2023	November V			VCV Menu	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
Good Egg Sandwich	Breakfast Pizza	Yogurt	Cheese Bread Stick	Sausage	
Cereal	Fruit	Muffin	Tri Tater	French Toast	
Toast	Orange Juice	Fruit	Fruit	Syrup Cup	
Fruit	Skim or 1% Milk	Orange Juice	Orange Juice	Fruit	
Orange Juice	Siant of 170 min	Skim or 1% Milk	Skim or 1% Milk	Orange Juice	
		Skill of 170 Plik	Skiiii Oi 170 i iiik		
Skim or 1% Milk 30	31	01	02	Skim or 1% Milk 03	
				03	
MS/HS Pizza or	MS/HS Chicken Nuggets or	MS/HS Cheeseburger or	MS/HS Burrito or		
Crispy Chicken Sand.	Walking Beef Taco	Sesame Popcorn Chicken	Calzone	NO SCHOOL	
Baked Beans	Shredded Cheddar & Salsa	Assorted Chips	Marinara Sauce		
Coleslaw	Refried Beans	Carrots & Dressing	Side Salad & Dressing		
		_	_		
Assorted Fruit	Shredded Lettuce	Assorted Fruit	Assorted Fruit		
	Tomatoes				
	Assorted Fruit				
06	07	08	09	10	
MS/HS Hot Ham & Cheese	MS/HS Pizza Crunchers or	MS/HS Crispitos or	MS/HS Popcorn Chicken or	MS/HS Pizza or	
or	-, -	', ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' ' '		-,	
	Lacara	Bean & Cheese Burrito	BBQ Meatballs	Sweet & Sour Chicken	
Chicken Nuggets	Lasagna				
Chips	Romaine	Refried Beans	Mashed Potatoes	Brown Rice	
Carrots	Tomatoes	Cucumbers	Carrots	Broccoli	
Assorted Fruit	Dinner Roll	Assorted Fruit	Dinner Roll	Assorted Fruit	
	Assorted Fruit		Assorted Fruit		
13	14	15	16	17	
MS/HS BBQ Rib or	MS/HS Hamburger or	MS/HS Chicken Tenders or	MS/HS Salad bar	MS/HS Pizza or	
Macaroni & Cheese	Quesadilla Pizza	Corn Dog	Turkey Day	Sloppy Joe	
Side Salad	Corn	Assorted Chips	Mashed Potatoes/Gravy	Assorted Chips	
Tomatoes	Cucumbers & Dip	Baked Beans	Dinner Roll	Cucumbers	
Dinner Roll	Assorted Fruit	Coleslaw	Cranberry Sauce	Assorted Fruit	
Assorted Fruit		Assorted Fruit	Celery		
			Pumpkin Bar		
20	21	22	23	24	
MS/HS Pizza or	MS/HS Cooks Choice				
Chicken Tenders	Cooks Choice	NO SCHOOL	NO SCHOOL	NO SCHOOL	
Baked Beans					
Side Salad					
Assorted Fruit					
27	28	29	30	01	
MS/HS Pizza or	MS/HS Chicken Sandwich			_	
11713/173 PIZZA OF	or	MS/HS Loaded Tots or	MS/HS Hamburger or	MS/HS Pork Chop Patty or	
Pancakes	Hot Dog	Sesame Popcorn Chicken	Grilled Cheese	Pepperoni Pizza	
Sausage	Baked Beans	Assorted Chips	Tomato Soup	Romaine Salad	
Breakfast Potatoes	Coleslaw		•	Cucumbers	
		Carrots & Dip	Celery		
Carrots	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	
Assorted Fruit					

MS/HS Students may sub in a yogurt parfait or salad bar for the main dish at no extra cost

You must have money in your account for extra milk, juice, and extra entrees