



# Valley Central Viking Pride May 2023 Menu

For any questions or concerns,  
Please contact:  
Eleanore Mills  
Food Service Director  
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	Monday	Tuesday	Wednesday	Thursday	Friday	
<u>Breakfast Prices</u> Elementary \$1.85 MS and HS \$2.00	<b>01 <u>Crunchy Breaded</u></b> Tyson Chicken Patty On a WW Bun Seasoned Green Beans Fruit and Milk	<b>02 <u>Hot Dog On a Bun</u></b> Sauerkraut Baked Beans Cheesy Oven Fries Fruit and Milk	<b>03 <u>Nacho Platter</u></b> Tostito Rounds Seasoned Meat, Cheese Sauce, Salsa Steamed Corn Fruit and Milk	<b>04 <u>Hot Ham/Cheese</u></b> On a Bagel Homemade Soup Seasoned Broccoli Fruit and Milk <b>Italian Ice Cup with Meal</b>	<b>05 <u>Pizza</u></b> Cheese or Pepperoni Baby Carrots Dipping Dressing Fruit and Milk	<u>Lunch Prices</u> Elementary \$2.85 MS and HS \$3.00
<u>Fresh Fruit</u> <u>Daily:</u> Apples, Bananas Oranges, Pears	<b>08 <u>Crunchy</u></b> Tyson Chicken Nuggets Brown Rice Glazed Carrots (Butter/Brown Sugar Glaze) Fruit and Milk	<b>09 <u>Pasta and Meatballs</u></b> Sauce, Cheese Stick Garlic Bread Seasoned Broccoli Fruit and Milk	<b>10 <u>Quesadilla</u></b> Chicken and Cheese Salsa, Sour Cream Refried Beans Fruit and Milk	<b>11 <u>Chef Salad</u></b> Choice of: Lettuce, Spinach Turkey, Ham, Cheese, Onion Peppers, Tomatoes, Carrots, Cucumber, Broccoli, Corn <b>Bag of Chips with Meal</b> Fruit and Milk	<b>12 <u>Pizza</u></b> Cheese or Pepperoni Garden Salad Assorted Dressing Fruit and Milk	<u>Available Daily:</u> Assorted Yogurt Meal Yogurt, Sting Cheese, Fruit, Daily Vegetable, Bread
<u>Available Daily</u> Fat Free White Milk 1% White Milk Fat Free Choc. Milk	<b>15 <u>Superintendence Day</u></b> <b>No School For Students</b>	<b>16 <u>Homemade</u></b> Mac and Cheese Pasta Cheese Stick, Garlic Bread Parmesan Seasoned Broccoli Fruit and Milk	<b>17 <u>Nacho Platter</u></b> Tostito Rounds Seasoned Meat, Cheese Sauce, Salsa Refried Beans Fruit and Milk	<b>18 <u>Meatball Parm.</u></b> On a Sub Roll Green Beans Fruit and Milk <b>Italian Ice Cup with Meal</b>	<b>19 <u>Pizza</u></b> Cheese or Pepperoni Garden Salad, Dressing Fruit and Milk	<u>Fresh Made Salads</u> Local Romaine Lettuce, Tomatoes, Cucumbers and Peppers Ham, Turkey or Cheese Dressings and Bread
Menus are subject to change without notice. VCSD is an equal Opportunity provider and employer	<b>22 <u>Crunchy</u></b> Tyson Chicken Nuggets Brown Rice Glazed Carrots (Butter/Brown Sugar Glaze) Fruit and Milk	<b>23 <u>Brunch for Lunch</u></b> Egg/Ham and Cheese On a WW Bun Cheesy Oven Fries, Fruit and Milk	<b>24 <u>Quesadilla</u></b> Chicken and Cheese Salsa, Sour Cream Seasoned Corn Fruit and Milk	<b>25 <u>Make Your Own Hero</u></b> Ham, Turkey, Pepperoni Cheese, Lettuce, Tomato Onion, Peppers Pasta Salad Fruit and Milk <b>Bag of Chips with Meal</b>	<b>School Is Closed</b>	<u>Sandwiches</u> Turkey/ Cheese Ham/ Cheese Cheese Sandwich, PBJ
	<b>29</b>  School is Closed	<b>30 <u>Pasta and Meatballs</u></b> Sauce, Cheese Stick Garlic Bread Seasoned Broccoli Fruit and Milk	<b>31 <u>Nacho Platter</u></b> Tostito Rounds Meat, Cheese Sauce, Salsa, Refried Beans Fruit and Milk			<u>Breakfast Choices Available</u> Bagel, Cereal, Muffins, Bars Whole Wheat Pop tarts Fruit, Fruit Juice, Milk