

DECEMBER 2018 Happy Holidays!



Valley View, ECEAP, Head Start—AM Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Breakfast Bagel & Cream Cheese Diced Peaches Milk	4 Breakfast Egg & Cheese Sandwich Applesauce Milk	5 Washington Wednesday 6 Breakfast Whole Grain Oatmeal with Fresh Strawberries Milk	7 Breakfast Colby Cheese Omelet Orange Wedges Milk	No School
10 Breakfast Blueberry Muffin Diced Pears Milk	11 Breakfast Vanilla Greek Yogurt Apple Slices Milk	12 Washington Wednesday 13 Breakfast Breakfast Pizza Bagel Banana Milk	14 Breakfast Scrambled Eggs Blueberries Milk	No School
17 Breakfast Cinnamon French Toast Applesauce Milk	18 Breakfast Vanilla Greek Yogurt with Blueberries Milk	19 Washington Wednesday 20 Breakfast Whole Grain Oatmeal Diced Pears Milk	21 Breakfast Chef's Choice Orange Wedges 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

