



# FEBRUARY 2019

## Valley View and Preschool—PM

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Harvest of the Month: DAIRY</b> There are approximately 460 dairy farms in Washington, making it the 10th largest dairy-producing state in the US! Grab a locally-sourced milk every day to balance out your meals at school.</p>				1
4	5	6 Washington Wednesday	7	8
No School—Snow Days			<p><b>Lunch</b> Chicken Alfredo French Bread <i>or</i> Sunbutter Sandwich &amp; String Cheese Sliced Red Bell Pepper Mixed Fruit &amp; Milk</p>	No School
11	12	13 Washington Wednesday	14 Valentine's Day	15
No School—Snow Days		No School	No School	Mid Winter Break
18 Presidents' Day	19	20 Washington Wednesday	21	22
Mid Winter Break	<p><b>Breakfast for Lunch</b> Cinnamon French Toast Hard-Boiled Egg Cucumber Coins Diced Pears with Cinnamon Milk</p>	<p><b>Lunch</b> Veggie Sliders Baby Bakers Sliced Apples Milk</p>	<p><b>Lunch</b> FEEST Curried Lentils &amp; Brown Rice Cheese Breadstick Spinach &amp; Mixed Fruit Milk</p>	No School
25	26	27 Washington Wednesday	28	
<p><b>Lunch</b> French Bread Pizza Garden Salad Diced Peaches Milk</p>	<p><b>Lunch</b> Cheese Pizza Quesadilla Salsa &amp; Shredded Lettuce Applesauce Milk</p>	<p><b>Lunch</b> Garlic Cheese Toast <i>or</i> Glazed Drumstick &amp; Cornbread Muffin  Sliced Apples Roasted Cauliflower Milk</p>	<p><b>Lunch</b> Mac &amp; Cheese with Homemade Roll Sliced Oranges Sliced Red Bell Pepper Milk</p>	

**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\*

\*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 02/13/2019

