



# VALLEY CENTRAL

## VIKING PRIDE

# MIDDLE SCHOOL

## JANUARY 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><b>1</b></p> <p><b>SCHOOL IS CLOSED</b></p>	<p><b>2</b></p> <p><b>PASTA</b> Choice of Sauce: Plain Or Marinara Sauce String Cheese, Broccoli Fruit and Milk</p>	<p><b>3</b></p> <p><b>PIZZA</b> Cheese or Pepperoni Steamed Carrots Fruit and Milk</p>
<p><b>6</b></p> <p><b>GENERAL TSO POPCORN CHICKEN</b> WG Egg Roll Rice and Carrots Fruit and Milk</p>	<p><b>7</b></p> <p><b>GRILLED CHEESE ON A BAGEL</b> Homemade Soup Pasta Salad Fruit and Milk</p>	<p><b>8</b></p> <p><b>NACHO PLATTER</b> Tostito Rounds Seasoned Meat, Cheese Sauce, Salsa Corn, Sour Cream Fruit and Milk</p>	<p><b>9</b></p> <p><b>PASTA AND MEATBALLS</b> Marinara Sauce Seasoned Broccoli String Cheese Fruit and Milk</p>	<p><b>10</b></p> <p><b>PIZZA</b> Personal Pan Pizza Seasoned Corn Side Salad Fruit and Milk</p>
<p><b>13</b></p> <p><b>BREADED CHICKEN PATTY BACON AND CHEESE ON A BUN</b> Mashed Potatoes Seasoned Corn Fruit and Milk</p>	<p><b>14</b></p> <p><b>STUFFED SHELLS</b> Marinara Sauce Seasoned Broccoli Dinner Roll and Butter Fruit and Milk</p>	<p><b>15</b></p> <p><b>SOFT SHELL TACO</b> Meat, Lettuce, Tomato, Cheese, Salsa, Sour Cream, Rice Refried Beans Fruit and Milk</p>	<p><b>16</b></p> <p><b>PIZZA CRUNCHERS</b> Marinara Sauce Garlic Knot Seasoned Green Beans Fruit and Milk</p>	<p><b>17</b></p> <p><b>ITALIAN DUNKERS</b> Cheesy Sub Hero Side of Marinara Sauce Green Beans Grape Tomatoes Fruit and Milk</p>
<p><b>20</b></p> <p><b>SCHOOL IS CLOSED</b></p>	<p><b>21</b></p> <p><b>CHICKEN BOWL</b> Popcorn Chicken Mashed Potatoes Gravy, Corn Fruit and Milk</p>	<p><b>22</b></p> <p><b>NACHO PLATTER</b> Tostito Rounds Seasoned Meat, Cheese Sauce, Salsa Corn, Sour Cream Fruit and Milk</p>	<p><b>23</b></p> <p><b>CHICKEN CAESAR SALAD</b> Homemade Soup Dinner Roll and Butter Fruit and Milk</p>	<p><b>24</b></p> <p><b>PIZZA</b> Personal Pan Pizza Seasoned Broccoli Side Salad Fruit and Milk</p>
<p><b>27</b></p> <p><b>HOMEMADE MAC AND CHEESE PASTA</b> String Cheese Steamed Broccoli Fruit and Milk</p>	<p><b>28</b></p> <p><b>ALL BEEF HOT DOG ON A BUN</b> Sauerkraut, Bag Of Chips Baked Beans Fruit and Milk</p>	<p><b>29</b></p> <p><b>SCHOOL IS CLOSED</b></p>	<p><b>30</b></p> <p><b>HOT OPEN FACE TURKEY SANDWICH</b> Gravy, Mashed Potatoes Seasoned Corn Fruit and Milk</p>	<p><b>31</b></p> <p><b>PIZZA</b> Cheese or Pepperoni Side Garden Salad Green Beans Fruit and Milk</p>



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JANUARY 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, 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

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### 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

#### 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 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.

