

## VCA LUNCH MENU 2025/26

WEEK ONE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b>	<b>Meat/Meat Alternative</b> Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz	*Breaded Fish	*Chicken Nuggets	Baked Sliced Chicken	*Ground Beef Stroganoff	Stir Fried Chicken
	<b>Vegetables</b> Ages 1-5: 1/4 cup; Ages 6-18: 1/2 cup (Double portion for salads)	Fresh Potatoes (not instant)	Oven Roasted Potatoes (not instant)	Green Peas	French-fried Potatoes (air-fried)	Carrots, Brocolis, Bell Pepper, Onion
	<b>Fruit or Vegetables</b> Ages 1-18: 1/4 cup	Steamed Broccoli	Seasonal Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)	Seasonal Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)	Mandarin Oranges	Seasonal Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)
	<b>Grains</b> Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Rice and Beans	100% Whole Grain Bread <b>Butter or Marg</b>	*Macaroni & Cheese	Brown Rice	Rice and Beans

WEEK TWO		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b>	<b>Meat/Meat Alternative</b> Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz	Meatballs	Stew Beef	Chicken Lasagna	Tacos (Turkey, Chicken, or Beef) <b>Shredded Cheese, Shredded Lettuce, Diced Tomato, and Mild Salsa</b>	*Oven Fried Chicken
	<b>Vegetables</b> Ages 1-5: 1/4 cup; Ages 6-18: 1/2 cup (Double portion for salads)	Squash	Yuca and Carrots	Green Beans	Corn	Mixed Vegetables
	<b>Fruit or Vegetables</b> Ages 1-18: 1/4 cup	Mandarin Oranges	Apple Slices	Seasonal Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)	Black Beans	Fruit Cocktail
	<b>Grains</b> Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	*Macaroni & Cheese	Brown Rice and Beans	Lasagna Noodles	Tortilla & Rice	Rice and Beans

\*Requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe. When drink is not specifically listed with a snack, water is recommended as a beverage. **All food must be peanut and tree nut free.**

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WEEK THREE		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b>	<b>Meat/Meat Alternative</b> Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz	*Spaghetti & Meat Sauce with Ground Beef	Chicken	*Meatloaf with Ground Beef	Chicken	Beef Stroganoff
	<b>Vegetables</b> Ages 1-5: 1/4 cup; Ages 6-18: 1/2 cup (Double portion for salads)	Green Beans	Salad (Lettuce, Tomato, Carrots, cabbage)	Oven Roasted Sweet Potato (not instant)	Green Peas	Mixed Vegetables
	<b>Fruit or Vegetables</b> Ages 1-18: 1/4 cup	Pineapple	Squash	Fruit Cocktail	Fresh Mashed Potatoes (not instant)	Pears
	<b>Grains</b> Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Spaghetti	Rice and Beans	Brown Rice and Beans	Soft Roll	Brown Rice

WEEK FOUR		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b>	<b>Meat/Meat Alternative</b> Ages 1-5: 1 1/2 oz Ages 6-18: 2 oz	Breaded Fish	Ground Beef Lasagna	Stew Beef	*Chicken and Rice	Cheeseburger
	<b>Vegetables</b> Ages 1-5: 1/4 cup; Ages 6-18: 1/2 cup (Double portion for salads)	Oven Roasted Potatoes	Squash	Yuca and Carrots	Fresh Corn	Cucumber slices
	<b>Fruit or Vegetables</b> Ages 1-18: 1/4 cup	Mandarin Oranges	Seasonal Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon - no bananas/apples)	Pineapple	Mandarin Oranges	Pears
	<b>Grains</b> Ages 1-5: 1/2 oz equivalent Ages 6-18: 1 oz equivalent	Rice and Beans	Lasagna Noodles	Rice and Beans	Brown Rice and Beans	Bun

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