

# Valparaiso Community Schools

## 2016-17 ELEMENTARY MENU

All meals include choice of low or fat free milk

LUNCH	\$2.35
Reduced Price	.40
BREAKFAST	\$1.40
Reduced Price	.30
Milk Only	.55

Visit the Skyward Parent Portal to check your child's cafeteria balance, make online deposits to their account, apply for free and reduced price meals and much more! [www.valpo.k12.in.us](http://www.valpo.k12.in.us)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Popcorn Chicken Bowl with Creamy Mashed Potatoes and Cheese Corn Apple Slices	Silver Dollar Pancakes with Syrup and Sausage Hash Brown Fresh Red Grapes 100% Juice	Chicken Filet Sandwich Sugar Snap Peas Celery Sticks Dip Peaches <i>GIVE PEAS A CHANCE</i>	Turkey & Cheese Sub Lettuce and Tomato Sun Chips Baked Beans Orange Smiles	Primo Cheese Pizza Fresh Broccoli and Carrots with Dip Choice of Fruit
WEEK 2	Carolina BBQ Pork Sandwich Crispy Cube Potatoes Pickle Spears Pears Mini Rice Krispie Treat!	Chicken and Belgian Waffles with Syrup Fresh Apple Slices 100% Juice <i>KID APPROVED</i>	<i>Mucho Nachos</i> with Beef, Cheese, Tortilla Chips and Salsa Refried Beans Pineapple and Mango	Baked Chicken Drumstick Potato Wedges Whole Grain Roll Fresh Broccoli and Dip Peaches	Pizza Crunchers Romaine Garden Salad with Dressing Choice of Fruit
WEEK 3	Oriental Chicken with Rice Pilaf Broccoli Mandarin Oranges Fortune Cookie!	French Toast with Strawberries Hash Brown 100% Juice	Chicken Tenders Biscuit Sweet 'n' Spicy Baked Beans Fresh Cucumbers Peaches	All Beef Hot Dog Potato Smiles Pickle Spears Fresh Banana	Domino's Smart Slice Cheese Pizza! Fresh Veggie Cup with Dip Choice of Fruit



Don't feel like the main entrée? Thinking vegetarian? Choose a PBJ Uncrustable or Yogurt, Cheese & Bagel Combo available every day. You still get ice cold milk and all the daily sides! Other meatless menu options are marked with a ★



### BREAKFAST

*includes a variety of fruit, juice and milk*

**MONDAY**  
Warm Cinnamon Roll

**TUESDAY**  
Ultimate Breakfast Bar

**WEDNESDAY**  
Breakfast Pizza

**THURSDAY**  
Dutch Waffle

**FRIDAY**  
Blueberry Muffin

*A variety of General Mills whole grain cereal available every day as a second entrée choice*

### Be a culinary explorer!

Thank a Farmer Fridays

feature special menu items on these dates:

- September 9, 2016
- October 14, 2016
- November 18, 2016
- December 16, 2016
- January 20, 2017
- February 10, 2017
- March 17, 2017
- April 21, 2017
- May 12, 2017

August 2016	September 2016	October 2016	November 2016	December 2016	January 2017	February 2017	March 2017	April 2017	May-June 2017
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1 2 3 4 5	6 7 8 9	1 2 3 4 5 6 7	1 2 3 4	1 2	2 3 4 5 6	1 2 3	1 2 3	3 4 5 6 7	1 2 3 4 5
8 9 10 11 12	13 14 15 16	10 11 12 13 14	7 8 9 10 11	5 6 7 8 9	9 10 11 12 13	6 7 8 9 10	6 7 8 9 10	10 11 12 13 14	8 9 10 11 12
15 16 17 18 19	20 21 22 23	17 18 19 20 21	14 15 16 17 18	12 13 14 15 16	16 17 18 19 20	13 14 15 16 17	13 14 15 16 17	17 18 19 20 21	15 16 17 18 19
22 23 24 25 26	27 28 29 30	24 25 26 27 28	21 22 23 24 25	19 20 21 22 23	23 24 25 26 27	20 21 22 23 24	20 21 22 23 24	24 25 26 27 28	22 23 24 25 26
29 30 31		31	28 29 30	26 27 28 29 30	30 31	27 28	27 28 29 30 31		29 30 31 1 2