



FEBRUARY 2019

Valley View and Preschool—AM

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Harvest of the Month: DAIRY 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			Breakfast Egg & Cheese Sandwich Mixed Fruit 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	Breakfast Egg & Cheese Sandwich Diced Pears Milk	Breakfast Whole Grain Oatmeal with Diced WA Apples & Cinnamon Milk	Breakfast Hardboiled Egg & Graham Cracker Mixed Fruit Milk	No School
25	26	27 Washington Wednesday	28	
Breakfast Cinnamon French Toast Diced Peaches Milk	Breakfast Scrambled Eggs & Toast Applesauce Milk	Breakfast Breakfast Pizza Bagel 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

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

