



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

VALLEY CENTRAL HIGH SCHOOL MENU

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