



VALLEY CENTRAL

VIKING PRIDE

ELEMENTARY
OCTOBER 2024
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
	1 MOZZARELLA STICKS Marinara Sauce Garlic Knot Steamed Carrots Fruit and Milk	2 QUESADILLA Chicken and Cheese Salsa, Sour Cream Rice, Refried Beans Fruit and Milk	3 SCHOOL IS CLOSED	4 PIZZA Cheese or Pepperoni Garden Salad Cheesy Broccoli Fruit and Milk
7 CHICKEN PATTY Parmesan Side of Pasta Green Beans Fruit and Milk	8 EGG AND CHEESE on a Hard Roll Tater Tots Fruit and Milk EARLY DISMISSAL	9 NACHO PLATTER Tostito Rounds Seasoned Meat, Cheese Sauce, Salsa Refried Beans Fruit and Milk	10 PASTA Choice of Sauce: Plain Or Marinara Sauce String Cheese, Broccoli Fruit and Milk	11 ITALIAN DUNKERS Cheesy Sub Hero Side of Marinara Garden Salad Fruit and Milk
14 SCHOOL IS CLOSED	15 CHICKEN BOWL Tyson Chicken Nuggets Mashed Potato, Gravy Steamed Corn Fruit and Milk	16 QUESADILLA Cheese Quesadilla Rice, Refried Beans Fruit and Milk	17 HOMEMADE MAC AND CHEESE PASTA Steamed Broccoli Fruit and Milk	18 PIZZA Cheese or Pepperoni Corn, Garden Salad Fruit and Milk
21 CRUNCHY BAKED TYSON CHICKEN PATTY On a WW Bun Steamed Carrots Fruit and Milk	22 ALL BEEF HOT DOG ON A BUN Sauerkraut, Bag Of Chips Baked Beans Fruit and Milk	23 NACHO PLATTER Tostito Rounds Seasoned Meat, Cheese Sauce, Salsa Refried Beans Fruit and Milk	24 PASTA Stuffed Shells Marinara Sauce Dinner Roll, Broccoli Fruit and Milk	25 ITALIAN DUNKERS Cheesy Sub Hero Side of Marinara Garden Salad Fruit and Milk
28 CHICKEN BOWL Tyson Chicken Nuggets Mashed Potato and Gravy Steamed Corn Fruit and Milk	29 TWISTED GRILL CHEESE SANDWICH (Two Different Cheeses) Green Beans, Pasta Salad Fruit and Milk	30 QUESADILLA Cheese Quesadilla Salsa, Sour Cream Rice, Refried Beans Fruit and Milk	31 VIKING ITALIANO Meatball Hero Marinara Sauce Seasoned Broccoli Fruit and Milk	<i>Menus are subject to change without notice.</i> <i>VCSD is an equal opportunity provider and employer.</i>



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DAILY CHOICES AVAILABLE

BREAKFAST

Bagels, Cereal, Muffins, Whole Grain Pop Tarts, Fruit, Fruit Juice, Milk

MILK

Fat Free White Milk, 1% White Milk, Fat Free Chocolate Milk

ALTERNATE MEAL

Yogurt, String Cheese, Fruit, Daily Vegetable, Bread

FRESH MADE SALADS

Local Romaine Lettuce, Tomatoes, Cucumbers and Peppers, Ham, Turkey or Cheese, Dressings and Bread

SANDWICHES

Turkey/Cheese, Ham/Cheese, Bologna/Cheese, Cheese Sandwich, PBJ

SPECIALS

MONDAYS

Pita Pizza Cold Platter: Pita bread, Sauce, Cheese, Pepperoni, Fruit and Milk

TUESDAYS

Bagel Platter: Bagel, Cream Cheese, Mozz Stick, Sliced Veggies and Dip, Fruit and Milk

THURSDAYS

Cheese, Ham, Turkey Platter: Rolled Cheese, Ham and Turkey Sliced, Cut Veggies, Gold Fish, Fruit and Milk

SCHOOL MEAL PROGRAM

The Valley Central School District (VCSD) is excited to announce that it will continue to provide free breakfast and lunch for all students in all schools for the 2024-2025 school year. No application is required.

This is being made possible by the Community Eligibility Provision (CEP) designation and funding granted to the District by the New York State Education Department. The CEP includes one breakfast meal and one lunch meal for each student every day that school is in session. The District strongly encourages all students to take advantage of this opportunity to receive two nutritious meals in school every day.

ADDITIONAL MEALS MAY BE PURCHASED AT THE FOLLOWING PRICES:

Breakfast at elementary schools, **\$1.85**

Lunch at the elementary schools, **\$2.00**

Breakfast at both middle and high school, **\$2.00**

Lunch at the middle and high schools, **\$3.00**

There is still an additional cost to purchase à la carte items. À la carte items include, but are not limited to: milk, snacks, bottled water, doubles, and extras.

