



# VALLEY CENTRAL

## VIKING PRIDE

# HIGH SCHOOL

## MARCH 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
<b>3</b> <b>CHICKEN BOWL</b> Chicken Nuggets Mashed Potato and Gravy Steamed Corn Fruit and Milk	<b>4</b> <b>BRUNCH FOR LUNCH</b> Ham and Cheese On a Bagel Tater tots Fruit and Milk	<b>5</b> <b>TATER TOTS WITH CHEESE SAUCE</b> Mozzarella String Cheese Garlic Knot Fruit and Milk	<b>6</b> Pasta and Meatballs Marinara Sauce Seasoned Broccoli Dinner Roll and Butter Fruit and Milk	<b>7</b> <b>PIZZA</b> Cheese or Pepperoni Carrots, Cucumber Coins Ranch Dressing Fruit and Milk
<b>10</b> <b>BREADED BAKED CHICKEN PATTY, CHEESE, BACON ON A BUN</b> Seasoned Rice, Green Beans Fruit and Milk	<b>11</b> <b>ALL BEEF HOT DOG ON A BUN</b> Sauerkraut, Pickles Homemade Baked Beans Fruit and Milk	<b>12</b> <b>QUESADILLA</b> Chicken and Cheese Salsa, Sour Cream Rice, Refried Beans Fruit and Milk	<b>13</b> <b>CHICKEN GYRO</b> Choice of Onions Lettuce/Tomatoes Tzatziki Sauce, On Pita Bread Tater Tots Fruit and Milk	<b>14</b> <b>SEASONED WINGS</b> Side of Mac and Cheese Celery/Carrots, Dressing Fruit and Milk
<b>17</b> <b>BAKED CHICKEN NUGGETS</b> Seasoned Rice Dinner Roll and Butter Seasoned Corn Fruit and Milk	<b>18</b> <b>GRILLED CHEESE ON A BAGEL</b> Seasoned Green Beans Baked Beans, Fruit and Milk <b>EARLY RELEASE</b>	<b>19</b> <b>FRENCH TOAST STICKS</b> Syrup, String Cheese Baby Carrots and Dressing Fruit and Milk <b>EARLY RELEASE</b>	<b>20</b> <b>PASTA WITH ALFREDO SAUCE</b> String Cheese, Broccoli Dinner Roll and Butter Fruit and Milk	<b>21</b> <b>PIZZA CRUNCHERS</b> Breaded Mozzarella and Sauce Grape Tomatoes with side of Dressing Fruit and Milk
<b>24</b> <b>CHICKEN BOWL</b> Chicken Nuggets Mashed Potato and Gravy Steamed Corn Fruit and Milk	<b>25</b> <b>HOMEMADE MAC AND CHEESE</b> Dinner Roll and Butter Steamed Broccoli Fruit and Milk	<b>26</b> <b>CHICKEN FAJITA</b> Soft Shell Taco Multi-Color Peppers, Onions Refried Beans, Salsa Sour Cream Fruit and Milk	<b>27</b> <b>SCRAMBLED EGGS WITH CHEESE</b> Buttered Toasted English Muffin Seasoned Cubed Hash browns Fruit and Milk	<b>28</b> <b>PIZZA</b> Cheese or Pepperoni Steamed Carrots Side Salad Fruit and Milk
<b>31</b> <b>BREADED BAKED CHICKEN PATTY, CHEESE, BACON ON A BUN</b> Seasoned Rice, Green Beans Fruit and Milk				<p style="text-align: center;"><i>Menus are subject to change without notice.</i></p> <p style="text-align: center;"><i>VCSD is an equal opportunity provider and employer.</i></p>



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MARCH 2025  
MENU

### 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.

