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

Breakfast: $1.65 .30 Reduced Adult Breakfast: $2.00

Lunch: $2.65 .40 Reduced Adult Lunch: $3.45

2017-18

Middle School Menu

Valparaiso School Nutrition

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Crispy Chicken Sandwich Mini Corn Dogs *Seasoned Potato Wedges!*	French Toast with Sausage Bosco Cheese Sticks with Pizza Dipping Sauce	Build Your Pasta Bowl! Mac & Cheese or Alfredo Chicken Nuggets, 6 pc.	Mini Cheeseburgers Pulled Pork Sliders	Primo Cheese Pizza Pepperoni Calzone
WEEK 2	All Beef Hot Dog Chicken Tenders *Waffle Fries!*	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 Cheddar Jack Burger *Tator Tots!*	Sausage Biscuit Bosco Cheese Sticks with Pizza Dipping Sauce	Popcorn Chicken Bowl Boneless Chicken Wings *Whole Grain Roll*	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, Peaches	Baby Carrots, Hummus, Sugar Snap Peas, Strawberries, Orange Wedges, 100% Juice Slushie	Fresh Broccoli, Red and Green Pepper Strips, Tomatoes, Bacon, Banana, Blueberry, Cherry & Apple Mix	Salad Greens, Black Beans, Tomatoes, Celery Sticks, Mandarin Oranges, Pineapple	Salad Greens, Fresh Broccoli, Baby Carrots, Cucumber Slices, Applesauce Cup, 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 Medley with Cheese and Nutrition Bar

Whole Grain PBJ Uncrustable® Deli Sandwich

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

Meatless menu entrées:

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 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 √ Milk

√ Vegetable √ Whole Grains

BON JOUR!

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

Egg and Bacon Bosco
Ultimate Breakfast Round
Breakfast Pizza
Whole Grain Pastry Choice
Cereal

August 2017

M	T	W	Th	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

September 2017

M	T	W	Th	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

October 2017

M	T	W	Th	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

November 2017

M	T	W	Th	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

December 2017

M	T	W	Th	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

January 2018

M	T	W	Th	F
1	2	3	4	5
8	9	10	11	12
15	17	18	19	20
22	24	25	26	27
29	30	31		

February 2018

M	T	W	Th	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28		

March 2018

M	T	W	Th	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

April 2018

M	T	W	Th	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

May 2018

M	T	W	Th	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

This institution is an equal opportunity provider. Menus subject to change without notice due to product availability.

Kathleen Kane, SNS, Director