

## Meals are Free

A complete Breakfast and Lunch will be free for all students Pre-K to 12th grade for the school year 2021-2022

## Breakfast

Monday - Grab & Go  
Tuesday - Breakfast Sandwich  
Wednesday—Grab & Go  
Thursday— Breakfast Pizza  
Friday –Variety

Cereal Available Daily  
Meal includes Milk, and Juice

## Elementary Second Choice

Monday - PB&J Sandwich  
Tuesday - Chicken & Cheese Salad  
Wednesday -PB&J Sandwich  
Thursday— Chicken & Cheese Salad  
Friday -PB&J Sandwich

Meals Include Fruit, Vegetable and Milk Choice

## MHS Salad Option

Monday - Chicken & Cheese Salad  
Tuesday - Chef Salad  
Wednesday—Bacon Chicken Ranch Salad  
Thursday— Chef Salad  
Friday—Variety Salad

Meals Include Fruit, Vegetable and Milk Choice

## MHS Express Option

Monday - Buffalo Chicken Wrap  
Tuesday - Hot Entrée (Variety)  
Wednesday—Bacon Chicken Ranch Wrap  
Thursday— BBQ Chicken Wrap  
Friday –Cold Turkey Sub

PB&J Available Daily

Meals Include Fruit, Vegetable and Milk Choice



**Monday**

Hot Dog / WW Roll **3**  
Tots  
Sliced Carrots  
Fruit & Milk

Early Release **10**  
Pancakes/Syrup  
Sausage Links  
Hash Browns, Carrot Sticks  
Fruit & Milk

**NO SCHOOL** **17**  
  
Martin Luther  
King Jr. Day

Chicken Nugget **24**  
WW Roll  
French Fries  
Veggie Beans  
Fruit & Milk

Grilled Cheese **31**  
WW Bread  
French Fries  
Carrots  
Fruit & Milk

**Tuesday**

Nachos w/Cheese/ **4**  
Salsa/Lettuce  
Tossed Salad  
BBQ Beans  
Fruit & Milk

Hamburger **11**  
WW Roll  
Wedges  
Broccoli  
Fruit & Milk

Chicken Patty **18**  
WW Roll  
French Fries  
BBQ Beans  
Fruit & Milk

Baked Pasta **25**  
Tossed Salad  
Sliced Carrots  
Fruit & Milk

**Wednesday**

Valley Bowl **5**  
Popcorn Chicken  
Mashed Potatoes w/Gravy  
Corn (& HS-Carrots)  
Fruit & Milk

Soft Taco **12**  
Meat/Cheese/Salsa/Lettuce  
Tossed Salad  
BBQ Beans  
Fruit & Milk

Grilled Cheese **19**  
WW Bread  
Tomato Soup  
Green Beans / Sliced Carrots  
Fruit & Milk

Hot Dog / WW Roll **26**  
Potato Wedges  
Broccoli  
Fruit & Milk

**Thursday**

Meatball Sub w/Cheese **6**  
MHS- BBQ Rib WW Roll  
French Fries  
Broccoli  
Fruit & Milk

Chicken Nugget WW Roll **13**  
MHS- Oven Roasted Chicken  
Tots  
Sliced Carrots  
Fruit & Milk

BBQ Chicken Sandwich **20**  
MHS- Buffalo& BBQ Chicken  
Sandwich  
Tots & Corn  
Fruit & Milk

Valley Bowl **27**  
Popcorn Chicken  
Mashed Potatoes w/Gravy  
Corn (& HS-Carrots)  
Fruit & Milk

**Friday**

Pizza **7**  
Carrots Sticks  
Celery Sticks  
Fruit & Milk

Pizza **14**  
Carrots Sticks  
Green Beans  
Fruit & Milk

Pizza **21**  
Carrots Sticks  
Broccoli  
Fruit & Milk

Pizza **28**  
Carrots Sticks  
Celery Sticks  
Fruit & Milk

**Meals are FREE for All Students in the school year 2021-2022**

If you have any questions please contact Mrs. Martineau at (518) 834-2805 or [martineau.michelle@avcsk12.org](mailto:martineau.michelle@avcsk12.org)