



VBCPS  
FOOD SERVICES

# Renaissance Academy Lunch Menu 2017

## STUDENT LUNCH PRICES

Full Price \$2.75  
Reduced Price \$0.40  
Free No Charge

\* Menu items are subject to change without notice.



Nutrition & Wellness



Click the logos above or visit [www.vbschools.com](http://www.vbschools.com) for "Nutritional Values of Foods and Nutrition and Wellness Information".

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WEEK 1

### Monday

**Choice of One**  
Domino's Pizza  
Hot Dog on Bun  
PB & J Sandwich  
**Fresh** Chef Salad  
and Flatbread

**Choice of Two**  
**Fresh** Side Salad  
Shoestring Fries  
**Fresh** Green Beans  
Baked Beans

**Choice of One- Middle**  
**Choice of Two- High**  
Chilled Applesauce  
**Fresh** Fruit or Frozen Fruit

### Tuesday

**Choice of One**  
Primo Pizza  
Pork Barbeque on Bun  
PB & J Sandwich  
**Fresh** Olive Garden-Style Salad  
and Garlic Bread Stick

**Choice of Two**  
**Fresh** Side Salad  
Shoestring Fries  
**Fresh** Corn on Cob  
**Fresh** Cole Slaw  
Red Gold Marinara Sauce

**Choice of One- Middle**  
**Choice of Two- High**  
Chilled Peaches  
**Fresh** Fruit or Frozen Fruit

### Wednesday

**Choice of One**  
Chicken Breast Filet on Bun  
Tuna Sub  
PB & J Sandwich  
**Fresh** Chef Salad  
and Flatbread

**Choice of Two**  
**Fresh** Side Salad  
Sidewinders  
**Fresh** Steamed Broccoli

**Choice of One- Middle**  
**Choice of Two- High**  
Chilled Peaches  
**Fresh** Fruit or Frozen Fruit

### Thursday

**Choice of One**  
Galaxy Pizza  
Cheeseburger on Bun  
Fruit & Yogurt Parfait and Roll  
PB & J Sandwich  
**Fresh** Chicken Caesar Salad  
and Flatbread

**Choice of Two**  
**Fresh** Side Salad  
Crinkle Cut Potatoes  
**Fresh** Veggie Cup  
Green Peas

**Choice of One- Middle**  
**Choice of Two- High**  
Fruit Crisp  
Chilled Pineapples  
**Fresh** Fruit or Frozen Fruit

### Friday

**Choice of One**  
Mama Rosa's Pizza  
Fish Filet w/ Cheese on Bun  
PB & J Sandwich  
**Fresh** Chef Salad  
and Flatbread

**Choice of Two**  
**Fresh** Side Salad  
Shoestring Fries  
**Fresh** Roasted Squash  
Red Gold Marinara Sauce

**Choice of One- Middle**  
**Choice of Two- High**  
Chilled Mixed Fruit  
**Fresh** Fruit or Frozen Fruit

## LUNCH MENU

### How to Read This Menu:

We have a 2-week menu cycle for lunch. The calendar days below indicate which week goes with which menu cycle.

Calendar dates shaded in gray indicates "No School".

WEEK 2

### Monday

**Choice of One**  
Domino's Pizza  
Chicken Breast Filet on Bun  
PB & J Sandwich  
**Fresh** Chef Salad  
and Flatbread

**Choice of Two**  
**Fresh** Side Salad  
Shoestring Fries  
**Fresh** Broccoli Salad  
Green Peas

**Choice of One- Middle**  
**Choice of Two- High**  
Chilled Peaches  
**Fresh** Fruit or Frozen Fruit

### Tuesday

**Choice of One**  
Cheese-Filled Bread Sticks  
Tuna Sub  
PB & J Sandwich  
**Fresh** Olive Garden-Style Salad  
and Garlic Bread Stick

**Choice of Two**  
**Fresh** Side Salad  
Shoestring Fries  
**Fresh** Veggie Cup  
Red Gold Marinara Sauce

**Choice of One- Middle**  
**Choice of Two- High**  
Chilled Pineapples  
Baked Apples  
**Fresh** Fruit or Frozen Fruit

### Wednesday

**Choice of One**  
Stuffed Crust Pizza  
Meatball Sub  
PB & J Sandwich  
**Fresh** Chef Salad and Flatbread

**Choice of Two**  
**Fresh** Side Salad  
Sidewinders  
**Fresh** Steamed Broccoli/Cauliflower  
and Carrots

**Fresh** Green Beans  
Red Gold Marinara Sauce

**Choice of One- Middle**  
**Choice of Two- High**  
Chilled Applesauce  
**Fresh** Fruit or Frozen Fruit

### Thursday

**Choice of One**  
Cheeseburger on Bun  
Nachos and Rice  
(Taco Meat, Cheese Cup, Chips)  
Fruit & Yogurt Parfait and Roll  
PB & J Sandwich  
**Fresh** Taco Salad

**Choice of Two**  
**Fresh** Lettuce and Tomato Cup  
Crinkle Cut Potatoes  
Corn

Refried Beans  
Red Gold Salsa

**Choice of One- Middle**  
**Choice of Two- High**  
Fruited Gelatin  
**Fresh** Fruit or Frozen Fruit

### Friday

**Choice of One**  
Primo Pizza  
Fish Filet w/ Cheese on Bun  
Hot & Spicy Chicken  
Nuggets and Roll  
PB & J Sandwich  
**Fresh** Chef Salad  
and Flatbread

**Choice of Two**  
**Fresh** Side Salad  
Shoestring Fries  
**Fresh** Steamed Spinach  
**Fresh** Cole Slaw

**Choice of One- Middle**  
**Choice of Two- High**  
Chilled Peaches  
**Fresh** Fruit or Frozen Fruit

**DON'T GET!**

To make a lunch, choose at least one

Fruit/Juice or Veggie

Grains Milk Protein

Fruit/Juice and 3-5 items total Vegetables



\*\*Local Product -  
Alaska Pollock processed  
in Newport News, VA



April		M	T	W	T	F
Week 2		3	4	5	6	7
		10	11	12	13	14
Week 1		17	18	19	20	21
Week 2		24	25	26	27	28

May		M	T	W	T	F
Week 1		1	2	3	4	5
Week 2		8	9	10	11	12
Week 1		15	16	17	18	19
Week 2		22	23	24	25	26
Week 1		29	30	31		

June		M	T	W	T	F
Week 1					1	2
Week 2		5	6	7	8	9
		12	13	14	15	16



June 12-16 Manager's Choice  
June 16th Last day of School

Last modified March 28, 2017