

# WINTER/SPRING 2015 Valparaiso Community Schools Elementary Menu



@VCS\_FoodService

Food and Nutrition Services • 2727 N. Campbell • Valparaiso, IN 46385 • (219) 531-3050

www.valpo.k12.in.us • Kathleen Kane, SNS, Director

PRICES: Breakfast Full Price \$1.40, Reduced .30

Lunch Full Price \$2.20, Reduced .40

All meals include low fat milk.

## Cycle Week 1

### MONDAY

Crispy Chicken Sandwich  
Corn Niblets  
Lettuce & Tomato  
Cinnamon Applesauce

### TUESDAY

Pasta with Beef Sauce  
Garlic Toast  
Green Beans  
Strawberries!

### WEDNESDAY

Chicken Nuggets  
Wild Rice  
Sweet Garden Peas  
Pears

### THURSDAY

Beef and Cheese Nachos  
Refried Beans  
Lettuce, Tomato & Salsa  
Pineapple

### FRIDAY

Big Daddy Cheese Pizza ★  
Steamed Broccoli  
Choice of Fruit

## Cycle Week 2


### MONDAY

Lil' Viking Cheeseburger  
Roasted Potatoes  
Sweet Garden Peas  
Peaches

### TUESDAY

Popcorn Chicken Bowl!  
Mashed Potatoes, Cheddar  
Cheese, Corn Niblets  
Fresh Apple Slices

### WEDNESDAY

 Teriyaki Steak Dippers  
Lo Mein Noodles  
Veggie Egg Roll  
Steamed Broccoli  
Mandarin Oranges

### THURSDAY

All Beef Hot Dog ▲  
Sweet & Spicy Baked Beans  
Pickle Spears  
Mango Pineapple Salad

### FRIDAY

Grilled Cheese Sandwich ★  
Garden Salad  
Tomato Soup  
Choice of Fruit

## Cycle Week 3

### MONDAY

Mini Corn Dog Wraps  
WG Cheez-It Crackers  
Steamed Broccoli  
Peaches

### TUESDAY

*Brunch for Lunch!*  
Silver Dollar Pancakes  
with Syrup & Sausage Links ▲  
Hash Brown, Juice  
Raisins

### WEDNESDAY

Pepperoni Pizza ▲  
Honey Glazed Carrots  
Applesauce

### THURSDAY

Turkey & Cheese Deli Sub  
Lettuce & Tomato  
Baked Potato Smiles  
Mixed Fruit Cup

### FRIDAY

Mozzarella Breadsticks ★  
Marinara Sauce  
Fresh Sugar Snap Peas w/Dip  
Choice of Fruit

## Start SMART with Breakfast!

### Monday

Whole Grain Dutch  
Waffle

### Tuesday

Breakfast Pizza

### Wednesday

Mini Pancakes

### Thursday

Egg and Sausage  
Sandwich

### Friday

Mini Cinni Rolls

**Breakfast includes  
100% juice, fruit choice  
and low fat milk**

Kellogg's® Reduced Sugar  
Whole Grain  
Cereal offered as a second  
choice every morning!



Celebrate  
International cuisine  
with us! This menu  
features an Asian  
inspired lunch.

★ Meatless Entrée

▲ Contains Pork

○ May Contain Nuts

## Lovely LEGUMES:



New federal regulations require schools to offer at least one 1/2 cup serving of legumes each week for lunch. Many students are unfamiliar with legumes and need your support and encouragement to try these healthy dishes. We offer Sweet & Spicy Baked Beans, Refried Beans and Fresh Sugar Snap Peas.

### What is a legume?

Legumes are plants that bear their fruit inside a pod. Familiar legumes include lima beans, black beans, chickpeas, navy beans, kidney beans, sugar snap peas and pinto beans.

### Did you know...

Adding legumes to your diet can decrease your risk of heart disease and cancer. Legumes are a low fat source of protein with no cholesterol and high in fiber.

### Try it at home!

For great recipe ideas, visit:

<http://www.foodnetwork.com/topics/beans-and-legumes.html>

<http://recipes.prevention.com/Recipes/SearchResults.aspx?WithTopic=Beans+and+Legumes>

## JANUARY

5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

## FEBRUARY

2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27

## MARCH

2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

## APRIL

		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

## MAY/JUNE

				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
1	2	3	4	

AVAILABLE EVERY DAY AS A SECOND CHOICE ENTRÉE  
(Includes regular menu sides and milk)

PBJ Combo ○ with String Cheese and Whole Grain Crackers ★  
or  
Yogurt Combo with String Cheese and Bagel ★