



# VALLEY CENTRAL

## VIKING PRIDE

MIDDLE SCHOOL  
MARCH 2026  
MENU

For any questions or concerns, please contact: Amy Bishopp, Food Service Director | 845-457-2400 x16896 | amy.bishopp@VCSDNY.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>POPCORN CHICKEN MASHED POTATO BOWL</b> served with Steamed Corn, Gravy and a Dinner Roll Fruit and Milk	<b>3</b> <b>VIKING CHEESEBURGER</b> On a WG Bun Pickles, French Fries Fruit and Milk	<b>4</b> <b>BBQ CHICKEN WRAP</b> Lettuce, Tomato, Cheese, Salsa, Sour Cream, Rice, Corn Fruit and Milk	<b>5</b> <b>PASTA</b> Marinara Sauce, Meat Sauce Steamed Broccoli Fruit and Milk	<b>6</b> <b>PIZZA CRUNCHERS</b> Marinara Dipping Sauce Side Garden Salad Steamed Carrots Fruit and Milk
<b>9</b> <b>CHICKEN NUGGETS</b> Served with Dipping Sauces Dinner Roll Seasoned Carrots Fruit and Milk	<b>10</b> <b>BRUNCH FOR LUNCH HAM, EGG AND CHEESE SANDWICH</b> Tater Tots Fruit and Milk	<b>11</b> <b>NACHOS</b> Seasoned Meat, Cheese Sauce, Salsa, Black Beans Sour Cream Fruit and Milk	<b>12</b> <b>MOZZARELLA STICKS</b> Dipping Sauce Garlic Stick Seasoned Broccoli Fruit and Milk	<b>13</b> <b>BIG DADDY PIZZA</b> Cheese or Pepperoni Side Garden Salad Steamed Carrots Fruit and Milk
<b>16</b> <b>BREADED CHICKEN PATTY ON A BUN WITH CHEESE</b> Green Beans Fruit and Milk	<b>17</b> <b>OVEN ROASTED SWEET AND SOUR CHICKEN</b> Brown Rice Steamed Carrots Fruit and Milk	<b>18</b> <b>EARLY RELEASE GRAB AND GO OPTION CHOICES:</b> Ham and Cheese Sandwich, Turkey and Cheese Sandwich, Bagel and Yogurt Meal or PB&J Served with Vegetable, Fruit and Milk	<b>19</b> <b>EARLY RELEASE GRAB AND GO OPTION CHOICES:</b> Ham and Cheese Sandwich, Turkey and Cheese Sandwich, Bagel and Yogurt Meal or PB&J Served with Vegetable, Fruit and Milk	<b>20</b> <b>PIZZA CRUNCHERS</b> Marinara Dipping Sauce Side Garden Salad Steamed Carrots Fruit and Milk
<b>23</b> <b>CHICKEN TENDER SNACK WRAP</b> with Lettuce, Tomato and Shredded Cheese French Fries Fruit and Milk	<b>24</b> <b>HOMEMADE MAC AND CHEESE PASTA</b> String Cheese Steamed Broccoli Fruit and Milk	<b>25</b> <b>BUILD YOUR OWN NACHOS</b> Choice of Tostito Scoops or Nacho Doritos Served with Seasoned Meat, Cheese, Salsa, Black Beans, Sour Cream Fruit and Milk	<b>26</b> <b>CHICKEN PARMESAN</b> served with Pasta Marinara and a Garlic Knot Green Beans Fruit and Milk	<b>27</b> <b>BIG DADDY PIZZA</b> Cheese or Pepperoni Side Garden Salad Steamed Carrots Fruit and Milk
<b>30</b> <b>SCHOOL IS CLOSED</b>	<b>31</b> <b>SCHOOL IS CLOSED</b>		<i>Menus are subject to change without notice. VCSD is an equal opportunity provider and employer.</i>	<i>** If you have a food allergy, please notify us.</i>



# VALLEY CENTRAL

## VIKING PRIDE

MIDDLE SCHOOL  
MARCH 2026  
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.

