

# From the VCA Kitchen

August, 2017

Welcome back VCA! We are looking forward to serving you again this year through the VCA Lunch Program! **To those new to VCA, we welcome you!** Here are a few of the details of our program:

- Specials are available Tuesday, Wednesday and Thursday each week.
- A la Carte items are available on Mondays and Fridays.
- Note that there is no increase in prices this year



The following **SAMPLE MENU** contains some of the food items that will be available each day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>A LA CARTE</u></b> Chicken Filet Sand. Toasted Cheese Hot Dog Pizza Macaroni & Cheese	<b><u>SPECIAL</u></b> Entrée Side Fruit or Vegetable Choice of assorted drinks (no a la carte available)	<b><u>PIZZA SPECIAL</u></b> Delivered Pizza w/sides, Veggies, Fruit and choice of assorted drinks (no a la carte available)	<b><u>SPECIAL</u></b> Entrée Side Fruit or Vegetable Choice of assorted drinks (no a la carte available)	<b><u>A LA CARTE</u></b> Chicken Filet Sand. Toasted Cheese Hot Dog Pizza Macaroni & Cheese

➤ **Drinks are included with all Specials. Specials are served as is... no substitutions.**

**SPECIALS: - only on Tuesday, Wednesday, and Thursday**

..... \$ 3.25
Regular Pizza Special (2 pieces) – Wednesday ..... \$ 3.25
1 piece Pizza Special- Wednesday ..... \$ 2.50
Extra slice of pizza – Wednesday ..... \$ 1.50
Entrée only or extra entrée – Tuesday or Thursday ..... \$ 1.95
Soup Only ..... \$ 1.50

**A LA CARTE ITEMS: - only on Monday and Friday**

Chicken Filet Sandwich ..... \$ 1.75
Toasted Cheese Sandwich ..... \$ 1.50
Hot Dog ..... \$ 1.50
Macaroni & Cheese ..... \$ 1.75

**DAILY ITEMS: - available every day of the week**

<b>Brown Bag Lunch</b> ..... \$ 2.75
Includes: Turkey and cheese sandwich, chef's choice chips, fruit, Dessert and drink
<b>Side Salad</b> ..... \$ 2.00
<b>Peanut Butter &amp; Jelly Sandwich</b> ..... \$ 1.50
<b>Snacks:</b> ..... \$ .80
Snacks include: yogurt, fresh fruit, fresh veggies, hard-boiled eggs, cheese sticks, bagels w/cream cheese, fruit snacks, and varieties of cookies, chips, and ice cream.
<b>Drinks</b> (milk, juice, water, gatorade) ..... \$ .80

**ALL ITEMS** (specials, a la-carte, snacks, and drinks) **must be ordered each morning in the classroom with the teacher**  
 Students will be permitted to order extra snacks or drinks during lunch only after they have eaten all of their lunch.

We look forward to serving you this year. If you have any questions, please contact our Business Manager,

Ted Meurer, at the school office.

**PLEASE KEEP THIS FOR REFERENCE THROUGHOUT THE SCHOOL YEAR.**

## *Lunchroom Information from the Business office and Kitchen:*

### **We want you to know that we are very aware of the need to offer a balanced lunch to the students, and it is our desire to do so.**

The lunch program at VCA is optional and provided for the convenience of our families. It would be ideal if we had the means to assure that students make the best choices, however it is not possible with the amount of time and staff we have. Therefore, we must leave it to the parents' directives for their children.

### **We strive to plan our menus with nutritional value and variety.**

Salads are available every day of the week, and we plan a balanced meal for every Special. Wednesday Pizza Day is a student favorite, on Tuesdays and Thursdays, a Special will be available that will consist of an entrée that varies, a side and a serving of either a fruit or vegetable. Pasta Day is provided only once each month because of the amount of time and work it involves.

Daily, we make available a variety of healthy snacks and a variety of snacks that are nutritionally dense.

***It is imperative that you as the parent direct your child to pick the snacks of your choice.***

With limited time to serve the students to assure that they have sufficient time to eat, the VCA staff will suggest, but will not mandate the student's choices.

### **We are very mindful of costs above tuition.**

VCA does not make any profit on the lunch program. Prices are set to cover only the cost of the food and the wages of the kitchen staff.

### **Microwaves are available.**

VCA does have microwaves available for students. Please note that there are many students...we greatly appreciate your help to accommodate everyone by not sending in too many items, or items that take more than a minute to reheat.☺

### **We consider it a privilege to serve you and your children.**

If you have any questions, please contact us.

### **We also welcome you to come in and enjoy lunch with your child(ren) at any time.**

We need **volunteers** to help in the lunchroom each day. If you'd like to get on the schedule (for any amount of days) or have any questions about volunteering in our lunchroom, please contact Mr. Meurer or Mrs. Gatten at [tmeurer@valleychristian.com](mailto:tmeurer@valleychristian.com) or [lgatten@valleychristian.com](mailto:lgatten@valleychristian.com).