



2017-18

Elementary Menu

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: \$1.45 .30 Reduced Adult and Visitors: \$2.00
 Lunch: \$2.45 .40 Reduced Adult and Visitors: \$3.45



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Crispy Chicken Sandwich Baby Carrots & Dip Steamed Broccoli Orange Smiles	Cinnamon French Toast Go-gurt Yogurt Hash Brown Fresh Grapes 100% Juice	★ Chicken Nuggets Dipping Sauces Baked Beans Fresh Cucumber Slices Peaches	Mini Cheeseburgers Seasoned Potato Wedges Romaine Salad Apple Slices	★ Primo Cheese Pizza Sweet, Crunchy Peppers and Cherry Tomatoes with Dip Choice of Fruit
WEEK 2	All Beef Hot Dog Crispy Cube Potatoes Baked Beans Strawberries	Chicken and Waffles with Syrup Sweet Garden Peas Peaches 100% Juice	★ Grilled Cheese Panini Fresh Broccoli & Dip Pickle Spears Apple Slices	Zesty Baked Rotini Garlic Bread Romaine Salad Applesauce	★ Pizza Crunchers Romaine Salad Honey Glazed Carrots Choice of Fruit
WEEK 3	Country Baked Chicken Soft Pretzel Bites Steamed Broccoli Mandarin Oranges	Sausage Biscuit Hash Brown 100% Juice Fresh Grapes	Popcorn Chicken Bowl Mashed Potatoes and Cheddar Cheese Corn Fresh Banana	★ Cheese Quesadillas Tortilla Chips & Salsa Dip Refried Beans Pineapple	★ Domino's Smart Slice Cheese Pizza! Baby Carrots & Celery Sticks with Dip Choice of Fruit

BREAKFAST

includes a variety of fruit, juice and milk

MONDAY
Ultimate Breakfast Bar

TUESDAY
Breakfast Pizza

WEDNESDAY
Mini French Toast

THURSDAY
Minion Yogurt Parfait

FRIDAY
Blueberry Muffin

A variety of General Mills whole grain and reduced sugar cereal available every day as a second entrée choice.

New...Half Day Lunches!

feature special menus on these dates:

September 29, 2017

October 26-27, 2017

December 21, 2017

April 20, 2018

May 31, 2018

MENU SPECIALS

All meals include choice of low fat or fat free milk.

Don't feel like the main entrée? Thinking vegetarian? Choose a whole grain PBJ Uncrustable® or Yogurt, String Cheese & Nutrition Bar Combo available every day. You still get ice cold milk and all the daily sides! Meatless entrée options are marked with a ★

August 2017	September 2017	October 2017	November 2017	December 2017	January 2018	February 2018	March 2018	April 2018	May 2018
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