

# VCFC October 29 – November 30, 2018 SPECIAL MENU

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|--|---|---|---|
| October 29<br><b>Black Beans and Rice w/ diced tomatoes</b><br>Flour tortilla on the side<br>Pineapple<br>Milk  | October 30<br><b>Macaroni &amp; Tomatoes Dairy Free</b><br><b>Mixed Vegetables</b><br>Banana<br><b>Bread Sticks</b> has wheat<br>Milk            | October 31<br><b>Cheese Sandwiches</b> on a non-wheat or Soy free bread<br>Cucumber Slices<br>Strawberries<br>Milk<br><b>Dairy free: Turkey sandwich w/no cheese</b>  | November 1<br><b>Penne in Marinara Sauce Dairy Free</b><br><b>Spinach Salad with tomatoes, &amp; cucumbers with Italian Dressing soy</b><br>Orange Wedges<br>Wheat Roll<br>Milk | November 2<br><b>Black Bean Burger Dairy Free</b><br>whole wheat bun w/ lettuce & tomato<br><b>steamed butternut squash</b><br>Cantaloupe<br>Milk |
| November 5<br><b>Teriyaki Tofu Soy Rice</b><br><b>Mixed Vegetables</b><br>Pineapple<br>Milk<br>Rolls            | November 6<br><b>Baked Spaghetti Dairy Free</b><br><b>Green Beans</b><br>Orange Wedges<br>Bread Sticks<br>Milk                                   | November 7<br><b>Cheese Sandwiches</b> on non-wheat or soy free bread<br>Carrot Sticks<br>Strawberries<br>Milk<br><b>Dairy free: Turkey sandwich w/no cheese</b>      | November 8<br><b>Macaroni Tomatoes Dairy Free</b><br>Mixed Greens Salad with tomatoes and Italian Dressing<br>Mandarin Oranges<br>Wheat Roll<br>Milk                            | November 9<br><b>Black bean Patty Mashed Potatoes</b><br>Honey Dew Melon<br><b>Cornbread</b><br>Milk  |
| November 12<br><b>Red Beans and Rice Corn</b><br>Fresh Pears<br><b>Cornbread</b><br>Milk                        | November 13<br><b>Penne with Marina Sauce</b><br>Spinach Salad with tomatoes,<br>Cucumbers<br>Italian Dressing<br>Bread Sticks<br>Banana<br>Milk | November 14<br><b>Cheese Sandwich</b> on Non- wheat or soy bread.<br>Cucumber Slices<br>Orange Wedges<br>Milk<br><b>Dairy free: Turkey sandwich w/no cheese</b>       | November 15<br><b>Black bean Patty Dairy Free</b><br>Steamed Zucchini<br>Applesauce<br>Wheat Roll<br>Milk   | November 16<br><b>Open-face Pot Pie Over Rice</b><br><b>Biscuit</b><br>Green Beans<br>Pineapple<br>Milk   |
| November 19<br><b>Quinoa with peas and carrots Dairy Free</b><br>Sliced cucumbers<br>Pineapple<br>Milk          | November 20<br><b>Macaroni &amp; Tomatoes Dairy Free</b><br>Steamed Zucchini<br>Orange Wedges<br>Wheat Roll<br>Milk                              | November 21<br><b>Cheese Sandwiches</b> on Non- wheat or soy bread.<br>Carrot Sticks<br>Fresh Pears<br>Milk<br><b>Dairy free: Turkey sandwich w/no cheese</b>         | Thanksgiving Holiday  | Thanksgiving Holiday  |
| November 26<br><b>Black Beans and Rice w/ diced tomatoes</b><br>Flour tortilla on the side<br>Pineapple<br>Milk | November 27<br><b>Baked Spaghetti Dairy Free</b><br><b>Green Beans</b><br>Orange Wedges<br>Bread Sticks<br>Milk                                  | November 28<br><b>Cheese Sandwiches</b> on a non-wheat or Soy free bread<br>Cucumber Slices<br>Strawberries<br>Milk<br><b>Dairy free: Turkey sandwich w/no cheese</b> | November 29<br><b>Whole Wheat Penne Pasta w/ Marinara Sauce Dairy Free</b><br>Mixed Green Salad w/ <b>Ranch</b> dressing on the side<br>Mandarin Oranges<br>Bread Sticks        | November 30<br><b>Black Bean Patty with Brown sauce</b><br>Baked Sweet Potatoes<br><b>Cornbread</b><br>Applesauce<br>Milk                         |

**Dairy Free**    **Vegetarian**    **Has Dairy**    Wheat & soy: Bread sticks & rolls contain wheat & soy    Black bean Burger contain soy & wheat    Penne Pasta contains wheat    Macaroni has wheat flour  
 We try to find special bread for the wheat & soy kids on sandwich day will also look for a wheat free bun