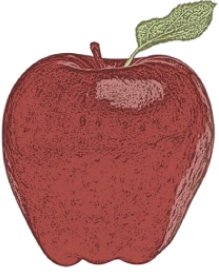







JANUARY 2019

Valley View and Preschool—AM



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
  Winter Break  				
7 Welcome Back!	8	9	10	11
Breakfast Whole Grain Cereal & Graham Crackers Diced Peaches Milk	Breakfast Cinnamon French Toast Applesauce Milk	Breakfast Whole Grain Oatmeal with Diced WA Apples & Cinnamon Milk	Breakfast Egg & Cheese Sandwich Mixed Fruit Milk	No School
14	15	16	17	18
Breakfast Cheese Omelet & Toast Diced Pears Milk	Breakfast Blueberry Muffin Applesauce Milk	Breakfast Vanilla Greek Yogurt Diced Apples & Granola Milk	Breakfast Bagel & Cream Cheese Sliced Oranges Milk	No School
21	22	23	24	25
Martin Luther King Jr. Day No School	Breakfast Egg & Cheese Sandwich Diced Peaches Milk	Breakfast Whole Grain Oatmeal with Diced WA Apples & Cinnamon Milk	Breakfast Hardboiled Egg & Graham Cracker Mixed Fruit	No School
28	29	30	31	
Breakfast Cinnamon French Toast Diced Pears Milk	Breakfast Scrambled Eggs & Toast Applesauce Milk	Breakfast Vanilla Greek Yogurt Diced Apples & Granola Milk	Breakfast Breakfast Pizza Bagel Sliced Oranges Milk	

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.
 All grains served are whole grain products

QUESTIONS? Call the Nutrition Services Office at 206-631-3010. Menu subject to change.
 This institution is an equal opportunity provider. Updated 12/13/2018

