



Dear Parents,

VCS Food Services will be available from 8am through 3pm offering breakfast, morning snack, lunch and an afternoon snack. VCS Food Services partners with parents to meet special dietary needs when possible. Please call ex. 5800 to inquire about substitutions that may be available.

Day Campers participating in the summer program will be checking in at the High school location on Marshall. If your child needs breakfast or needs to order lunch; please inform the receiving staff when signing them in. If arriving later than 10a.m. please call extension 5800 and place your Childs lunch order with Food Services. VCS Food Services prides itself in using the freshest of foods. Children will receive fresh fruits & vegetables with every lunch. We have a variety of healthy choices for both am & pm snack bar. ***We are also able to offer Vegan & Vegetarian options upon request as well as accommodate those with gluten sensitivities; this needs to be requested at time order is placed.*** Please call Food Services for details @ extension 5800. The attached menus have been provided to assist you in planning.

Camp participants who *are* currently enrolled at VCS will be charged through Smart Tuition. Your monthly bill will reflect all of your child's food & beverage purchases while participating in the VCS summer program.

Camp participants who *are not* enrolled at VCS will use our food card system. This card can be used towards all food purchases; breakfast, breaks & lunch. Cards are available in the amount of \$20.00 and can be purchased from food services located in the MP building or through the summer camp staff at the sign in table located in the High School.

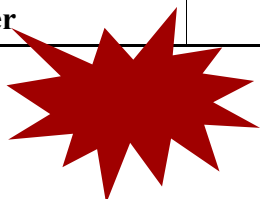
Food cards are kept on file as a service to you. Purchase amounts are computed by staff. Card balances can be checked by calling 446-1776 ex. 5800. Courtesy reminders are sent home when student has used approximately 80% of the card.

If you have additional questions, please call or email.

Denise Sedam
Manager of Food Services
707-446-1776 ex. 5850
denise.sedam@go-vcs.com



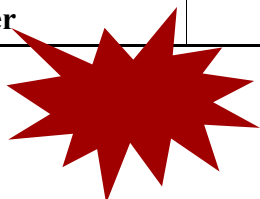
Mon	Tue	Wed	Thurs	Fri
5 Hamburger Broccoli bites Grapes Pudding Milk/Juice /Water	6 Mac&Cheese Corn dog Strawberries Zucchini spear Milk/Juice /Water	7 Chicken Mixed veggies Fruit mix Jello Mil/Juice/Water	8 Cheese Pizza Veggie sticks Orange Cookie Milk/Juice /Water	9 Taquitos Celery sticks Melon Ice cream Milk,/Juice /Water
12 Hamburger Broccoli bites Grapes Pudding Milk/Juice /Water	13 Mac&Cheese Hotdog Strawberries Zucchini spear Milk/Juice /Water	14 Pizza Veggie sticks Orange Cookie Milk/Juice /Water	15 Burrito Celery sticks Melon Ice cream Milk,/Juice /Water	16 Chicken Mixed veggies Fruit mix Jello Mil/Juice/Water
19 Hamburger Broccoli bites Grapes Pudding Milk/Juice /Water	20 Cheese Pizza Veggie sticks Orange Cookie Milk/Juice /Water	21 Chicken Mixed veggies Fruit mix Jello Mil/Juice/Water	22 Taquitos Celery sticks Melon Ice cream Milk,/Juice /Water	23 Mac&Cheese Corn dog Strawberries Zucchini spear Milk/Juice /Water
26 Cheese Pizza Veggie sticks Orange Cookie Milk/Juice / Water	27 Mac&Cheese Hotdog Strawberries Zucchini spear Milk/Juice /Water	28 Chicken Mixed veggies Fruit mix Jello Mil/Juice/Water	29 Burrito Celery sticks Melon Ice cream Milk,/Juice /Water	30 Hamburger Broccoli bites Grapes Pudding Milk/Juice /Water



Summer time Fun time!!!



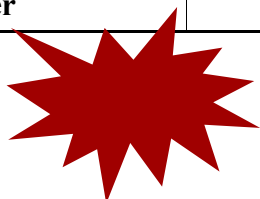
Mon	Tue	Wed	Thurs	Fri
Campus Closed	Campus Closed	5 Chicken Mixed veggies Fruit mix Jello Mil/Juice/Water	6 Cheese Pizza Veggie sticks Orange Cookie Milk/Juice /Water	7 Taquitos Celery sticks Melon Ice cream Milk,/Juice /Water
10 Hamburger Broccoli bites Grapes Pudding Milk/Juice /Water	11 Mac&Cheese Hotdog Strawberries Zucchini spear Milk/Juice /Water	12 Pizza Veggie sticks Orange Cookie Milk/Juice /Water	13 Burrito Celery sticks Melon Ice cream Milk,/Juice /Water	14 Chicken Mixed veggies Fruit mix Jello Mil/Juice/Water
17 Hamburger Broccoli bites Grapes Pudding Milk/Juice /Water	18 Cheese Pizza Veggie sticks Orange Cookie Milk/Juice /Water	19 Chicken Mixed veggies Fruit mix Jello Mil/Juice/Water	20 Taquitos Celery sticks Melon Ice cream Milk,/Juice /Water	21 Mac&Cheese Corn dog Strawberries Zucchini spear Milk/Juice /Water
24 Cheese Pizza Veggie sticks Orange Cookie Milk/Juice / Water	25 Mac&Cheese Hotdog Strawberries Zucchini spear Milk/Juice /Water	26 Chicken Mixed veggies Fruit mix Jello Mil/Juice/Water	27 Burrito Celery sticks Melon Ice cream Milk,/Juice /Water	28 Hamburger Broccoli bites Grapes Pudding Milk/Juice /Water



Summer time Fun time!!!



Mon	Tue	Wed	Thurs	Fri
31 Meatballs Mac & Cheese Grapes Pudding Milk/Juice /Water	1 Mini Sub Carrot sticks Strawberries Brownie Bite Milk/Juice /Water	2 BBQ chicken Mixed veggies Fruit mix Jello Mil/Juice/Water	3 Taco Celery sticks Melon Hot fudge sundae Milk,/Juice /Water	4 Cheese Pizza Veggie sticks Orange Cookie Milk/Juice /Water
7 Food Services Available CHEFS CHOICE	8 Food Services Available CHEFS CHOICE	9 Foods Services Available CHEFS CHOICE	10 Food Services Available CHEFS CHOICE	11 Food Services Available CHEFS CHOICE
14 CLOSED CAMPUS	15 CLOSED CAMPUS	16 CLOSED CAMPUS	17 CLOSED CAMPUS	18 CLOSED CAMPUS
21 Corn dog Mac & Cheese Veggie mix Fruit mix Milk/Juice /Water	22 Chick-Fil-A Veggie sticks Apple Milk/Juice /Water	23 Chicken Tender Mixed veggies Fruit mix Jello Mil/Juice/Water	24 Taquitos Celery sticks Melon Sherbet Milk,/Juice /Water	25 Cheese Pizza Veggie sticks Orange Cookie Milk/Juice /Water
28 Bagel dog Mac & Cheese Veggie mix Fruit mix Milk/Juice / Water	29 Chick-Fil-A Veggie sticks Apple Milk/Juice /Water	30 Chicken wings Mixed veggies Fruit mix Jello Mil/Juice/Water	31 Burrito Celery sticks Melon Sherbet Milk,/Juice /Water	Sept 1 Cheese Pizza Veggie sticks Orange Cookie Milk/Juice /Water



Summer time Fun time!!!