

May 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
2 Breakfast cake, scrambled eggs & sausage GF & DF option OR Cobb Salad GF	3 Chicken fried rice & spring roll DF GF & DF option OR Cobb Salad GF	4 Hot Dogs & chips GF & DF option OR Cobb Salad GF	5 Pasta w/ meat sauce & garlic bread GF & DF option OR Cobb Salad GF	6 Breaded chicken sandwiches & chips DF GF & DF option OR Cobb Salad GF Brownie (GF/DF option)
9 Pasta w/ alfredo sauce GF option OR SW Chicken Salad GF	10 Ham, egg & cheese breakfast sandwich w/ hashbrowns GF option OR SW Chicken Salad GF	11 Chicken quesadillas GF option OR SW Chicken Salad GF	12 Hoagies (choose Turkey/Ham or Pepperoni/Salami) GF Option OR SW Chicken Salad GF	<p style="text-align: center;">NO SCHOOL</p>
16 Pizza Quesadilla (choose pepperoni or cheese) GF option OR Cheeseburger Salad GF	17 Nachos GF OR Cheeseburger Salad GF	18 Breakfast burritos GF option OR Cheeseburger Salad GF	19 Teriyaki Chicken w/Rice DF GF & DF option Cheeseburger Salad GF	20 Italian Pasta Bake GF option OR Cheeseburger Salad GF Brownie (GF/DF option)
23 Grilled Ham & Cheese Sandwiches & chips GF option OR BBQ Chicken Salad GF	24 Cheesy Breakfast Bake GF option OR BBQ Chicken Salad GF	25 Corn Dogs GF & DF option OR BBQ Chicken Salad GF	26 BBQ Pork Sandwiches DF GF option OR BBQ Chicken Salad GF & DF	27 Principal Neill's Pizza Day! (choose cheese or pepperoni) GF & DF option OR BBQ Chicken Salad GF
30 <p style="text-align: center;">NO SCHOOL</p>	31 Mac & Cheese GF option OR Spring Chicken 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.