



Princeton Forrestal Village
 110A Rockingham Row
 Princeton, NJ 08540
 Email: valentinosprinceton@gmail.com
 Phone: 609-520-1191

OCTOBER 2023

HARMONY SCHOOL PRINCETON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Macaroni and Cheese, Green Beans, Fresh Fruit	3 Mozzarella Sticks, Carrots, Fresh Fruit	4 Chicken Cubes with Marinara Sauce and Rice, Peas, Fresh Fruit	5 Black bean and rice burrito, Broccoli, Fresh Fruit	6 Valentino's Pizza, Corn, Fresh Fruit
9 Cheese Ravioli with Tomato Sauce, Green Beans, Fresh Fruit	10 French Toast, Turkey Links, Peas, Fresh Fruit	11 Baked Ziti with Spinach, Broccoli, Fresh Fruit	12 Fish Sticks with Tater Tots, Carrots, Fresh Fruit	13 Valentino's Pizza, Corn, Fresh Fruit
16 Wheat Pasta with Marinara Sauce, Carrots, Fresh Fruit	17 Mozzarella Sticks, Green Beans, Fresh Fruit	18 Chicken Nuggets, Peas, Fresh Fruit	19 Cheeseburger on a Bun, Broccoli, Fresh Fruit	20 Valentino's Pizza, Corn, Fresh Fruit
23 Grilled Cheese on Wheat Bread, Carrots, Fresh Fruit	24 Spaghetti, Meatballs w/Tomato Sauce, Green Beans, Fresh Fruit	25 Chicken Patty on a Bun, Broccoli, Fresh Fruit	26 French Toast, Turkey Links, Peas, Fresh Fruit	27 Valentino's Pizza, Corn, Fresh Fruit
30 Macaroni and Cheese, Green Beans, Fresh Fruit	31 Mozzarella Sticks, Carrots, Fresh Fruit			

Every day after 5pm
Get \$2.00 OFF any Pizza Pie
 PICK UP ONLY
 Valentino's Pizzeria
 Forrestal Village
 Food Court
 Just minutes from the school!
 (609) 520-1191
 Just say you are a Harmony parent!

Fresh Fruit may be any one of the following:

- Banana
- Pineapple
- Grape
- Apple
- Pear
- Berries
- Orange
- Watermelon
- Cantaloupe
- Peach

Daily Vegetarian Option:

Pasta with Tomato Sauce or butter

Grilled Cheese Sandwich

Cheese Pizza (Slice)

*Order online at www.valentinosforrestal.com/harmony-school
 For questions or concerns please contact us at 609-520-1191*