



VALLEY CENTRAL

VIKING PRIDE

MIDDLE 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
3 CHICKEN BOWL Chicken Nuggets Mashed Potato and Gravy Steamed Corn Fruit and Milk	4 BRUNCH FOR LUNCH Ham and Cheese On a Bun Tater tots Fruit and Milk	5 TATER TOTS WITH CHEESE SAUCE Mozzarella String Cheese Garlic Knot Fruit and Milk	6 CHICKEN CAESAR SALAD Homemade Soup Dinner Roll and Butter Fruit and Milk	7 PIZZA Cheese or Pepperoni Carrots, Cucumber Coins Ranch Dressing Fruit and Milk
10 BREADED BAKED CHICKEN PATTY, CHEESE, BACON ON A BUN Seasoned Rice, Green Beans Fruit and Milk	11 ALL BEEF HOT DOG ON A BUN Sauerkraut, Pickles Homemade Baked Beans Fruit and Milk	12 QUESADILLA Chicken and Cheese Salsa, Sour Cream Rice, Refried Beans Fruit and Milk	13 PASTA AND MEATBALLS Marinara Sauce Seasoned Broccoli Dinner Roll and Butter Fruit and Milk	14 SEASONED WINGS Side of Mac and Cheese Celery/Carrots, Dressing Fruit and Milk
17 BAKED CHICKEN NUGGETS Seasoned Rice Dinner Roll and Butter Seasoned Corn Fruit and Milk	18 GRILLED CHEESE ON A BAGEL Seasoned Green Beans Baked Beans, Fruit and Milk EARLY RELEASE	19 FRENCH TOAST STICKS Syrup, String Cheese Baby Carrots and Dressing Fruit and Milk EARLY RELEASE	20 CHICKEN GYRO Choice of Onions Lettuce/Tomatoes Tzatziki Sauce, On Pita Bread Tater Tots Fruit and Milk	21 PIZZA CRUNCHERS Breaded Mozzarella and Sauce Grape Tomatoes with side of Dressing Fruit and Milk
24 CHICKEN BOWL Chicken Nuggets Mashed Potato and Gravy Steamed Corn Fruit and Milk	25 HOMEMADE MAC AND CHEESE Dinner Roll and Butter Steamed Broccoli Fruit and Milk	26 CHICKEN FAJITA Soft Shell Taco Multi-Color Peppers, Onions Refried Beans, Salsa Sour Cream Fruit and Milk	27 SCRAMBLED EGGS WITH CHEESE Buttered Toasted English Muffin Seasoned Cubed Hash browns Fruit and Milk	28 PIZZA Cheese or Pepperoni Steamed Carrots Side Salad Fruit and Milk
31 BREADED BAKED CHICKEN PATTY, CHEESE, BACON ON A BUN 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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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.

