





Valley Central Viking Pride

Middle School-March 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	
Breakfast Choices Available Bagels, Cereal, Muffins, Whole Grain Pop Tarts Fruit, Fruit Juice, Milk	National School Breakfast Week March 4 th – March 8 th		The Food Service Department Is Now Hiring. Please contact the Food Service Director For more information.		01 Pizza Cheese or Pepperoni Green Beans Cucumber Slices Fruit and Milk	Choice of Milk Daily: Fat Free White Milk 1% White Milk Fat Free Choc. Milk
Monday Special: Yogurt Parfait Strawberry, Blueberry Granola Veggie and Grain of The Day, Fruit and Milk	04 Chicken Patty On a Bun Mashed Potatoes Steamed Carrots Fruit, Milk	05 Pasta Choice of Plain, Marinara <u>Or Meat</u> sauce Dinner Roll Broccoli Fruit, Milk	06 French Toast Sticks Warm Syrup String Cheese Applesauce for Dipping Milk Early Dismissal	07 Grilled Cheese On Bagel Seasoned Corn Fruit and Milk Early Dismissal	08 Italian Dunkers Cheesy Sub Hero Side of Marinara Green Beans Tomato Salad Fruit and Milk	Available Daily: Meal: Yogurt, Sting Cheese, Fruit, Daily Vegetable, Bread
Tuesday Special: Pita Hummus Platter Fresh Cut Veggies Ranch Dressing Fruit and Milk	11 Sweet and Sour Chicken Nuggets Seasoned Rice Steamed Carrots Fruit, Milk	12 Homemade Mac and Cheese Dinner Roll Steamed Broccoli Fruit and Milk	13 Nacho Platter Tostito Rounds Seasoned Meat Cheese Sauce, Salsa Seasoned Corn Fruit and Milk	14 Viking Burger On a Bun, Lettuce, Tomato, Cheese, Bacon Pasta Salad, Carrots Fruit and Milk	15 Pizza Cheese or Pepperoni Cheesy Broccoli Cucumber Slices Fruit and Milk	Fresh Made Salads Local Romaine Lettuce, Tomatoes, Cucumbers and Peppers Ham, Turkey or Cheese Dressings and Bread
Thursday Special: Pretzel Cheese Platter Fresh Cut Veggies Ranch Dressing Fruit and Milk	18 Chicken Patty Bacon, Cheese On a Bun Baked Beans, Tater Tots Fruit and Milk	19 Roasted Chicken Dinner Roll, Mashed Potatoes, Corn Fruit and Milk	20 Quesadilla Chicken and Cheese Salsa, Sour Cream Rice, Refried Beans Fruit and Milk	21 Hot Turkey n Cheese On a Bagel Homemade Soup Garden Salad Fruit and Milk	22 Mozzarella Sticks Sauce, Garlic Bread Green Beans, Corn Fruit ad Milk	Sandwiches Turkey/ Cheese Ham/ Cheese Egg Salad, PBJ
	25 Spring Recess No School	27 No School	28 	29 No School	30 No School	Menus are subject to change without notice. VCSD is an equal Opportunity provider and employer