

Visit the Skyward Parent Portal to check your child's cafeteria balance, make online deposits, set email preferences, apply for free and reduced price meals and much more! www.valpo.k12.in.us or call us at 219-531-3050.

2017-18

Middle School Menu



Breakfast: \$1.65 .30 Reduced Adult/Visitor Breakfast: \$2.00

Lunch: \$2.65 .40 Reduced Adult/Visitor Lunch: \$3.45

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| WEEK 1 | Crispy Chicken Sandwich Mini Corn Dogs <i>Seasoned Potato Wedges!</i> | French Toast with Sausage Bosco Cheese Sticks with Pizza Dipping Sauce | Build Your Pasta Bowl! Alfredo or Marinara/Beef Chicken Nuggets, 6 pc. | Mini Cheeseburgers Hot & Spicy Chicken Sandwich | Primo Cheese Pizza Pepperoni Calzone |
| WEEK 2 | All Beef Hot Dog Chicken Tenders <i>Waffle Fries!</i> | Chicken and Waffles Bosco Cheese Sticks with Pizza Dipping Sauce | Grilled Cheese Panini Chicken Parmesan Bowl | Zesty Beef Rotini with Garlic Toast Buffalo Chicken Pizza | Pizza Crunchers General Tso's Chicken and Rice Bowl with Fortune Cookie |
| WEEK 3 | Country Baked Chicken and Biscuit Cheddar Jack Burger <i>Tator Tots!</i> | Sausage Biscuit Bosco Cheese Sticks with Pizza Dipping Sauce | Popcorn Chicken Bowl Boneless Chicken Wings <i>Whole Grain Roll</i> | Cheese Quesadillas Nacho Grande Bowl with Beef and Cheese | Domino's Smart Slice Cheese Pizza! Homestyle Lasagna with warm Breadstick |
| HARVEST Bar | Salad Greens, Tomatoes, Pickle Spears, Garbanzo Beans, Apple Slices, Fresh Fruit | Baby Carrots, Hummus, Sugar Snap Peas, 100% Juice Slushie, Fresh Fruit | Fresh Broccoli, Red and Green Pepper Strips, Tomatoes, Bacon, Banana, Fresh Fruit | Salad Greens, Black Beans, Tomatoes, Celery Sticks, Mandarin Oranges, Fresh Fruit | Salad Greens, Fresh Broccoli, Baby Car- rots, Cucumber Slices, Choice of Fruit |

Don't feel like the hot entrées? Thinking vegetarian? Choose one of our daily specials in the deli case!

Crispy Chicken Salad

Fruit and Yogurt Protein Box
Whole Grain PBJ Uncrustable*
Deli Turkey Sandwich

You still get ice cold milk and sides from the Harvest Bar!

Meatless menu entrées: are marked with a

New...Half Day Lunches!

feature special menus on these dates:

September 29, 2017
December 21, 2017
April 20, 2018
May 31, 2018

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 1/2 cup of 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!

Fuel your day with **BREAKFAST!** Enjoy your choice of entrée, fruit, juice and milk.

French Toast Sticks
Ultimate Breakfast Round
Breakfast Pizza
Whole Grain Pastry Choice
Cereal with String Cheese

✓ Protein ✓ Fruit ✓ Milk

✓ Vegetable ✓ Whole Grains

Choose MyPlate and CHOOSE MY PLATE

| August 2017 | September 2017 | October 2017 | November 2017 | December 2017 | January 2018 | February 2018 | March 2018 | April 2018 | May 2018 |
|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
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| 7 8 9 10 11 | 4 | 5 6 7 8 | 9 10 11 12 13 | 6 7 8 9 10 | 4 5 6 7 8 | 8 9 10 11 12 | 5 6 7 8 9 | 5 6 7 8 9 | 2 3 4 5 6 |
| 14 15 16 17 18 | 11 12 13 14 15 | 16 17 18 19 20 | 13 14 15 16 17 | 11 12 13 14 15 | 15 16 17 18 19 | 12 13 14 15 16 | 12 13 14 15 16 | 16 17 18 19 20 | 14 15 16 17 18 |
| 21 22 23 24 25 | 18 19 20 21 22 | 23 24 25 26 27 | 20 21 22 23 24 | 18 19 20 21 22 | 22 23 24 25 26 | 19 20 21 22 23 | 19 20 21 22 23 | 23 24 25 26 27 | 21 22 23 24 25 |
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