

SEPTEMBER | 2019



VALLEY VIEW JUNIOR HIGH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



3
NO
SCHOOL

4 Italian Spaghetti
Spinach and Tomato Salad
Choice of Fruit
Milk

Spicy Chicken Sandwich

5 Chicken Fajita
Fresh Vegetable Toppings
Black Beans
Mexican Rice
Choice of Fruit
Milk

Walking Taco

6 Fish Sticks
Dinner Roll
Sweet Potato Fries
Steamed Green Beans
Choice of Fruit
Milk

Pizza

9 Chicken Nuggets
Mashed Potatoes
Corn
Choice of Fruit
Milk

Popcorn Chicken

**10 BRUNCH
FOR
LUNCH!!!**

11 Turkey Sandwich
Steamed Broccoli w/ Cheese
Yogurt Cup
Choice of Fruit
Milk

Cheese Ravioli w/ Breadstick

12 Taco
Fresh veggie Toppings
Beans and Rice
Choice of Fruit
Milk

Chicken Burrito Bowl

13 Fish or Chicken Sandwich
Steamed Peas
Seasoned Carrots
Choice of Fruit
Milk

PIZZA

16 Chickens Fingers
Potatoes
Corn
Choice of Fruit
Milk

Mashed Potato Bowl

17 Grilled Cheese
Tomato Soup
Yogurt cup
Choice of Fruit
Milk

Spicy Chicken Sandwich

18 Chicken Patty
Lettuce Tomato Pickle
Steamed Broccoli
Choice of Fruit
Milk

Bosco Sticks

19 Chicken Fajita
Black Beans w/ Rice
Fresh Toppings
Choice of Fruit
Milk

Spartan Nachos

20 Fish Sandwich
Carrots w/ Dip
Steamed Green Beans
Choice of Fruit
Milk

Pizza

23 Hot Dog
Saur Kraut
Mashed Potatoes
Choice of Fruit
Milk

Popcorn Chicken

24 Hamburger
Lettuce Tomato Pickle
Baked Beans
Choice of Fruit
Milk

Hot Ham and Cheese

25 Baked Rotini
Spinach and Tomato Salad
Choice of Fruit
Milk

Pulled Pork Sandwich

26 French Toast
Sausage
Hashbrowns
Choice of Fruit
Juice and Milk

Biscuits and Gravy

27 Fish Sticks
Dinner Roll
Sweet Potato Fries
Steamed Green Beans
Choice of Fruit
Milk

Pizza

30 Chickens Fingers
Potatoes
Corn
Choice of Fruit
Milk

Mashed Potato Bowl

1

2

3

4 Michelle Gephart
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News

Breakfast: \$1.75
Reduced: \$.30

Lunch: \$2.65/\$3.15
Reduced \$.40

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OPPORTUNITY
PROVIDER AND
EMPLOYER

