




NOVEMBER 2018-PM



Valley View, ECEAP, Head Start

Monday	Tuesday	Wednesday	Thursday	Friday
Harvest of the Month SQUASH			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>			Lunch Chicken Alfredo Whole Grain Roll Mixed Fruit Salad with Tomato Slices Milk	No School
5	6	7 Washington Wednesday	8	9
Lunch Cheese Quesadilla With Salsa Diced Pears Salad with Red Bell Pepper Milk	Breakfast for Lunch Apple Cinnamon Texas Toast, Hard-Boiled Egg & String Cheese Spinach with Blueberries Milk	Lunch Vegetarian Meatballs with Marinara Sauce Cucumber Coins Banana Milk	No School	No School
12	13	14 Washington Wednesday	15	16
No School	Lunch Bean & Cheese Burrito & Salsa Diced Peaches Snap Peas Milk	Lunch Lasagna Roll-Up Either with Garlic Toast Spinach with Strawberries Milk	Lunch Chicken Tortilla Soup Texas Cheese Toast Orange Wedges Broccoli Florets Milk	No School
19 No School K-6	20 No School K-6	21 No School K-12	22 Thanksgiving	23
<p>— Conferences —</p>		<p style="text-align: right;">  Happy Thanksgiving!  </p>		
26	27	28 Washington Wednesday	29	30
Lunch Cheese Breadsticks & Marinara Sauce Diced Pears Salad with Red Bell Pepper Milk	Lunch Chicken Soft Taco Steamed Corn Raspberries Milk	Lunch Veggie Sliders Mini Baked Potatoes Spinach & Mixed Fruit Milk	Lunch Chicken Butternut Squash Curry Stew with Rice <i>or</i> French Bread Pizza Cucumber & Apple Slices 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

