




# NOVEMBER 2018– Snack



Valley View, ECEAP, Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Harvest of the Month SQUASH</b>		1	2
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!			<b>Snack</b> Assorted Cereal Milk	No School
5	6	7 Washington Wednesday	8	9
<b>Snack</b> Animal Crackers Orange Wedges	<b>Snack</b> String Cheese Amazin' Raisins	<b>Snack</b> Goldfish Pretzels Apple Slices	No School	No School
12	13	14 Washington Wednesday	15	16
No School	<b>Snack</b> String Cheese Fruit Cup	<b>Snack</b> Cheddar Chex Mix Jicama Sticks	<b>Snack</b> Assorted Cereal Milk	No School
19 No School K-6	20 No School K-6	21 No School K-12	22 Thanksgiving	23
<b>Conferences</b>			 <b>Happy Thanksgiving!</b> 	
26	27	28 Washington Wednesday	29	30
<b>Snack</b> Cheez-It Crackers That's It Fruit Bar	<b>Snack</b> String Cheese Amazin' Raisins	<b>Snack</b> Goldfish Pretzels Mixed Fruit	<b>Snack</b> Assorted Cereal Milk	No School

**BREAKFAST:** Served every morning before school with fruit, 100% juice and milk.

**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 10/25/18*

