



VALLEY CENTRAL

VIKING PRIDE

MIDDLE SCHOOL

OCTOBER 2025

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
<p><i>Menus are subject to change without notice.</i></p> <p><i>VCSD is an equal opportunity provider and employer.</i></p>		<p>1</p> <p>NACHO PLATTER Tostito Rounds Seasoned Meat, Cheese Sauce, Salsa, Refried Beans Fruit and Milk</p>	<p>2</p> <p>YOM KIPPUR SCHOOL IS CLOSED</p>	<p>3</p> <p>PIZZA Cheese or Pepperoni Garden Salad Fruit and Milk</p>
<p>6</p> <p>CRUNCHY BAKED CHICKEN TENDER BACON AND CHEESE WRAP Carrots Fruit and Milk</p>	<p>7</p> <p>EARLY DISMISSAL</p> <p>GRILLED CHEESE ON A BAGEL Steamed Corn Fruit and Milk</p>	<p>8</p> <p>SOFT SHELL TACO Meat, Lettuce, Tomato, Cheese, Salsa, Rice, Refried Beans Fruit and Milk</p>	<p>9</p> <p>PASTA Marinara Sauce String Cheese Steamed Broccoli Fruit and Milk</p>	<p>10</p> <p>PERSONAL PAN PIZZA Cheese or Pepperoni Garden Salad Fruit and Milk</p>
<p>13</p> <p>COLUMBUS DAY SCHOOL IS CLOSED</p>	<p>14</p> <p>CRUNCHY BAKED POPCORN CHICKEN Mashed Potatoes Dinner Roll, Steamed Carrots Fruit and Milk</p>	<p>15</p> <p>NACHO PLATTER Tostito Rounds Seasoned Meat, Cheese Sauce, Salsa, Seasoned Corn Fruit and Milk</p>	<p>16</p> <p>HOMEMADE MAC AND CHEESE PASTA String Cheese Steamed Broccoli Fruit and Milk</p>	<p>17</p> <p>ITALIAN DUNKERS Cheesy Sub Hero Side of Marinara Sauce Tomato/Cucumber Salad Fruit and Milk</p>
<p>20</p> <p>CRUNCHY BAKED TYSON CHICKEN PATTY On a WW Bun Steamed Carrots Fruit and Milk</p>	<p>21</p> <p>HOT OPEN FACE TURKEY SANDWICH Gravy, Mashed Potatoes Seasoned Corn Fruit and Milk</p>	<p>22</p> <p>SOFT SHELL TACO Meat, Lettuce, Tomato, Cheese, Salsa, Rice, Refried Beans Fruit and Milk</p>	<p>23</p> <p>PASTA Marinara Sauce String Cheese Steamed Broccoli Fruit and Milk</p>	<p>24</p> <p>PIZZA Cheese or Pepperoni Garden Salad Fruit and Milk</p>
<p>27</p> <p>CHICKEN BOWL Tyson Chicken Nuggets Mashed Potato and Gravy Corn, Fruit, Milk</p>	<p>28</p> <p>BREADED MOZZARELLA STICKS Marinara Sauce Seasoned Carrots Fruit and Milk</p>	<p>29</p> <p>NACHO PLATTER Tostito Rounds Seasoned Meat, Cheese Sauce, Salsa, Refried Beans Fruit and Milk</p>	<p>30</p> <p>CHICKEN GYRO Choice of Onions, Lettuce, Tomatoes, Tzatziki Sauce On Pita Bread Fruit and Milk</p>	<p>31</p> <p>PERSONAL PAN PIZZA Cheese or Pepperoni Garden Salad Fruit and Milk</p>



VALLEY CENTRAL

VIKING PRIDE

MIDDLE SCHOOL
OCTOBER 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

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.

