



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		Breakfast	
<b>02</b>	<b>Breakfast</b> Baked Good or Cereal <b>Lunch</b> Chicken Patty Parm. On a Bun Steamed Carrots Fruit and Milk	<b>03</b>	<b>Breakfast</b> Baked Good or Cereal <b>Lunch</b> Meat Ball Parm. Sub Steamed Broccoli Fruit and Milk	<b>04</b>	<b>Breakfast</b> Baked Good or Cereal <b>EARLY DISMISSAL</b> <b>BREAKFAST ONLY</b>	<b>05</b>	<b>Breakfast</b> Baked Good or Cereal <b>Lunch</b> Jumbo Raviolis / Sauce Bread Stick, Corn Fruit and Milk	<b>06</b>	<b>Breakfast</b> Baked Good or Cereal <b>Lunch</b> Pizza Crunchers Garlic Stick Garden Salad Fruit and Milk	<b>Price: \$2.00</b>  <b>Daily Selection of</b> <i>Fresh Assorted Bagels and Assorted Cereal Baked Goods</i>  <b>Breakfast Includes:</b> <i>Daily selection from Above, fruit or 100% Fruit Juice and Milk</i>  <b>Daily Lunch Options</b> <b>Lunch Price: \$3.00</b> <i>Assorted Grab and Go Sandwiches and Salads (with choice of meat/meat alternative, and Bread)</i> <i>Yogurt Meal (includes Bread, Vegetable and Fruit)</i>	
<b>09</b>	<b>Breakfast</b> Baked Good or Cereal <b>Lunch</b> Tyson Popcorn Chicken Brown Rice Steamed Carrots Fruit and Milk	<b>10</b>	<b>Breakfast</b> Baked Good or Cereal <b>Lunch</b> Hamburger or Cheeseburger Pickles, Baked Beans Fruit and Milk	<b>11</b>	<b>Breakfast</b> Baked Good or Cereal <b>Lunch</b> Tostito Rounds Seasoned Meat, Cheese Sauce, Salsa, Corn Fruit and Milk	<b>12</b>	<b>Breakfast</b> Baked Good or Cereal <b>Lunch</b> Mozzarella Sticks Marinara Sauce, Bread Stick, Broccoli Fruit and Milk	<b>13</b>	<b>MID-WINTER RECESS</b> <b>NO SCHOOL</b>		
<b>16</b>	<b>MID-WINTER RECESS</b> <b>NO SCHOOL</b>	<b>17</b>	<b>Breakfast</b> Baked Good or Cereal <b>Lunch</b> Tyson Chicken Patty On a Bun Steamed Carrots Fruit and Milk	<b>18</b>	<b>Breakfast</b> Baked Good or Cereal <b>Lunch</b> Taco, Seasoned Meat Lettuce and Cheese, Salsa, Steamed Corn Fruit and Milk	<b>19</b>	<b>Breakfast</b> Baked Good or Cereal <b>Lunch</b> Jumbo Raviolis / Sauce Bread Stick Steamed Broccoli Fruit and Milk	<b>20</b>	<b>Breakfast</b> Baked Good or Cereal <b>Lunch</b> Pizza w/ Assort Toppings Garden Salad Fruit and Milk		
<b>23</b>	<b>Breakfast</b> Baked Good or Cereal <b>Lunch</b> Tyson Popcorn Chicken Brown Rice Steamed Carrots Fruit and Milk  <b>Presidents Weekend School Closed</b>	<b>24</b>	<b>Breakfast</b> Baked Good or Cereal <b>Lunch</b> Mozzarella Stick Sauce, Bread Stick Steamed Corn Fruit and Milk	<b>25</b>	<b>Breakfast</b> Baked Good or Cereal <b>Lunch</b> Tostito Rounds Seasoned Meat, Cheese Sauce, Salsa, Refried Beans, Fruit and Milk	<b>26</b>	<b>Breakfast</b> Baked Good or Cereal <b>Lunch</b> Baked Chicken Bread Stick Steamed Broccoli Fruit and Milk	<b>27</b>	<b>Breakfast</b> Baked Good or Cereal <b>Lunch</b> Cheese or Pepperoni Pizza Garden Salad Fruit and Milk		
<b>30</b>	<b>Breakfast</b> Baked Good or Cereal <b>Lunch</b> Tyson Chicken Patty On a Bun Steamed Carrots Fruit and Milk	<b>31</b>	<b>Breakfast</b> Baked Good or Cereal <b>Lunch</b> Meat Ball Parm. Sub Steamed Broccoli Fruit and Milk								

# VALLEY CENTRAL MIDDLE SCHOOL MENU

Menus are subject to change without notice.  
**VCSD is an equal Opportunity provider and employer.**