

Full price for Regular Lunch Combo is \$2.65, Reduced .40, Free .00, Adult/Visitor \$3.45

Crave Premium Lunch Combo is \$3.75 , Reduced .40, Free .00, Adult /Visitor \$3.80

Full price for Breakfast Combo is \$1.65, Reduced .30 , Free .00 , Adult/Visitor \$2.00

2017-18 Valparaiso High School Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
	All Beef Hot Dog Cheddar Jack Burger Seasoned Potato Wedges	Chicken and Waffles Hot & Spicy Chicken Sandwich Bosco Cheese Breadsticks	Boneless Chicken Wings Build Your Pasta Bowl Warm Breadstick Buffalo Chicken or Cheese Pizza	Zesty Baked Rotini & Garlic Toast Chicken Parm Sandwich Bosco Cheese Breadsticks	Popcorn Chicken Bowl & Roll Chicken Nuggets, 7 pc. & Roll Meat Lovers or Cheese Pizza
	Crispy Chicken Filet Sandwich Chicken Tenders & Roll Seasoned Potato Wedges	Pancakes and Sausage Country Baked Chicken & Biscuit Bosco Cheese Breadsticks	Nachos Grande Bowl Mini Quesadillas Buffalo Chicken or Cheese Pizza	Cheddar Jack Burger Homestyle Lasagna & Garlic Toast Bosco Cheese Breadsticks	Grilled Three Cheese Panini & Tomato Soup Meat Lovers or Cheese Pizza General Tso's Chicken Bowl with Fortune Cookie
	Personal Pizza	Chicken Tender Basket with Crispy Cube Potatoes	Grilled Flatbread Sandwiches with Tator Tots	Personal Pizza	FRESH OFF THE GRILL Viking Burger with Classic French Fries



DAILY SPECIALS

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.

- ◇ Crispy Chicken Salad
- ◇ Veggie Salad with Cheese, Egg and Nutrition Bar PROTEIN BOX
- ◇ Fruit and Yogurt with Cheese and Nutrition Bar PROTEIN BOX
- ◇ PBJ Uncrustable
- ◇ Deli Turkey Sandwich

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 \$1.65!

- Ham & Cheese Croissant
- Sausage Biscuit
- Breakfast Pizza
- Whole Grain Pastry

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

