

Valley Center Schools Lunch Menu

High 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 & Celery, Apple
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, Fruit,
Frozen Treat, Milk

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

Nachos 17
Mexican Beans, Tomato,
Fresh Veggies, Tropical
Fruit, Churro Chips, 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, Lettuce
& Tomato, Carrots,
Broccoli, Apple, 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, Fruit, Milk

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

Meal Price
\$3.25
September Total
\$61.75

