



VALLEY CENTRAL

VIKING PRIDE

MIDDLE SCHOOL

FEBRUARY 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
3 CHICKEN BOWL Popcorn Chicken Mashed Potato and Gravy Steamed Corn Fruit and Milk	4 BACON, EGG AND CHEESE ON A HARD ROLL Tater Tots Fruit and Milk EARLY DISMISSAL	5 QUESADILLA Chicken and Cheese Salsa, Sour Cream Rice, Refried Beans Fruit and Milk	6 GRILLED CHEESE On a Bagel Homemade Soup Pasta Salad Fruit and Milk	7 SUPER BOWL LUNCH Seasoned Wings Side of Mac and Cheese Celery / Carrots, Dressing Fruit and Milk
10 CHICKEN PATTY CORDON BLEU (SWISS AND HAM) ON A BUN, Rice, Seasoned Green Beans Fruit and Milk	11 PASTA STUFFED SHELLS Marinara Sauce, Dinner Roll, Broccoli Fruit and Milk	12 CHICKEN FAJITA Soft Shell Taco Multi-Color Peppers, Onions Refried Beans, Salsa Sour Cream Fruit and Milk	13 CHICKEN GYRO Crispy Chicken Tender Lettuce/Tomato/Onions On Pita Bread, Tzatziki Sauce, Tater Tots Fruit and Milk	14 MOZZARELLA STICKS Garlic Knot Steamed Carrots, Side Salad Fruit and Milk HAPPY VALENTINE'S DAY
17 SCHOOL IS CLOSED	18 SCHOOL IS CLOSED	19 SCHOOL IS CLOSED	20 SCHOOL IS CLOSED	21 SCHOOL IS CLOSED
24 GENERAL TSO POPCORN CHICKEN Egg Roll Rice and Carrots Fruit and Milk	25 PASTA Choice of Sauce: Plain Marinara or Meat Sauce String Cheese, Broccoli Fruit and Milk	26 EMPANADA Sausage, Egg and Cheese Tater Tots Apple Cinn Texas Toast Fruit and Milk	27 VIKING BURGER Choice of Bacon, Cheese, Lettuce, Tomato Pickles, Tater Tots Fruit and Milk	28 PIZZA Cheese or Pepperoni Steamed Carrots Side Salad Fruit and Milk
				<i>Menus are subject to change without notice.</i> <i>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, 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

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.

