


# NOVEMBER 2019



## Valley View AM & 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>Breakfast</b> Breakfast Pizza Bagel Orange Slices Milk</p> <p><b>Snack</b> Graham Crackers Applesauce</p>	<p><b>Breakfast</b> Hardboiled Egg &amp; Cinnamon Toast Mixed Fruit Milk</p> <p><b>Snack</b> String Cheese Amazin' Raisins</p>	<p><b>Breakfast</b> Vanilla Greek Yogurt with Peaches Milk</p> <p><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>Breakfast</b> Scrambled Eggs &amp; Toast Diced Pears Milk</p> <p><b>Snack</b> Goldfish Pretzels That's It Fruit Bar</p>	<p><b>Breakfast</b> Yogurt with Blueberries Milk</p> <p><b>Snack</b> Assorted Cereal Milk</p>	<b>No School</b>
18	19	20 Washington Wednesday	21	22
<p><b>Breakfast</b> Egg &amp; Cheese Sandwich Orange Slices Milk</p> <p><b>Snack</b> Graham Crackers Applesauce</p>	<p><b>Breakfast</b> Hardboiled Egg &amp; Cinnamon Toast Mixed Fruit Milk</p> <p><b>Snack</b> String Cheese Amazin' Raisins</p>	<p><b>Breakfast</b> Oatmeal Apple Slices Milk</p> <p><b>Snack</b> Cheddar Goldfish Crackers Strawberry Apple Crisps</p>	<p><b>Breakfast</b> Cheese Omelet &amp; Toast Blueberries Milk</p> <p><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*

