



FEBRUARY | 2019

Valley View High School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28

29

30

31

1 Chicken or Fish Sandwich
Steamed Broccoli
Choice of Fruit
Milk

PIZZA

4 NATIONAL HOMEMADE SOUP DAY!!



5 Hot Ham and Cheese
Steamed Broccoli
Choice of Fruit
Milk

General Tso's Chicken

6 Chicken Fajita
Black Beans and rice
Lettuce Tomato Onion
Choice of Fruit
Milk

Mexican Lasagna



8 Fish
Steamed Carrots
Fruit
Milk

Pizza

11

Chicken Nuggets
Mashed Potatoes
Corn
Choice of Fruit
Milk

Potato Bowl

12 Hamburger
Lettuce Tomato Pickle
Sweet Potato Fries
Choice of Fruit
Milk

Rib Sandwich

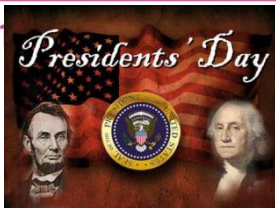
13 Soft Taco
Fresh Veggie Toppings
Refried Beans
Choice of Fruit
Milk

Mexican Chicken Flat Bread

14 Deli Turkey Sandwich
Spinach Salad with Tomatoes
Choice of Fruit
Milk

Lasagna

15 NO SCHOOL



19 Grilled Cheese
Tomato Soup
Choice of Fruit
Milk

Meatball Sub

20 Chicken Fajita
Lettuce Tomato Cheese
Black Beans and Salsa
Mexican Rice
Choice of Fruit
Milk

Walking Taco

21 Chili Spaghetti
Spinach Salad
Choice of Fruit
Milk

Foot Long Coney

22 Fish
Steamed Peas
Choice of Fruit
Milk

Pizza

25

Chicken Nuggets
Mashed Potatoes
Choice of Fruit
Milk

Country Fried Steak

26

Hot Dog
Mac N Cheese
Cole Slaw
Choice of Fruit
Milk

Smoked Pulled Chicken

27

Taco
Fresh Vegetable Toppings
Refried Beans
Choice of Fruit
Milk

Spartan Nachos



1

News

Breakfast 1.75
Reduced .40

Lunch 2.65/3.15
Reduced .40

USDA IS AN EQUAL OPPORTUNITY EMPLOYER AND PROVIDER

Kitchen Manager:
Michelle Gephart
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