

Valley Stream UFSD 24 Lunch Menu March 2024

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

A meal MUST be complete to be FREE

Choice of:

Main Meal OR
Vegetarian Meal

- All grain products are whole grain rich
- 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

Mon	Tue	Wed	Thu	Fri
				1 Cheese Pizza Baby Carrots w/ Ranch Dressing Raisins
4 Chicken Nuggets w/Baked Beans Orange <u>Vegetarian Meal:</u> Falafel Bites, Black Bean & Tomatoes Orange	5 Beef Meatballs w/Tomato Sauce & Mozzarella Cheese Broccoli Pears <u>Vegetarian Meal:</u> Macaroni and Cheese Broccoli Pears	6 Turkey Hot Dog Roasted Sweet Potatoes Apples <u>Vegetarian Meal:</u> Veggie Patty on Bun Roasted Potatoes Apples	7 Adobo Chicken over Cilantro Brown Rice & Street Corn Banana <u>Vegetarian Meal:</u> Spanish Rice w/ Cheese & Beans Refried Beans Banana	8 French Bread Cheese Pizza Celery Sticks w/ Ranch Dressing Apple Sauce
11 Salisbury Steak w/Gravy Roasted Potatoes Orange <u>Vegetarian Meal:</u> Cheese Quesadilla w/Sour Cream Street Corn Orange	12 BBQ Chicken w/Rice Baked Beans Pears <u>Vegetarian Meal:</u> Cheese Lasagna w/Tomato Sauce Green Beans Pears	13 <hr/> 1/2 DAY FOR STUDENTS -no lunch served	14 Turkey Fajita w/Brown Rice Carrots Banana <u>Vegetarian Meal:</u> Stuffed Breadsticks w/Sauce Sun Splash Vegetable Juice Banana	15 Cheese Pizza Garden Side Salad w/ Ranch Dressing Raisins
18 BBQ Beef Meatballs Broccoli Orange <u>Vegetarian Meal:</u> Pasta w/Tomato Sauce & Mozzarella Cheese Broccoli Orange	19 Chicken Tenders w/Ketchup Roasted Potatoes Pear <u>Vegetarian Meal:</u> Alfredo Pasta w/Bread Slice Peas Pear	20 <hr/> 1/2 DAY FOR STUDENTS -no lunch served	21 Chicken Ceasar Salad Pita Bread Banana <u>Vegetarian Meal:</u> Cheese Lasagna w/Tomato Sauce Green Beans Banana	22 French Bread Pizza Baby Carrots w/ Ranch Dressing Raisins
25 Cheese Beef Burger /Ketchup Roasted Potatoes Orange <u>Vegetarian Meal:</u> Egg & Cheese Sandwich w/ Ketchup Roasted Potatoes Orange	26 Turkey Salsa Bowl Ranchero Brown Rice Stewed Pinto Beans Pear <u>Vegetarian Meal:</u> Spanish Rice w/Cheese & Beans Pear	27 Beef Meatballs, Tomato Sauce & Parmesan Cheese Broccoli Apple <u>Vegetarian Meal:</u> Veggie Burger w/Ketchup Garden Side Salad w/ Ranch Dressing Apple	28 Crispy Cheesy Chicken Biscuit Sandwich Celery Sticks w/Ranch Dressing Banana <u>Vegetarian Meal:</u> Cobb Salad Pita Bread Banana	29 EASTER RECESS SCHOOL CLOSED