

Valley Stream UFSD 24 Lunch Menu December 2024

	Mon	Tue	Wed	Thu	Fri				
2	Cheese Beef Patty w/ Ketchup Roasted Potatoes Fresh Orange <u>Vegetarian Meal</u> Egg & Cheese Sandwich w/ Ketchup Roasted Potatoes Fresh Orange	3	Jerk Chicken w/ Rice & Black Beans Fresh Pear <u>Vegetarian Meal</u> Veggie Patty on a Bun Stewed White Beans Fresh Pear	4	Pancakes w/ Fried Eggs, Turkey Sausage, Syrup Roasted Sweet Potatoes Fresh Apple <u>Vegetarian Meal</u> Thai Noodle Salad Bowl Baby Carrots w/ Ranch Dressing Fresh Apple	5	Beef Meatballs w/ Tomato Sauce Broccoli Fresh Banana <u>Vegetarian Meal</u> Cobb Salad w / Ranch Dressing Pita Bread Fresh Banana	6	Cheese Pizza Garden Side Salad Italian Dressing Raisins
9	Chicken Nuggets Baked Beans Fresh Orange <u>Vegetarian Meal</u> Falafel Bites, Quinoa Pilaf w/ Black Beans & Tomatoes Fresh Orange	10	Macaroni & Cheese WW Roll Broccoli Fresh Pear	11	Adobo Chicken Cilantro Brown Rice Street Corn Fresh Apple <u>Vegetarian Meal</u> Veggie Burrito Street Corn Fresh Apple	12	French Toast Sticks w/ Scrambled Eggs, Syrup Roasted Sweet Potatoes Fresh Banana	13	French Bread Pizza Celery Ranch Dressing Applesauce
16	Meatloaf w/Gravy WW Bun Mashed Potatoes Fresh Orange <u>Vegetarian Meal</u> Cheese Quesadilla w/ Sour Cream, Street Corn Fresh Orange	17	BBQ Chicken w/Rice Baked Beans Fresh Pear <u>Vegetarian Meal</u> Spanish Rice w/Cheese and Beans Fresh Pear	18	Buffalo Chicken Melt Flatbread Celery Sticks / Ranch Dressing Fresh Apple <u>Vegetarian Meal</u> Cheese Ravioli, Green Beans Fresh Apple	19	Stuffed Bread Sticks Marinara Dipping Sauce 100% Sun Splash Juice Raisins	20	Cheese Pizza Garden Side Salad Ranch Dressing Fresh Banana
23	SCHOOL CLOSED HOLIDAY RECESS	24	SCHOOL CLOSED HOLIDAY RECESS	25	SCHOOL CLOSED HOLIDAY RECESS	26	SCHOOL CLOSED HOLIDAY RECESS	27	SCHOOL CLOSED HOLIDAY RECESS
30	SCHOOL CLOSED HOLIDAY RECESS	31	SCHOOL CLOSED HOLIDAY RECESS						

All students are now entitled to one free breakfast and one free lunch daily.

A meal MUST be complete to be FREE

- All grain products are whole grain rich
- There are no pork products on this menu
- Meals are lean and cheeses are low fat
- All products contain Zero Trans Fats., No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Lunch Milk Choices

- 1% Milk
- Skim Chocolate Milk

PLEASE NOTE

- If you have food allergy please speak to your school nurse
- Menu is subject to change

Adult – \$5.46

Food Provided by:

Whitson's Culinary Group

USDA is an equal opportunity provider and employer.