

# Valparaiso Community Schools

## 2016-17 MIDDLE SCHOOL MENU

Meals include choice of low or fat free milk, fruit & veggies

LUNCH Combo	\$2.55
Reduced Price	.40
Adult	\$3.45
BREAKFAST Combo	\$1.50
Reduced Price	.30
Adult	\$2.00

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!

We Teachers!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Popcorn Chicken Bowl with Mashed Potatoes ★ Pizza Crunchers	Pancakes with Syrup Zesty Pork Sausage Bosco Breadsticks with Marinara Sauce ★	Chicken Filet Sandwich PASTA BAR! ★ Rotini with choice of Alfredo or Tangy Beef Sauce and Garlic Toast	Pepperoni Calzone Buffalo Chicken Sandwich Sweet 'n' Spicy Baked Beans	Primo Four Cheese Pizza ★ Cheddar Jack Steakburger
WEEK 2	Carolina BBQ Pork Sandwich Buffalo Chicken Tenders Crispy Cube Potatoes	Chicken and Belgian Waffles with Syrup Primo Four Cheese Pizza ★	Mucho Nachos Beef, Cheese, Tortilla Chips Mini Cheese Quesadillas ★ Refried Beans	Baked Chicken with Cornbread Cheddar Jack Steakburger Potato Wedges	Pizza Crunchers ★ Lasagna with Garlic Toast
WEEK 3	Oriental Chicken with Rice Pilaf Crispy Chicken Filet Sandwich Fortune Cookie!	French Toast ★ State Fair Corndog Hash Brown	Chicken Tenders Biscuit Baked Spaghetti with Garlic Toast	All Beef Hot Dog Carolina BBQ Pork Sandwich Sweet 'n' Spicy Baked Beans	Domino's Smart Slice Cheese Pizza! ★ Jamaican Street Tacos

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



### 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!

- Ham & Cheese Croissant
- French Toast Sticks
- Breakfast Pizza
- Cinnamon Roll
- Breakfast Burrito



Don't feel like the main entrée? Thinking vegetarian? Choose a Grab 'n Go Combo available every day in the deli case. Choose a sandwich, sub or salad. You still get ice cold milk and sides from the Harvest Bar. Other meatless menu options are marked with a ★

August 2016	September 2016	October 2016	November 2016	December 2016	January 2017	February 2017	March 2017	April 2017	May-June 2017
M T W Th F	M T W Th F	M T W Th F	M T W Th F	M T W Th F	M T W Th F	M T W Th F	M T W Th F	M T W Th F	M T W Th F
1 2 3 4 5	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	5 6 7 8 9	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	12 13 14 15 16	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	19 20 21 22 23	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	26 27 28 29 30	31	28 29 30	26 27 28 29 30	30 31	27 28	27 28 29 30 31		29 30 31 1 2