




Valley Stream CHSD JHS Lunch February 2024



Daily Lunch Choices:

Cold Grab n Go Options:

Sun Butter & Jelly on WG Bread (V)


 Yogurt Parfait with Fruit, Grahams, & 2 Mozzarella String Cheese (V)


  Egg Chef Salad w/ Cheddar, Egg & WG Dinner Rolls

  Grilled Chicken Caesar Salad w/ WG Croutons & WG Dinner Roll

Hot Lunch Line:

Daily Hot Featured Entree

 WG Cheese Pizza (V)

 WG Pepperoni Pizza (P)

Hamburger on WG Bun
Cheeseburger on WG Bun
Chicken Patty on WG Bun
Spicy Chicken Patty on WG Bun

All meals include choice of Fruit, Veggies & Milk:

Fruit & Veggie Choices:

Garden Side Salad, Celery Sticks, Fresh Baby Carrots, Apples, Oranges & 100% Fruit Juice 1% White, Skim White & Chocolate Skim


***Items with a (P) may contain pork.**

***Items with a (V) are vegetarian.**

 *Denotes homemade.*

 *Denotes fresh ingredients.*


Happy Valentine's Day!
February 14
Fresh Baked WG Brownie Cookies for sale at every school. \$1.00 each

5
 Cheesy Stuffed WG Breadsticks w/ Dipping Sauce (V)


Roast Broccoli

6
 Chicken Fajita Quesadilla w/ Salsa

Steamed Carrots

7 **Burger Bar**
 Sautéed Onions, Pickles, Raw Onion, Tomato, Lettuce
American, Cheddar & Swiss Cheese on WG Roll
BBQ Baked Beans

1
Turkey Rueben Panini
Sliced Turkey, Swiss Cheese & Cole Slaw
Grilled on WG Bread
Vegetarian Beans

2 **National Tater Tot Day**
 Southwest Baked Fish Over Santé Rice Topped w/ Pico De Gallo


Confetti Tater Tots

12
 **Cheesy Baked Penne (V)**


 Steamed Broccoli

13 WG Boneless Chicken Tenders BBQ Sauce


 Celery/Carrot Sticks Ranch Dressing
BBQ Vegetarian Beans

14
 Chicken Parm Sandwich On WG Bun

Steamed Broccoli

15
 WG Rotini Pasta w/ Meat Sauce

Steamed Green Beans

16
 Turkey Nachos w/ Cheese Sauce, Cheddar & Salsa on Tortilla Chips w/ Sante Fe Rice Mexicali Corn

LTO Thai Shrimp Noodle Bowl – available February 12 to 16

19

20

21

22

23

Winter Recess Schools Closed

All students are now entitled to one free breakfast and one free lunch daily. **A meal MUST be complete to be FREE.**
Meals MUST include choice of: Fruit and/or Vegetable And MAY include: Milk

All snacks and incomplete meals will be charged a la carte. Please see A La Carte List for pricing.

26
WG Pizza Crunchers (V)

Roast Green Beans

27 **National Strawberry Day**
WG Boneless Chicken Nuggets BBQ Sauce

 Celery & Carrot Sticks Ranch Dressing
BBQ Vegetarian Beans

28
Chicken Meatball Parm Sub on WG Roll

Oven Baked French Fries

29
Pork Carnitas, Pico & Frito Bowl

Mexicali Corn

