w/ alfredo sauce GF option OR BBQ Chicken Salad GF	24 Chicken quesadillas GF option OR BBQ Chicken Salad GF	25 Teriyaki chicken w/ rice DF GF & DF option OR BBQ Chicken Salad GF
28 Hoagie sandwiches & chips (choose pepperoni/salami or turkey/ham) GF option OR Cobb 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.