

FROM THE VCA KITCHEN



August, 2010

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 will be available Monday, Wednesday and Friday each week.
- A la Carte items will be available on Tuesdays and Thursdays.
- Wednesday is our Soup Special Day. The chicken filet sandwich or the pizza from our ala-carte menu will also be available on Wednesday.
- Pasta Day will be one Friday of each month beginning in September.
- Look forward to early morning Muffins w/Mom and Donuts w/Dad!. (Details to come.)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SPECIAL Pizza Delivery Special (no a la-carte available)</p>	<p>A LA CARTE Chicken Filet Sand. Toasted Cheese Hot Dog Pizza Macaroni & Cheese Garden Salad</p>	<p>SOUP SPECIAL Soup w/ Sandwich or Soup w/ Salad, Veggies, Fruit, Dessert / or a la-carte: Pizza or Chicken Filet Sand.</p>	<p>A LA CARTE Chicken Filet Sand. Toasted Cheese Hot Dog Pizza Macaroni & Cheese Garden Salad</p>	<p>SPECIAL will change weekly (no a la-carte available)</p>

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

SPECIALS: - Monday, Wednesday, and Friday \$ 2.95

A LA CARTE ITEMS:

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

DAILY ITEMS: - available every day of the week

Garden Salad (lettuce, carrots, cheese, tomato, olives)	\$ 1.95
Peanut Butter & Jelly Sandwich	\$ 1.00
Snacks:	\$.75

Snacks include: yogurt, fresh fruit, fresh veggies, hard-boiled eggs, cheese sticks, bagels w/cream cheese, fruit roll-ups, and varieties of cookies, chips, and ice cream.

Drinks (milk, juice, water) \$.75

ALL ITEMS - Specials, a la-carte, Snacks, and Drinks **must be ordered each morning in the classroom.**

Students will be permitted to order extra snacks or drinks during lunch once 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, Karen DaFonseca, at the school office.

PLEASE KEEP THIS FOR REFERENCE THROUGHOUT THE SCHOOL YEAR.

Note 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. Monday Pizza Day is a student favorite, on Wednesdays, a Special will be available that will consist of a choice of soup and salad or sandwich, and on Fridays the Specials vary. 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 a microwave 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.

If you are interested in volunteering in our lunchroom,
please contact Mrs. DaFonseca at kdafonseca@valleychristian.com.