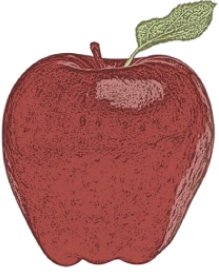







JANUARY 2019

Valley View and Preschool—PM



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
  Winter Break  				
7 Welcome Back!	8	9	10	11
Lunch Cheese Breadsticks & Marinara Sauce Diced Peaches Milk	Lunch Cheese Pizza Quesadilla Salsa Applesauce Milk	Lunch Sunbutter Sandwich & String Cheese Sliced Red Bell Pepper WA Apple Slices Milk	Lunch Chicken Pozole Soup with Fresh Toppings (Radishes, Cabbage, Cilantro) and Garlic Cheese Toast Mixed Fruit Milk	No School
14	15	16	17	18
Lunch Chicken-less Nuggets Cheez-It Crackers Green Beans Diced Pears Milk	Lunch Bean & Cheese Burrito Steamed Corn Salsa Applesauce Milk	Lunch Caprese Panini (Tomato, Basil, & Mozzarella) Garden Salad WA Apple Slices Milk	Lunch Mac & Cheese & Homemade Roll Spinach with Cucumber Coins Sliced Oranges Milk	No School
21	22	23	24	25
Martin Luther King Jr. Day No School	Lunch Bean & Cheese Tostada with Shredded Lettuce Diced Peaches Milk	Lunch Veggie Burger Roasted Baby Bakers WA Apple Slices Milk	Lunch Tomato Soup Toasted Cheese Sandwich Mixed Fruit Milk	No School
28	29	30	31	
Lunch Quesadilla with Salsa Diced Pears Milk	Breakfast Bean & Cheese Burrito Shredded Lettuce Salsa Applesauce Milk	Lunch Vegetarian Meatballs with Homemade Cornbread Sliced Red Bell Pepper Diced Apples Milk	Lunch Spaghetti & Marinara Sauce French Bread String Cheese Spinach with Cucumber Coins 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

