

Valley Stream 24 K-6 Lunch Menu

November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Turkey Hot Dog on WW Bun Baked Beans Fruit	2 Chicken Tenders Roasted Potatoes Fruit	3 Sweet & Sour Meatballs over Brown Rice Green Beans Fruit	4 Cheese Pizza ^v Fresh Baby Carrots w/ Ranch Dip Fruit
7 Chicken Nuggets Baked Beans Fruit	8 No School	9 Caribbean Chicken over Brown Rice Green Beans Fruit	10 Beef Meatloaf w/ Gravy WW Bun Mashed Potatoes Fruit	11 No School Veteran's Day
14 Beef Salisbury w/ Gravy WW Bread Roasted Potatoes Fruit	15 Chicken & Vegetable Dumplings Asian Vegetables Fruit	16 BBQ Chicken over Brown Rice Baked Beans Fruit	17 Chicken Alfredo Pasta Steamed Broccoli Fruit	18 Cheese Pizza ^v Fresh Baby Carrots w/ Ranch Dip Fruit
21 Beef Burger on WW Bun Roasted Potatoes Fruit	22 Beef Chili with Brown Rice Carrots Fruit	23 Beef Meatballs & Spaghetti w/ Tomato Sauce & Parmesan Cheese Steamed Broccoli Fruit	24 No School Thanksgiving Recess	25 No School Thanksgiving Recess
28 BBQ Beef Meatballs WW Club Roll Steamed Broccoli Fruit	29 Turkey Hot Dog on WW Bun Baked Beans Fruit	30 Chicken Tenders Roasted Potatoes Fruit		

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

