



VALLEY CENTRAL SCHOOL DISTRICT **ADDITIONAL MENU OPTIONS**

Breakfast Includes:

- Bagels, Cereal, Muffins
- Nutrigrain, Zee Zee Bars
- Whole Grain Pop tarts
- Fruit
- 100% Fruit Juice
- Choice of Milk:
 - Fat Free White Milk
 - 1% White Milk
 - Fat Free Choc. Milk

Additional meals and a la carte items are available for purchase.

Breakfast:

Elementary-\$1.85

I Secondary (VCMS/VCHS)-\$2.00

Lunch:

Elementary-\$2.85

I Secondary (VCMS/VCHS)-\$3.00

Daily Lunch Options:

- Assorted Grab and Go Sandwiches:
 - Ham and Cheese
 - Turkey and Cheese
 - Cheese
 - PBJ
- Assorted Yogurt Meal: Yogurt, Fruit, Daily Vegetable, Bread
- Salads (Romaine lettuce/tomato/cucumber/peppers/ham/turkey or cheese/dressings/bread)
- Fat-Free/1% Milk
- Local Fresh Fruit
- Assorted Canned Fruit