

Full price for Regular Lunch Combo is \$2.55, Reduced .40, Free .00, Adult \$3.45

Crave Premium Lunch Combo is \$3.55, Reduced .40, Free .00, Adult \$3.80

Full price for Breakfast Combo is \$1.50, Reduced .30, Free .00, Adult \$2.00

2016-17 VALPARAISO HIGH SCHOOL MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
Classics	Popcorn Chicken Bowl Carolina BBQ Pork Sandwich Primo Italian Pizza	Pancakes with Sausage Cheddar Jack Steak Burger Cheese Breadsticks	Mucho Nachos Crispy Chicken Filet Sandwich Primo Italian Pizza	Pepperoni Calzone Baked Potato Bar! Cheese Breadsticks	Meatball Sub Mini Quesadillas Primo Italian Pizza
Favorites	Cherry Blossom Oriental Chicken Rice Bowl Crispy Chicken Filet Sandwich Primo Italian Pizza	Chicken and Waffles! Chicken Parmesan Bowl Cheese Breadsticks	Homemade Lasagna Spicy Chicken Tenders Primo Italian Pizza	Chicago All Beef Hot Dog Country Baked Chicken with Mac 'n' Cheese Cheese Breadsticks	Jamaican Street Tacos Pizza Crunchers & Marinara Primo Italian Pizza
Crave	Chicken Tender Basket with Crispy Cube Potatoes	Personal Pizza	Pesto Chicken Sub Spicy Fries	Grilled Panini or Flatbread Sandwiches with Seasoned Potato Wedges	FRESH OFF THE GRILL Viking Burger with Classic French Fries



Don't see a hot entrée you like? Thinking vegetarian? Try one of our delicious Grab 'n Go Deli Entrees. Deli Combos include choice of entrées below, Harvest Bar sides and milk.

- ◇ Garden, Chef and Southwest Salads
- ◇ Veggie or Fruit Medley with Cheese and Cornbread
- ◇ Yogurt Parfait
- ◇ Veggie Wrap
- ◇ Deli Turkey Sub on Fresh Baked Bread
- ...and more

BREAKFAST

Enjoy all your favorite breakfast foods every day at our Breakfast Store. Breakfast Combo includes your choice of the entrees below, a variety of fruit, juice and milk...just \$1.50!

- Egg & Cheese Bagel
- Ham & Cheese Croissant
- French Toast Sticks
- Breakfast Pizza
- Cinnamon Roll
- Breakfast Burrito
- General Mills® Cereal or Yogurt Parfait

CONVENIENCE!

Visit the Parent Portal at:
www.valpo.k12.in.us

Open Family Access and click on the Food Services tab to check student balances, view purchases, set spending limits, sign up for low balance email reminders and make online deposits to cafeteria accounts.

Questions?

We're happy to help!

Susie Milcarek, Mgr.

VHS Nutrition Operations

219-531-3050

www.valpo.k12.in.us



@VCS_FoodService



VCS Food & Nutrition

How To Build a Lunch Combo Better Nutrition, Better Value.

Combo meals feature items from 5 food groups and include fresh sides from the **Harvest Bar** and choice of milk. Choose servings from at least 3 groups to qualify as a Combo. A fruit or vegetable must be one of the selected groups. If students choose less than 3, items are priced at a la carte rates and are not available at free and reduced pricing. For the most nutrition and best value, choose items from all 5 food groups!

- ✓ Protein
- ✓ Vegetable
- ✓ Milk
- ✓ Fruit
- ✓ Whole Grains

