


# NOVEMBER 2019



## Valley View PM & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Harvest of the Month SQUASH</b>				1
<p>Winter squash are loaded with vitamins A and C and provide about the same amount of potassium as bananas! There are over 15 different types of nutritious winter squash!</p>				 <b>No School</b>
4	5	6 Washington Wednesday	7	8
<p><b>Lunch</b> Cheese Pizza Quesadilla With Salsa Spinach &amp; Orange Slices Milk <b>Snack</b> Graham Crackers Applesauce</p>	<p><b>Lunch</b> Bean &amp; Cheese Burrito Fresh Black Bean &amp; Corn Salsa Mixed Fruit Milk <b>Snack</b> String Cheese Amazin' Raisins</p>	<p><b>Lunch</b> Veggie Burger Pears &amp; Sliced Red Bell Pepper &amp; Milk <b>Snack</b> Cheddar Goldfish Crackers Strawberry Apple Crisps</p>	<b>No School</b>	<b>No School</b>
11	12	13 Washington Wednesday	14	15
<b>No School</b>	<b>No School</b>	<p><b>Lunch</b> Veggie Sliders Diced Pears &amp; Cucumber Coins Milk <b>Snack</b> Goldfish Pretzels That's It Fruit Bar</p>	<p><b>Lunch</b> Chicken Butternut Squash Curry Stew with Rice <u>or</u> French Bread Pizza Broccoli WA Apple Slices Milk <b>Snack</b> Assorted Cereal &amp; Milk</p>	<b>No School</b>
18	19	20 Washington Wednesday	21	22
<p><b>Lunch</b> Cheese Breadsticks &amp; Marinara Sauce Spinach &amp; Orange Slices Milk <b>Snack</b> Graham Crackers Applesauce</p>	<p><b>Lunch</b> Bean &amp; Cheese Tostada with Shredded Lettuce Mixed Fruit Salsa Milk <b>Snack</b> String Cheese Amazin' Raisins</p>	<p><b>Lunch</b> Cheese Pizza Quesadilla with Salsa Diced Pears Milk <b>Snack</b> Cheddar Goldfish Crackers</p>	<p><b>Lunch</b> Turkey Gravy Mashed Potatoes Whole Grain Roll &amp; Cranberry Sauce <u>or</u> Galaxy Cheese Pizza Spinach, Apple Slices Milk <b>Snack</b> Assorted Cereal Milk</p>	<b>No School</b>
25 No School K-5	26 No School K-5	27 No School K-12	28 Thanksgiving	29

— **Conferences** —



**Happy  
Thanksgiving!**



**BREAKFAST:** Served every morning before school with fruit, 100% juice and milk. Choice of cereal & Graham crackers offered daily in addition to a hot entrée choice.

**LUNCH:** Salads, fresh fruit & vegetables & milk offered daily with lunch.

A vegetarian choice is offered daily. No pork is served at elementary schools.

*\*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 10/15/19*

