

# DECEMBER 2018 Happy Holidays!

## Valley View, ECEAP, Head Start—PM Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>Lunch</b> Orange Chicken & Brown Rice with Scallions & Fresh Ginger <i>or</i> Quesadilla with Salsa Diced Peaches Milk	4 <b>Lunch</b> Bean & Cheese Burrito & Salsa Applesauce Snap Peas Milk	5 Washington Wednesday 6 <b>Lunch</b> Veggie Sliders Spinach with Strawberries Milk	7 <b>Lunch</b> Mac & Cheese with Homemade Roll Orange Wedges Roasted Parsnips Milk	No School
10 <b>Lunch</b> Cheese Breadsticks & Marinara Sauce Diced Pears Salad with Red Bell Pepper Milk	11 <b>Lunch</b> Bean & Cheese Tostada with Shredded Lettuce & Cilantro Apple Slices Milk	12 Washington Wednesday 13 <b>Lunch</b> Vegetarian Meatballs with Garlic Toast Cucumber Coins Banana Milk	14 <b>Lunch</b> Garlic Cheese Toast Roasted Brussel Sprouts Blueberries Milk	No School
17 <b>Lunch</b> Chicken-Less Nuggets Cheez-It Crackers Applesauce Snap Peas Milk	18 <b>Breakfast for Lunch</b> Apple Cinnamon Texas Toast, Hard Boiled Egg With Baked Apples Spinach Milk	19 Washington Wednesday 20 <b>Lunch</b> Veggie Burger Diced Pears Salad with Red Bell Pepper Milk	21 <b>Lunch</b> White Chicken Chili & Tortilla Chips Homemade Cornbread <i>or</i> Chef's Choice Orange Wedges Broccoli Florets Milk	No School
24 No School	25 No School	26 No School	27 No School	28 No School



**Have a Safe and Relaxing Winter Break!**



31 No School

**No School**



### Harvest of the Month BEANS AND LENTILS

Beans & Lentils are a good source of protein, low in fat and high in dietary fiber. Our bodies use protein to build and maintain our muscles. They grow in a rainbow of colors: black, pink, red and white. This month try something new with beans or lentils! Nutrition Services is offering beans and lentils in the following December dishes: White Chicken Chili & Cocoa Bean Brownie. We also serve a variety of beans on the salad bar every day!

**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 11/20/18*

