



# VALLEY CENTRAL

## VIKING PRIDE

# MIDDLE SCHOOL

## SEPTEMBER 2025

### MENU

For any questions or concerns, please contact: Eleanore Mills, Food Service Director | 845-457-2400 x16896 | [eleanore.mills@VCSDNY.org](mailto:eleanore.mills@VCSDNY.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  <b>LABOR DAY</b>  <b>NO SCHOOL</b>	<b>2</b>  <b>CONFERENCE DAY</b>  <b>NO SCHOOL FOR STUDENTS</b>	<b>3</b>  <b>CONFERENCE DAY</b>  <b>NO SCHOOL FOR STUDENTS</b>	<b>4</b> <b>MOZZARELLA STICKS</b> Marinara Sauce Dinner Roll Seasoned Broccoli Fruit and Milk  <b>FIRST DAY OF SCHOOL</b>	<b>5</b>  <b>PIZZA</b> Cheese or Pepperoni Garden Salad Fruit and Milk
<b>8</b>  <b>CRUNCHY BAKED TYSON CHICKEN PATTY</b> On a WW Bun Steamed Carrots Fruit and Milk	<b>9</b> <b>TWISTED GRILLED AMERICAN AND MOZZARELLA ON WW BREAD</b> Tomato Soup Green Beans Fruit and Milk	<b>10</b> <b>QUESADILLA</b> Chicken and Cheese, Salsa, Sour Cream, Rice, Refried Beans Fruit and Milk	<b>11</b> <b>BRUNCH FOR LUNCH</b> Bacon, Egg and Cheese on a Bun, Tater Tots Fruit and Milk	<b>12</b> <b>ITALIAN DUNKERS</b> Cheesy Sub Hero Side of Marinara Tomato/Cucumber Salad Fruit and Milk
<b>15</b> <b>CRUNCHY CHICKEN NUGGETS</b> Mashed Potatoes Dinner Roll Steamed Carrots Fruit and Milk	<b>16</b> <b>HOT DOG ON A BUN</b> Sauerkraut Baked Beans Fruit and Milk	<b>17</b> <b>BRUNCH FOR LUNCH</b> French Toast Sticks String Cheese Baby Carrots Ranch Dressing Fruit and Milk	<b>18</b> <b>PASTA</b> Marinara Sauce Mozzarella Stick Steamed Broccoli Fruit and Milk	<b>19</b>  <b>PIZZA</b> Cheese or Pepperoni Garden Salad Fruit and Milk
<b>22</b> <b>CRUNCHY BAKED TYSON CHICKEN PATTY</b> On a WW Bun Steamed Carrots Fruit and Milk	<b>23</b>  <b>ROSH HASHANAH</b>  <b>SCHOOL IS CLOSED</b>	<b>24</b> <b>SOFT SHELL TACO</b> Meat, Lettuce, Tomato Cheese, Salsa, Rice, Refried Beans Fruit and Milk	<b>25</b> <b>VIKING BURGER</b> Bacon, Cheese Lettuce, Tomato Tater Tots Fruit and Milk	<b>26</b> <b>ITALIAN DUNKERS</b> Cheesy Sub Hero Side of Marinara Tomato/Cucumber Salad Fruit and Milk
<b>29</b> <b>CHICKEN BOWL</b> Tyson Chicken Nuggets Mashed Potato and Gravy, Corn Fruit, Milk	<b>30</b> <b>ROASTED CHICKEN</b> Mashed Potatoes Dinner Roll, Butter Seasoned Green Beans Fruit and Milk	<b>BACK TO SCHOOL</b>		<i>Menus are subject to change without notice.</i>  <i>VCSD is an equal opportunity provider and employer.</i>



# VALLEY CENTRAL

## VIKING PRIDE

MIDDLE SCHOOL  
SEPTEMBER 2025  
MENU

### 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

#### FRESH MADE SALADS

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

#### SANDWICHES

Turkey/Cheese, Ham/Cheese, Cheese, PBJ

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### SPECIALS

#### MONDAYS

Yogurt Parfait - Strawberry or Blueberry, 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 2025-2026 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.

