

# Valley Forge Middle School Menu

<p><b>March 23</b></p> <p>Corn Dog</p> <p>French Fries Steamed Broccoli Fruit Snacks Milk Selection</p>	<p><b>March 24</b></p> <p>Popcorn Chicken</p> <p>Green Beans Tossed Salad Peaches Milk Selection</p>	<p><b>March 25</b></p> <p>Soft Shell Taco</p> <p>Lettuce, Tomato, Cheese Black Bean Salsa Carrot Sticks Apple Crisp Milk Selection</p>	<p><b>March 26</b></p> <p>Pasta w/ Meatsauce</p> <p>Breadstick Caesar Salad Pears Milk Selection</p>	<p><b>March 27</b></p> <p>Homemade Chili w/ Dinner Roll</p> <p>Green Beans Tossed salad Fresh Grapes Milk Selection</p>
---	--	--	--	---

## Spring Break March 30 –April 6

<p><b>April 6</b></p> <p><b>No School For Students (Inservice for Instructional Staff)</b></p>	<p><b>April 7</b></p> <p>Meatball Sand.</p> <p>Mashed Potatoes Cucumber Slices Applesauce Milk Selection</p>	<p><b>April 8</b></p> <p>Spicy Chicken Fingers</p> <p>Baked Beans Peaches Dinner Roll Milk Selection</p>	<p><b>April 9</b></p> <p>Nachos w/ Beef and Cheese</p> <p>Lettuce, Tomato, Cheese Carrot Sticks Mixed Fruit Milk Selection</p>	<p><b>April 10</b></p> <p>Popcorn Chicken</p> <p>Green Beans Tossed Salad Fresh Fruit Selection Milk Selection</p>
<p><b>April 13</b></p> <p>Corn Dog</p> <p>French Fries Peas Apple Wedges Milk Selection</p>	<p><b>April 14</b></p> <p>American Hoagie</p> <p>Baby Carrots Baked Beans Fresh Fruit Selection Milk Selection</p>	<p><b>April 15</b></p> <p>Chicken Nuggets w. Dinner Roll</p> <p>Cucumber Slices Tator Tots Peaches Milk Selection</p>	<p><b>April 16</b></p> <p>Meatball Sand.</p> <p>Steamed Broccoli Fresh Fruit Selection Milk Selection</p>	<p><b>April 17</b></p> <p>Pizza Dippers w/ Marinara</p> <p>Green Beans Cucumber Slices Hot Cinnamon Apples Milk Selection</p>
<p><b>April 20</b></p> <p>Pancakes, sausage, syrup</p> <p>Hash Browns Fresh Fruit Selection 100% juice Selection Milk Selection</p>	<p><b>April 21</b></p> <p>Cheesesteak Sand.</p> <p>Baked Beans Carrots w/ Tarragon Applesauce Milk Selection</p>	<p><b>April 22</b></p> <p>Toasted Cheese Sand.</p> <p>Tomato Soup Sliced Cucumbers Orange Smiles Milk Selection</p>	<p><b>April 22</b></p> <p>Popcorn Chicken</p> <p>Mashed Potatoes Carrot Sticks Mixed Fruit Milk Selection</p>	<p><b>April 23</b></p> <p>Chicken Club Sand (Chicken Bacon and Cheese).</p> <p>Pears Caesar salad Sliced Cucumbers Milk Selection</p>

## Offered Daily

<p><b>Monday</b></p> <p>Chicken Patty Sand. Cheeseburger Mickey's Pizza Selection PB&amp;J</p>	<p><b>Tuesday</b></p> <p>Chicken Patty Sand. Cheeseburger Buffalo Chicken Wrap Mickey's Pizza Selection PB&amp;J</p>	<p><b>Wednesday</b></p> <p>Chicken Patty Sand. BBQ Pork Rib Sand. Cheeseburger Mickey's Pizza PB&amp;J</p>	<p><b>Thursday</b></p> <p>Chicken Patty Sand Cheeseburger Turkey and Bacon Wrap Mickey's Pizza Selection PB&amp;J</p>	<p><b>Friday</b></p> <p>Chicken Patty Sand. Cheeseburger Mickey's Pizza Selection PB&amp;J</p>
--	--	--	---	--

### Middle School Breakfast Meal \$1.45

Four Items:  
1. Bread 2. Protein 3. Fruit 4. Milk  
You may take all four items, but must take at least three items to count as a Meal. You may take two breads or one bread and one protein and one fruit and one milk.  
Choose One Entrée (Bread), (Protein)  
Bagel Lg Muffin 1 Cereal & 1 Sm Muffin  
French Toast Sticks & Sausage  
Choose One Fruit (Fruit)  
Fresh Fruit 4oz 100% Fruit Juice  
Choose One (8oz Milk)



### Middle School Lunch Meal \$2.95

Five Items:  
1. Protein 2. Bread 3. Fruit 4. Vegetable 5. Milk  
You may take all five items, but must take at least three items, with one of the three items being a fruit or vegetable to count as a lunch. Entrée's usually count as two items (Protein, Bread).  
Choose One Entree: (Protein, Bread)  
Choose up to Three: (choose 1 Fruit & up to 2 Vegetables)  
Choose One: (1% white, skim white & non-fat chocolate milk)

### CAFETERIA ACCOUNT

Please include your child's name and pin # with all pre-payments. You may also pay online at [www.paypams.com](http://www.paypams.com). FREE registration (\$1.95 fee for online deposits)

### Notes about our Menu

- Milk is available with each meal: 1% White, Non-Fat White or Non-Fat Chocolate
- A minimum of 1 Fresh Fruit & 1 Fresh Veg are available with each meal, as well as 4oz Apple and Grape Juice