

DECEMBER 2018 Happy Holidays!



Valley View, ECEAP, Head Start—SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 Washington Wednesday 6	7	
Snack Animal Crackers Orange Wedges	Snack String Cheese Amazin' Raisins	Snack Goldfish Pretzels Apple Slices	Snack Assorted Cereal Milk	No School
10	11	12 Washington Wednesday 13	14	
Snack Goldfish Crackers Applesauce	Snack String Cheese Fruit Cup	Snack Cheddar Chex Mix Jicama Sticks	Snack Assorted Cereal Milk	No School
17	18	19 Washington Wednesday 20	21	
Snack Cheez-It Crackers That's It Fruit Bar	Snack String Cheese Amazin' Raisins	Snack Goldfish Pretzels Mixed Fruit	Snack Assorted Cereal 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

