



VALLEY CENTRAL

VIKING PRIDE

MIDDLE SCHOOL

SEPTEMBER 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
	1 CONVOCATION DAY/ CONFERENCE DAY	2 SUPERINTENDENT CONFERENCE DAY	3 VIKING CHEESEBURGER Served with Lettuce, Tomato and French Fries and a Pickle	4 CHOICE OF CHEESE, BUFFALO CHICKEN, SUPREME PIZZA Served with Tossed Salad
7 LABOR DAY NO STUDENTS	8 BEEF SOFT TACO Served with Cheese, Lettuce Tomato, Sour Cream and Black Beans	9 HOMEMADE MACARONI AND CHEESE Served with Green Beans a Dinner Roll	10 CHICKEN CUTLET ON SANDWICH Served with Lettuce, Tomato and Tater Tots	11 CHOICE OF CHEESE, BUFFALO CHICKEN, SUPREME PIZZA Served with Tossed Salad
14 CHICKEN CORN DOG Served with Sweet Potato Tots	15 CHIPOTLE BOWL Seasoned Beef, Rice, Black Beans, Corn and Toppings <i>This entree can also be offered as a vegetarian option</i>	16 PASTA WITH MEAT SAUCE Served with, Green Beans and a Bread Stick	17 CHICKEN GYRO Served with Homemade Tzatziki Sauce, Lettuce, Tomato and Baked Lays	18 CHOICE OF CHEESE, BUFFALO CHICKEN, SUPREME PIZZA Served with Tossed Salad
21 YOM KIPPUR NO STUDENTS	22 BEEF NACHOS Served with Cheese, Lettuce Tomato, Sour Cream and Black Beans	23 PASTA ALFREDO Served with Broccoli and a Bread Stick	24 CHICKEN CAESAR SALAD Served with Croutons and a Garlic Knot	25 CHOICE OF CHEESE, BUFFALO CHICKEN, SUPREME PIZZA Served with Tossed Salad
28 CHICKEN AND CHEESE SNACK WRAP with Lettuce, Tomato, Served with Red Pepper Slices	29 MEXICAN CHICKEN BOWL with Brown Rice and Black Bean/ Corn Salad	30 CHICKEN EGG ROLL Served with Lo Mein and Green Beans	<i>Gluten free options available. Contact us for more information. Assorted fruit and milk included with all meals.</i>	<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

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.

