







Valley View Middle School Menu January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>7 Corn Dog Nuggets ● Sun Chips Vegetarian Baked Beans Mandarin Oranges Milk Variety</p> <p>Alternate Choice: Tuna Sandwich</p>	<p>8 Chicken Strips & Rice Warm Garlic Toast Veggie Choice Sweet Pineapple Tidbits Milk Variety</p>  <p>Alternate Choice: Turkey Deli Sandwich</p>	<p>9 California Burger Lettuce and Tomato Crinkle Cut Fries Petite Banana Milk Variety</p> <p>Alternate Choice: Fish Patty on WW Bun</p>	<p>10 Cheese Ravioli Warm Garlic Knot Lettuce/Bacon Bits Salad Chilled Mixed Fruit Milk Variety</p> <p>Alternate Choice: Ham and Cheese Sandwich ●</p>	<p>11 Italian Dunker's Cheesy Bread Veggie Choices Fruit Choices Milk Variety</p> <p>Alternate Choice: PB&J Sandwich ■</p>
<p>14 Sriracha Chicken Bites Creamy Mac and Cheese California Blend Chilled Mixed Fruit Milk Variety</p>  <p>Alternate Choice: Pork Steak ▼</p>	<p>15 Meatball Sub Spicy Curly Fries Baked Beans Seasonal Fresh Fruit Milk Variety</p> <p>Alternate Choice: Hot Dog on WW Bun ●</p>	<p>16 Wild Mike's Cheese Bites Marinara Dipping Sauce Crisp Garden Salad Applesauce Variety Snack Milk Variety</p> <p>Alternate Choice: Sub Sandwich ●</p>	<p>17 Chicken Alfredo Pasta Warm Garlic Bread Creamy Coleslaw Sliced Pears Milk Variety</p>  <p>Alternate Choice: Chicken Strips</p>	<p>18 Toasted Cheese Sandwich Chicken Noodle Soup Fresh Veggie Choices Fruit Choices Milk Variety</p> <p>Alternate Choice: Tuna Sandwich</p>
<p>21</p> <p>No School</p> <p>Martin Luther King Jr Holiday</p>	<p>22 Hot Dog ● Tortilla Chips Baked Beans Peaches Slices Milk Variety</p> <p>Alternate Choice: Sub Sandwich ●</p>	<p>23 Cheeseburger on WW Bun Lettuce & Tomato Sweet Potato Fries Mandarin Oranges Milk Variety</p>  <p>Alternate Choice: Turkey Burger on WW Bun</p>	<p>24 Beef Taco Lettuce and Salsa Seasoned Black Beans Sliced Pears Fruit Sorbet Milk Variety</p> <p>Alternate Choice: Fish Taco</p>	<p>25 French Toast Sticks Sausage Links ● Hash-brown Tri-Tators Juicy Oranges Milk Variety</p>  <p>Alternate Choice: Turkey Deli Sandwich</p>
<p>28 French Bread Pizza Steamed Carrots Sliced Peaches Mini Ice Cream Sandwich Milk Variety</p>  <p>Alternate Choice: Corn Dog Nuggets ●</p>	<p>29 Chicken Drummies Mashed Potatoes and Gravy Warm Garlic Knot Steamed Mixed Vegetables Seasonal Fresh Fruit Milk Variety</p> <p>Alternate Choice: Pork Steak ▼</p>	<p>30 Hamburger on Bun Lettuce and Tomato Curly Fries Petite Banana Milk Variety</p> <p>Alternate Choice: Tuna Sandwich</p>	<p>31 Spaghetti with Meat Warm Garlic Bread Fresh Caesar Salad Chilled Sliced Pears Milk Variety</p> <p>Alternate Choice: Chicken Strips</p>	<p>Feb 1</p> <p>No School</p> <p>Conferences/Workshop</p>

Lactose reduced milk
Available with written request.

● Turkey or Beef ▼ may contain Pork ■ may contain Nuts
Menus may change without notice.

IM does not follow menu alternate
VVE follows different menu alternates

