



# VALLEY CENTRAL

## VIKING PRIDE

**HIGH SCHOOL**  
**OCTOBER 2024**  
**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   |
|--|--|---|---|--|
|  | <b>1</b><br><b>MOZZARELLA STICKS</b><br>Marinara Sauce<br>Garlic Knot<br>Steamed Carrots<br>Fruit and Milk               | <b>2</b><br><b>QUESADILLA</b><br>Chicken and Cheese<br>Salsa, Sour Cream<br>Rice, Refried Beans<br>Fruit and Milk               | <b>3</b><br><b>SCHOOL IS CLOSED</b>   | <b>4</b><br><b>PIZZA</b><br>Cheese or Pepperoni<br>Garden Salad<br>Cheesy Broccoli<br>Fruit and Milk         |
| <b>7</b><br><b>CHICKEN PATTY</b><br>Parmesan<br>Side of Pasta<br>Green Beans<br>Fruit and Milk                         | <b>8</b><br><b>BACON, EGG AND CHEESE</b><br>on a Hard Roll<br>Tater Tots<br>Fruit and Milk<br><br><b>EARLY DISMISSAL</b> | <b>9</b><br><b>NACHO PLATTER</b><br>Tostito Rounds<br>Seasoned Meat,<br>Cheese Sauce, Salsa<br>Refried Beans<br>Fruit and Milk  | <b>10</b><br><b>PASTA</b><br>Choice of Sauce:<br>Plain Or Marinara Sauce<br>String Cheese, Broccoli<br>Fruit and Milk | <b>11</b><br><b>ITALIAN DUNKERS</b><br>Cheesy Sub Hero<br>Side of Marinara<br>Garden Salad<br>Fruit and Milk |
| <b>14</b><br><b>SCHOOL IS CLOSED</b>   | <b>15</b><br><b>CHICKEN BOWL</b><br>Tyson Chicken Nuggets<br>Mashed Potato, Gravy<br>Steamed Corn<br>Fruit and Milk      | <b>16</b><br><b>QUESADILLA</b><br>Cheese Quesadilla<br>Rice, Refried Beans<br>Fruit and Milk                                    | <b>17</b><br><b>HOMEMADE MAC AND CHEESE PASTA</b><br>Steamed Broccoli<br>Fruit and Milk                               | <b>18</b><br><b>PIZZA</b><br>Cheese or Pepperoni<br>Corn, Garden Salad<br>Fruit and Milk                     |
| <b>21</b><br><b>CRUNCHY BAKED TYSON CHICKEN PATTY</b><br>On a WW Bun<br>Steamed Carrots<br>Fruit and Milk              | <b>22</b><br><b>ALL BEEF HOT DOG ON A BUN</b><br>Sauerkraut, Bag Of Chips<br>Baked Beans<br>Fruit and Milk               | <b>23</b><br><b>NACHO PLATTER</b><br>Tostito Rounds<br>Seasoned Meat,<br>Cheese Sauce, Salsa<br>Refried Beans<br>Fruit and Milk | <b>24</b><br><b>PASTA</b><br>Stuffed Shells<br>Marinara Sauce<br>Dinner Roll, Broccoli<br>Fruit and Milk              | <b>25</b><br><b>ITALIAN DUNKERS</b><br>Cheesy Sub Hero<br>Side of Marinara<br>Garden Salad<br>Fruit and Milk |
| <b>28</b><br><b>CHICKEN BOWL</b><br>Tyson Chicken Nuggets<br>Mashed Potato and Gravy<br>Steamed Corn<br>Fruit and Milk | <b>29</b><br><b>EGGPLANT PARMESAN ON A SUB ROLL</b><br>String Cheese<br>Seasoned Broccoli<br>Fruit and Milk              | <b>30</b><br><b>QUESADILLA</b><br>Cheese Quesadilla<br>Salsa, Sour Cream<br>Rice, Refried Beans<br>Fruit and Milk               | <b>31</b><br><b>VIKING PHILLY CHEESESTEAK</b><br>Mozzarella Cheese<br>On a Sub Roll<br>Baked Beans<br>Fruit and Milk  | <i>Menus are subject to change without notice.<br/>VCSD is an equal opportunity provider and employer.</i>   |



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### DAILY SPECIALS

#### MONDAYS

Yogurt Parfait - Strawberry, Blueberry Or Peach, Granola Veggie and Grain of The Day, Fruit and Milk

#### TUESDAYS

Pita Hummus Platter, Fresh Cut Veggies, Ranch Dressing, Fruit and Milk

#### WEDNESDAYS

Pretzel Cheese Platter, Fresh Cut Veggies, Ranch Dressing, Fruit and Milk

#### THURSDAYS

##### OPTION 1

Grab and Go Pre-made Panini of the Day or Spicy Chicken Wrap

##### OPTION 2

Cottage Cheese, String Cheese, Cupped Peaches, Fresh Cut Veggies, Dressing, Crackers

### 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, PBJ Sandwich

#### FRESH MADE SALADS

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

#### SANDWICHES

Turkey/Cheese, Ham/Cheese, Egg Salad, PBJ

### 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 2024-2025 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.

