



# Valley Central Viking Pride September 2023 Menu

For any questions or concerns,  
Please contact:  
Eleanore Mills  
Food Service Director  
845-457-2400 x16896  
eleanore.mills@VCSDNY.org

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Breakfast Prices</b> <b>Elementary</b> <b>\$1.85</b> <b>MS and HS</b> <b>\$2.00</b>	<u>Breakfast Choices Available</u> <i>Bagels, Cereal, Muffins</i> <i>Whole Grain Pop Tarts</i> <i>Fruit, Fruit Juice, Milk</i>		<b>Welcome Back</b> <b>To A</b> <b>Great School</b> <b>Year</b>		<b>01</b> <b>Superintendents</b> <b>Conference Day</b> <b>No School</b> <b>For Students</b>	<b>Lunch Prices</b> <b>Elementary \$2.85</b> <b>MS and HS \$3.00</b>
<b>Available Daily</b> <b>Fresh Fruit</b> <b>Assorted Canned</b> <b>Fruit</b>	<b>04</b> <b>Labor Day</b> <b>No School</b>	<b>05</b> <b>Superintendents</b> <b>Conference Day</b> <b>No School</b> <b>For Students</b>	<b>06 Crunchy Breaded</b> Tyson Chicken Patty On a WW Bun Seasoned Corn Fruit and Milk	<b>07 Brunch for Lunch</b> Egg, Ham and Cheese on a Bagel Cheesy Tater Tots Fruit and Milk	<b>08 Pizza</b> Cheese or Pepperoni Green Beans Baby Carrots Dippers Fruit and Milk	<b>Available Daily:</b> <b>Assorted Yogurt</b> <b>Meal: Yogurt, String</b> <b>Cheese, Fruit,</b> <b>Daily Vegetable, Bread</b>
<b>Available Daily</b> <b>Fat Free White</b> <b>Milk</b> <b>1% White Milk</b> <b>Fat Free Choc.</b> <b>Milk</b>	<b>11</b> Hamburger/Cheese On a WW Bun Pickles Baked Beans Fruit and Milk	<b>12</b> Grilled Cheese On WW Bread Homemade Soup, Green Beans, Fruit and Milk	<b>13 Soft Shell Taco</b> Seasoned Meat Lettuce, Tomato Cheese, Salsa, Sour Cream Corn, Fruit and Milk	<b>14</b> Grilled Chicken On a Club Roll Lettuce, Tomato Steamed Carrots Fruit and Milk	<b>15 Pizza</b> Cheese or Pepperoni Seasoned Broccoli Fruit, Milk	<b>Fresh Made Salads</b> Local Romaine Lettuce, Tomatoes, Cucumbers and Peppers Ham, Turkey or Cheese Dressings and Bread
	<b>18 Crunchy Breaded</b> Tyson Chicken Patty On a WW Bun Glazed Carrots (Brown sugar) Fruit and Milk	<b>19 Pasta</b> Choice of Sauce: Plain Or Meat, Garlic Stick Broccoli Fruit and Milk	<b>20 Nacho Platter</b> Tostito Rounds Seasoned Meat, Cheese Sauce, Salsa Corn, Fruit and Milk	<b>21 Make Your Own Hero</b> Ham, Turkey, Pepperoni Cheese, Lettuce, Tomato Onion, Pepper, Pasta Salad, Milk and Fruit	<b>22 Mozzarella Sticks</b> Dipping Sauce Garlic Sticks Green Beans Fruit and Milk	<b>Sandwiches</b> Turkey/ Cheese Ham/ Cheese Cheese Sandwich, PBJ
Menus are subject to change without notice. VCSD is an equal Opportunity provider and employer	<b>25</b> <b>Yom Kippur</b> <b>No</b> <b>School</b>	<b>26 Crunchy Breaded</b> Tyson Chicken Nugget Bread Stick Mashed Potatoes Green Beans Fruit and Milk	<b>27 Soft Shell Taco</b> Seasoned Meat Lettuce, Tomato Cheese, Salsa, Sour Cream Corn, Fruit and Milk	<b>28 All Beef Hot Dog</b> On a WW Bun Sauerkraut Baked Beans Fruit and Milk	<b>29 Pizza</b> Cheese or Pepperoni Seasoned Broccoli Fruit and Milk	<b>Please Don't Forget to</b> <b>Fill Out a 2023/2024</b> <b>Free/Reduced</b> <b>Application</b>

