



# VALLEY CENTRAL

## VIKING PRIDE

# MIDDLE SCHOOL

## OCTOBER 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                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| <p><i>Gluten free options available.</i></p> <p><i>Contact us for more information.</i></p> <p><i>Assorted fruit and milk included with all meals.</i></p> | <p><i>Menus are subject to change without notice.</i></p> <p><i>VCSD is an equal opportunity provider and employer.</i></p>                                                                            |                                                                                                                  | <p><b>1</b></p> <p><b>MEATBALL SUB SANDWICH</b><br/>Topped with Mozzarella Cheese<br/>Served with French Fries</p>                                            | <p><b>2</b></p> <p><b>CHOICE OF CHEESE, BUFFALO CHICKEN, SUPREME PIZZA, MEAT EATERS</b><br/>Served with Tossed Salad</p>  |
| <p><b>5</b></p> <p><b>CRISPY CHICKEN TENDERS WRAP</b><br/>Served with Lettuce and Cheese, Served with Tater Tots</p>                                       | <p><b>6</b> <b>EARLY RELEASE ~ GRAB &amp; GO</b><br/><b>HAM AND CHEESE SANDWICH, TURKEY AND CHEESE SANDWICH, CHICKEN SALAD SANDWICH, PB&amp;J OR BAGEL AND YOGURT</b><br/>Served with Baby Carrots</p> | <p><b>7</b></p> <p><b>LASAGNA ROLL UPS</b><br/>Served with Green Beans and a Dinner Roll</p>                     | <p><b>8</b></p> <p><b>VIKING CHEESEBURGER</b><br/>Served with Lettuce, Tomato and French Fries and a Pickle</p>                                               | <p><b>9</b></p> <p><b>CHOICE OF CHEESE, BUFFALO CHICKEN, SUPREME PIZZA, MEAT EATERS</b><br/>Served with Tossed Salad</p>  |
| <p><b>12</b></p> <p><b>COLUMBUS DAY</b><br/><b>NO STUDENTS</b></p>                                                                                         | <p><b>13</b></p> <p><b>HOMEMADE MACARONI AND CHEESE</b><br/>Served with Green Beans a Dinner Roll</p>                                                                                                  | <p><b>14</b></p> <p><b>BEEF SOFT TACO</b><br/>Served with Cheese, Lettuce Tomato, Sour Cream and Black Beans</p> | <p><b>15</b></p> <p><b>CHICKEN CUTLET ON SANDWICH</b><br/>Served with Lettuce, Tomato and Tater Tots</p>                                                      | <p><b>16</b></p> <p><b>CHOICE OF CHEESE, BUFFALO CHICKEN, SUPREME PIZZA, MEAT EATERS</b><br/>Served with Tossed Salad</p> |
| <p><b>19</b></p> <p><b>CHICKEN CORN DOG</b><br/>Served with Sweet Potato Tots</p>                                                                          | <p><b>20</b></p> <p><b>CHIPOTLE BOWL</b><br/>Seasoned Beef, Rice, Black Beans, Corn and Toppings<br/><i>This entree can also be offered as a vegetarian option</i></p>                                 | <p><b>21</b></p> <p><b>PASTA WITH MEATBALLS</b><br/>Served with Green Beans and a Italian Bread</p>              | <p><b>22</b></p> <p><b>GREEK MEATBALL GYRO BOWL</b><br/>Beef Meatballs Served over Brown Rice, Cucumber/ Tomato Salad, Tzatziki Sauce and a Pita Triangle</p> | <p><b>23</b></p> <p><b>CHOICE OF CHEESE, BUFFALO CHICKEN, SUPREME PIZZA, MEAT EATERS</b><br/>Served with Tossed Salad</p> |
| <p><b>26</b></p> <p><b>OVEN FRIED CHICKEN</b><br/>Served with Sweet Potato Fries and a Biscuit</p>                                                         | <p><b>27</b></p> <p><b>BEEF NACHOS</b><br/>Served with Cheese, Lettuce Tomato, Sour Cream and Black Beans</p>                                                                                          | <p><b>28</b></p> <p><b>PASTA ALFREDO</b><br/>Served with Broccoli and a Bread Stick</p>                          | <p><b>29</b></p> <p><b>CHICKEN CAESAR SALAD</b><br/>Served with Croutons and a Dinner Roll</p>                                                                | <p><b>30</b></p> <p><b>CHOICE OF CHEESE, BUFFALO CHICKEN, SUPREME PIZZA, MEAT EATERS</b><br/>Served with Tossed Salad</p> |



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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

#### 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 2026-2027 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.

