



# FEBRUARY 2019

## Valley View and Preschool— Snack

| Monday   | Tuesday                                   | Wednesday                                   | Thursday                                   | Friday   |
|--|---|---|--|--|
| <p><b>Harvest of the Month: DAIRY</b><br/>           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<br><br> |
| 4  | 5   | 6 Washington Wednesday                      | 7  | 8  |
| No School—Snow Days  |   |   | Snack<br>Assorted Cereal<br>Milk           | 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   | Snack<br>Animal Crackers<br>Orange Wedges | Snack<br>String Cheese<br>Amazin' Raisins   | Snack<br>Goldfish Pretzels<br>Apple Slices | No School  |
| 25   | 26  | 27 Washington Wednesday                     | 28   |  |
| Snack<br>Graham Crackers<br>Applesauce   | Snack<br>String Cheese<br>Amazin' Raisins | Snack<br>Cheddar Chex Mix<br>Cucumber Coins | Snack<br>Assorted Cereal<br>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\*

\*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 01/18/2019

