













Valley View Middle School September 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>No School</p> <p>Labor Day</p>	<p>3 <u>Grades 6-12 Only!</u></p> <p>Chicken Quesadilla Lettuce and Tomato Refried Beans Crisp Apples Milk Variety</p> <p>Alternate Choice: Turkey Burger</p>	<p>4</p> <p>Cheeseburger Lettuce & Tomato Spicy Curly Fries Fresh Oranges Milk Variety</p>  <p>Alternate Choice: Tuna Sandwich</p>	<p>5</p> <p>Sweet and Sour Chicken Warm Garlic Bread Carrots and Dip Mandarin Oranges Milk Variety</p>  <p>Alternate Choice: Pork Steak ▼</p>	<p>6</p> <p>Bosco Sticks Pizza Dipping Sauce Veggie Choices Fruit Choices Milk Variety</p> <p>Alternate Choice: Sub Sandwich ●</p>
<p>9</p> <p>Chicken Nuggets Creamy Mac and Cheese Steamed Broccoli Mixed Fruit Milk Variety</p>  <p>Alternate Choice: Tuna Sandwich</p>	<p>10</p> <p>Corn Dog Nuggets ● Chips Baked Beans Fresh Fruit Choice Milk Variety</p> <p>Alternate Choice: Turkey Sandwich</p>	<p>11</p> <p>Chicken Patty on Bun Lettuce and Tomato Sweet Potato Fries Petite Banana Milk Variety</p> <p>Alternate Choice: Hamburger</p>	<p>12</p> <p>Spaghetti with Meat Warm Garlic Bread Fresh Caesar Salad Apple Wedges Milk Variety</p> <p>Alternate Choice: Chicken Strips</p>	<p>13</p> <p>French Bread Pizza Steamed Corn Fruit Choice Mini Ice Cream Sandwich Milk Variety</p>  <p>Alternate Choice: PB&J Sandwich ■</p>
<p>16</p> <p>Chicken Mashed Potatoes and Gravy Warm Garlic Bread California Blend Peaches Milk Variety</p> <p>Alternate Choice: Pork Steak ▼</p>	<p>17</p> <p>Meatball Sub Spicy Curly Fries Carrots and Dip Juicy Melon Milk Variety</p>  <p>Alternate Choice: Sub Sandwich ●</p>	<p>18</p> <p>Cheese Quesadilla Fresh Salad Refried Beans Pineapple Tidbits Milk Variety</p>  <p>Alternate Choice: Tuna Sandwich</p>	<p>19</p> <p>Beef Taco Lettuce and Tomato Steamed Corn Sliced Pears Sorbet Milk Variety</p>  <p>Alternate Choice: Fish Taco</p>	<p>20</p> <p>French Toast Sticks Sausage Links ● Hash-brown Tri-Tatoes Juicy Fresh Oranges Milk Variety</p>  <p>Alternate Choice: Ham Sandwich ●</p>
<p>23</p> <p>French Bread Pizza Steamed Mixed Vegetables Chilled Mixed Fruit Mini Ice Cream Sandwich Milk Variety</p> <p>Alternate Choice: Fish Sandwich</p>	<p>24</p> <p>Hot Dog ● Chips Baked Beans Watermelon Milk Variety</p>  <p>Alternate Choice: Turkey Sandwich</p>	<p>25</p> <p>California Burger Lettuce and Tomato Roasted Red Potatoes Petite Banana Milk Variety</p>  <p>Alternate Choice: Chicken Patty on Bun</p>	<p>26</p> <p>Chicken Alfredo Pasta Warm Garlic Bread Caesar Salad Apple Wedges Milk Variety</p>  <p>Alternate Choice: Chicken Strips</p>	<p>27</p> <p>Wild Mike's Cheese Bites Marinara Dipping Sauce Veggie Choices Fruit Choices Variety Snack Milk Variety</p>  <p>Alternate Choice: Hot Dog ●</p>

IM does not follow menu alternates
VVE follows different menu alternates

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

Lactose reduced milk
Available with written request.

All bread/grains served are whole grain rich. Food prepared in kitchens where milk, eggs, soy beans, tree nuts, peanuts and other ingredients are used.

Detailed menu analysis available at www.bloomingtonschools.org
(Select Parents, select Food Services, select Menus)

Valley View Middle School Breakfast Menu - Breakfast includes fruit, 100% fruit juice & 8oz milk

Monday	Tuesday	Wednesday	Thursday	Friday
Egg & Cheese on Bun or Sausage & Cheese on Bun ● or One of the following: Cereal & Toast Yogurt Parfait Muffin & Cheese Stick Banana Bread PB&J Uncrustable ■ Bagel & Cream Cheese UBR Bar	French Toast Sticks & Sausage Link ● or One of the following: Cereal & Toast Yogurt Parfait Muffin & Cheese Stick Banana Bread PB&J Uncrustable ■ Bagel & Cream Cheese UBR Bar	Hot Ham & Cheese on Bun ● or Breakfast Burrito or One of the following: Cereal & Toast Yogurt Parfait Muffin & Cheese Stick Banana Bread PB&J Uncrustable ■ Bagel & Cream Cheese UBR Bar	French Toast Sticks & Sausage Link ● or or One of the following: Cereal & Toast Yogurt Parfait Muffin & Cheese Stick Banana Bread PB&J Uncrustable ■ Bagel & Cream Cheese UBR Bar	Breakfast Pizza & Toast ● or Hot Ham & Cheese Sandwich ● or One of the following: Cereal & Toast Yogurt Parfait Muffin & Cheese Stick Banana Bread PB&J Uncrustable ■ Bagel & Cream Cheese UBR Bar

Free breakfast and lunch is available for those whose income is within Federal guidelines. **A new application must be filled out each school year.** They are available in all Bloomington Public Schools, at the ESC District Food Service office and on the Bloomington Schools website.



To print an Online Application for Educational Benefits go to the Bloomington Schools website - www.bloomingtonschools.org, click on Parents - Food Services - Free and Reduced Meal Application for Educational Benefits. You can print out an application or apply Online by clicking on the button that looks like this:



SCHOOL MEAL PAYMENT ORDER FORM - Account Balance Information 952-681-6570

MAIL TO: ESC - FOOD SERVICE DEPARTMENT
 1350 West 106th Street
 BLOOMINGTON, MN 55431

K-5 Lunch	2.75	1-5 Breakfast	1.40
6-8 Lunch	3.00	9-12 Breakfast	1.55
9-12 Lunch	3.05	*Free/Reduced Breakfast	.00
*Free/Reduced Lunch	.00	Milk Only	.50

CHECK # _____
Make check payable to: ISD #271

Name _____ **School** _____ **Grade** _____ **\$** _____
Last First Middle I

*Must have a current approved application and the student must choose a reimbursable meal to qualify for meal benefits. If a student chooses to bring a meal from home, they must pay for their carton of milk which costs .50, meal benefits do not apply to milk only.

Credit card payments may be made on the PayPAMS website <http://www.PayPAMS.com>.

Check or cash meal payments may be made at the individual school kitchens or the district Food Service Office at 1350 West 106th Street. Payments made before 9:00 am will **usually** be in the student's account the same school day by lunch **except in the event of electronic failures**.

For account balances call 952-681-6570.

If your application is approved for free or reduced, there is no charge for breakfast or lunch.

"USDA is an equal opportunity provider, employer and lender"