

From the VCA Kitchen

August 2018

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 a small 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
<u>A LA CARTE</u> Chicken Filet Sand. Toasted Cheese Corn Dog Mac & Cheese	<u>SPECIAL</u> Will change weekly Choice of assorted drinks (no a la carte available)	<u>PIZZA SPECIAL</u> Delivered Pizza w/sides, Veggies, Fruit and choice of assorted drinks (no a la carte available)	<u>SPECIAL</u> Will change weekly Choice of assorted drinks (no a la carte available)	<u>A LA CARTE</u> Chicken Filet Sand. Toasted Cheese Corn Dog Mac & Cheese

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

- SPECIALS: - only on Tuesday, Wednesday, and Thursday** \$ 3.50
- Regular Pizza Special (2 pieces) – Wednesday \$ 3.50
 - 1 piece Pizza Special- Wednesday \$ 3.25
 - Extra slice of pizza – Wednesday \$ 1.75
 - Entrée only or extra entrée – Tuesday or Thursday \$ 2.25
 - Soup Only \$ 2.00
 - Salad Bar- Wednesday \$ 3.50

- A LA CARTE ITEMS: - only on Monday and Friday**
- Chicken Filet Sandwich \$ 2.25
 - Toasted Cheese Sandwich \$ 1.75
 - Corn Dog \$ 1.50
 - Mac & Cheese \$ 2.25

- DAILY ITEMS: - available every day of the week**
- Brown Bag Lunch** \$ 3.25
Includes: Turkey and cheese sandwich, chef's choice chips, fruit and drink
 - Side Salad** \$ 2.00
 - Salad with Grilled Chicken** \$ 3.25
 - Snacks:** \$ 1.00
Snacks include, yogurt, fresh fruit, fresh veggies, hard-boiled eggs, cheese sticks, bagels w/cream cheese, fruit snacks, and varieties of cookies and chips.
 - Drinks** (milk, juice, water, Gatorade) \$ 1.00

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, Chris Zerull, 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.

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

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. Many students will choose snacks as their meal. When this occurs, students will be encouraged to first choose one protein and one fruit/vegetable before choosing other less healthy choices.

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

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.

We strive to be allergy friendly.

However, we are unable to address all food allergies individually due to the risk of cross contact with allergens. We do not serve peanut butter or any items with nuts in our kitchen. However, we do sell prepackaged items that may have been made in facilities with nuts.

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. Zerull or Mrs. Gatten at czerull@valleychristian.com or lgatten@valleychristian.com.