




# NOVEMBER 2018—AM



## Valley View, ECEAP, Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Harvest of the Month SQUASH</b>			1	2
<p>Winter squash are loaded with vitamins A and C and provide about the same amount of potassium as bananas! There are over 15 different types of nutritious winter squash!</p>			<p><b>Breakfast</b> Bagel &amp; Cream Cheese Mixed Fruit Milk</p>	No School
5	6	7 Washington Wednesday	8	9
<p><b>Breakfast</b> Cinnamon French Toast Diced Pears Milk</p>	<p><b>Breakfast</b> Vanilla Greek Yogurt with Blueberries Milk</p>	<p><b>Breakfast</b> Breakfast Pizza Bagel Banana Milk</p>	No School	No School
12	13	14 Washington Wednesday	15	16
No School	<p><b>Breakfast</b> Egg &amp; Cheese Sandwich Diced Peaches Milk</p>	<p><b>Breakfast</b> Whole Grain Oatmeal with Fresh Strawberries Milk</p>	<p><b>Breakfast</b> Colby Cheese Omelet Orange Wedges Milk</p>	No School
19	20	21	22	23
No School K-6		No School K-6		No School K-12
<p>— <b>Conferences</b> —</p>			<p> <b>Happy Thanksgiving!</b> </p>	
26	27	28 Washington Wednesday	29	30
<p><b>Breakfast</b> Blueberry Muffin Diced Pears Milk</p>	<p><b>Breakfast</b> Vanilla Greek Yogurt with Raspberries Milk</p>	<p><b>Breakfast</b> Whole Grain Oatmeal with Apple Slices Milk</p>	<p><b>Breakfast</b> Scrambled Eggs Cucumber Slices Milk</p>	No School

**BREAKFAST:** Served every morning before school with fruit, 100% juice and milk. Choice of cereal & Graham crackers offered daily in addition to a hot entrée choice.

**LUNCH:** Salads, fresh fruit & vegetables & milk offered daily with lunch.

A vegetarian choice is offered daily. No pork is served at elementary schools.

*\*Washington Wednesday is our way of highlighting delicious local foods. We are proud to serve local dairy, whole grains, beans, fruits & vegetables.\**

**QUESTIONS?** Call the Nutrition Services Office at 206-631-3010. Menu subject to change.

*This institution is an equal opportunity provider. Updated 10/23/18*

