



## VALLEY STREAM UNION FREE SCHOOL DISTRICT 24

Monday	Tuesday	Wednesday	Thursday	Friday
September 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
	ROSH HASHANAH  SCHOOL CLOSED	FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice Craisins Choice of Milk	COCOA PUFFS Strawberry Square Apple Juice Fresh Banana Choice of Milk	CINNAMON CHEX Graham Crackers Fresh Apple Choice of Milk
October 7, 2019	October 8, 2019	October 9, 2019	October 10, 2019	October 11, 2019
GOLDEN GRAHAM CEREAL Vanilla Breakfast Squares Apple Juice Craisins Choice of Milk	RICE CHEX Cherry Breakfast Bar Blended Fruit Juice Diced Pears Choice of Milk	YOM KIPPUR  SCHOOL CLOSED	CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice Fresh Banana Choice of Milk	CHEERIOS Maple Breakfast Square Fresh Apple Choice of Milk
October 14, 2019	October 15, 2019	October 16, 2019	October 17, 2019	October 18, 2019
COLUMBUS DAY  SCHOOL CLOSED	FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice Craisins Choice of Milk	FROSTED CORN FLAKES Animal Graham Crackers Fresh Apple Choice of Milk	COCOA PUFFS Strawberry Square Apple Juice Fresh Banana Choice of Milk	CINNAMON CHEX Graham Crackers Fresh Apple Choice of Milk
October 21, 2019	October 22, 2019	October 23, 2019	October 24, 2019	October 25, 2019
GOLDEN GRAHAM CEREAL Vanilla Breakfast Squares Apple Juice Craisins Choice of Milk	RICE CHEX Cherry Breakfast Bar Blended Fruit Juice Diced Pears Choice of Milk	TRIX CEREAL Graham Crackers Fresh Apple Choice of Milk	CINNAMON TOAST CRUNCH Strawberry Square Blended Fruit Juice Fresh Banana Choice of Milk	CHEERIOS Maple Breakfast Square Fresh Apple Choice of Milk
October 28, 2019	October 29, 2019	October 30, 2019	October 31, 2019	November 1, 2019
FRUITY CHEERIOS Maple Breakfast Square Orange Tangerine Juice Craisins Choice of Milk	APPLE CINNAMON CHEERIOS Vanilla Breakfast Square Blended Fruit Juice Diced Peaches Choice of Milk	FROSTED CORN FLAKES Animal Graham Crackers Fresh Apple Choice of Milk	COCOA PUFFS Strawberry Square Apple Juice Fresh Banana Choice of Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.



Breakfast: \$2.00 student / \$2.50 adult  
Lunch: \$3.00 student / \$4.00 adult