

September 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 Grilled Ham & Cheese GF Option OR Spring Chicken Salad GF	2 Breaded Chicken Sandwich GF/DF Option OR Spring Chicken Salad GF
5 No School	6 Nachos GF OR Taco Salad GF	7 Breakfast Burritos GF Option OR Taco Salad GF	8 Teriyaki Chicken w/ rice DF GF/DF Option OR Taco Salad GF	9 HS - NO SCHOOL MS - Retreat Elementary - Hot Dogs provided by Valor staff
12 Pizza Quesadilla (cheese or pepperoni) GF Option OR SW Chicken Salad GF	13 Soft Tacos GF Option OR SW Chicken Salad GF	14 Breakfast Cake w/ scrambled eggs and sausage GF/DF Option OR SW Chicken Salad GF	15 Grilled Ham & Cheese GF Option OR SW Chicken Salad GF	16 Hoagies Sandwiches (choose Turkey/Ham or Pepperoni Salami) GF Option OR SW Chicken Salad GF
19 Pasta with Meat Sauce DF GF/DF Option OR Chef Salad GF	20 Nachos GF OR Chef Salad GF	21 Breakfast Burritos GF Option OR Chef Salad GF	22 Teriyaki Chicken w/ rice DF GF/DF Option OR Chef Salad GF	23 Corn Dogs GF/DF Option OR Chef Salad GF
26 Pizza Quesadilla (cheese or pepperoni) GF Option OR BBQ Chicken Salad GF	27 Soft Tacos GF Option OR BBQ Chicken Salad GF	28 Breakfast Cake w/ scrambled eggs and sausage GF/DF Option OR BBQ Chicken Salad GF	29 Grilled Ham & Cheese GF Option OR BBQ Chicken Salad GF	30 Macaroni & Cheese GF Option OR BBQ 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 separately.

- Forgot your lunch? Or didn't have time to make lunch? We have a small sack lunch bag (i.e. string cheese, protein bar, fruit and veggie) available for a fee that will be billed via the parent's FACTS account.