

Valley Center Schools Lunch Menu

Middle School Menu

September

Monday

Labor Day
No School

Tuesday
Professional Development
No School

Wednesday
Crispito (chicken/cheese) 4
 Spanish Rice, Frito Salad,
 Baby Carrots, Broccoli,
 Tropical Fruit, Milk

Thursday
Chicken Tenders 5
 Mashed Potatoes, Gravy,
 Green Beans, Wheat Roll,
 Rosy Applesauce, Milk


Friday
Cheeseburger 6
 French Fries, Lettuce,
 Tomato, Baked Beans,
 Carrots, Apple Slices, Milk

Cheesy Chicken & Pasta 9
 Sweet Red peppers,
 Garlic Bread, Broccoli,
 Peaches, Milk

Chicken Nuggets 10
 Mashed Potatoes,
 Gravy, Green Beans,
 Dinner Roll, Baked Beans,
 Oranges, Milk

French Toast Sticks 11
 Sausage, Scrambled Eggs,
 Tater Tots,
 Juice Blend, Banana,
 Milk

Mexican Crispito 12
 Frito Salad, Steamed
 Corn, Cucumber Slices,
 Pineapple, Milk

 **Pizza** 13
 Tossed Salad, Breadstick,
 Red Peppers, Frozen
 Treat, Milk

Chicken & Noodles 16
 Mashed Potatoes,
 Steamed Broccoli,
 Peaches, Milk

Nachos 17
 Mexican Beans, Tomato,
 Fresh Veggies, Tropical
 Fruit, Milk

Pancake Sandwich 18
 Tater Tots, Juice Blend,
 Strawberries & Bananas,
 Milk

Cowboy Cavatini 19
 Tossed Salad, Garlic
 Bread, Steamed Corn,
 Fruit Cocktail, Milk


Crispy Chicken Sand. 20
 Baked Beans, Carrots,
 Broccoli, Apple Slices,
 Milk

Tater Tot Casserole 23
 Steamed Peas, Dinner
 Roll, Mandarin Oranges,
 Milk

Hot Ham & Cheese 24
 Baked Beans, Carrots
 & Celery, Chips, Frozen
 Treat, Milk

French Bread Pizza 25
 Tossed Salad, Baby
 Carrots, Zucchini Slices,
 Banana, Milk

Beef & Bean Burrito 26
 Frito Salad, Fresh
 Broccoli, Carrots,
 Orange, Milk

 **Pizza** 27
 Tossed Salad, Breadstick,
 Red Peppers, Grapes,
 Milk

Country Steak 30
 Mashed Potatoes, Gravy,
 Green Beans, Cookie,
 Peaches, Milk

Meal Price
\$3.15
September Total
\$59.85

