

Valley Stream 24 K-6 Lunch Menu

December 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cheese Lasagna w/ Tomato Sauce Green Beans Fruit	2 Cheese Pizza ^v Fresh Baby Carrots w/ Ranch Dip Fruit
5 Chicken Nuggets Baked Beans Fruit	6 Macaroni & Cheese Steamed Broccoli Fruit	7 Chicken Tamale w/ Spanish Brown Rice Refried Beans Fruit	8 Beef Meatloaf w/Gravy WW Bun Mashed Potatoes Fruit	9 Cheese Pizza Fresh Baby Carrots w/ Ranch Dip Fruit
12 Cheese Quesadilla Mexican Corn Salad Fruit	13 Chicken & Vegetable Dumplings Asian Vegetables Fruit	14 BBQ Chicken over Brown Rice Baked Beans Fruit	15 Stuffed Bread Sticks Marinara Dipping Sauce 100% Sun Splash Juice Fruit	16 Cheese Pizza ^v Garden Side Salad w/ Ranch Fruit
19 Cheese Beef Burger on WW Bun Roasted Potatoes Fruit	20 Fajita Chicken with Brown Rice Black Beans & Tomatoes Fruit	21 Beef Meatballs & Spaghetti w/ Tomato Sauce & Parmesan Cheese Steamed Broccoli Fruit	22 Cheese Ravioli Green Beans Fruit	23 Cheese Pizza Fresh Baby Carrots w/ Ranch Dip Fruit
26 No School Holiday Recess	27 No School Holiday Recess	28 No School Holiday Recess	29 No School Holiday Recess	30 No School Holiday Recess

DID YOU KNOW...

- All grain products are whole grain rich
- There are no pork products on this menu
- Meats 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 a food allergy please speak to your school nurse
- Menu is subject to change.

Students: \$2.25

Adults: \$5.46

Milk: \$.50

