



# VALLEY CENTRAL

## VIKING PRIDE

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



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### DAILY CHOICES AVAILABLE

#### BREAKFAST

Bagels, Cereal, Pop Tarts, Muffins, Breakfast Buns, 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, PBJ Sandwich

#### FRESH MADE SALADS

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

#### SANDWICHES

Turkey/Cheese, Ham/Cheese, Egg Salad, PBJ

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### SPECIALS

#### MONDAYS

Yogurt Parfait - Strawberry, Blueberry Or Peach, Granola Veggie and Grain of The Day, Fruit and Milk

#### TUESDAYS

Pita Hummus Platter, Fresh Cut Veggies, Ranch Dressing, Fruit and Milk

#### THURSDAYS

Pretzel Cheese Platter, Fresh Cut Veggies, Ranch Dressing, 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.

