

DECEMBER 2019 Happy Holidays!

Valley View AM and Snack



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 Washington Wednesday	5	6
Breakfast Breakfast Quesadilla Orange Slices Milk Snack Graham Crackers Applesauce	Breakfast Hardboiled Egg & Cinnamon Toast Mixed Fruit Milk Snack String Cheese Amazin' Raisins	Breakfast Yogurt and Granola with Peaches Milk Snack Cheddar Goldfish Crackers Strawberry Apple Crisps	Breakfast Confetti Pancakes Apple Slices Milk Snack Assorted Cereal Milk	No School
9	10	11 Washington Wednesday	12	13
Breakfast Egg & Cheese Sandwich Diced Pears Milk Snack Cheez-It Crackers Mixed Fruit	Breakfast Mini Strawberry Cream Cheese Bar Banana Milk Snack Animal Crackers Banana	Breakfast Whole Grain Oatmeal Apple Slices Milk Snack Goldfish Pretzels That's It Fruit Bar	Breakfast Cheese Omelet with Blueberries Milk Snack Assorted Cereal Milk	No School
16	17	18 Washington Wednesday	19	20
Breakfast Blueberry Muffin Orange Slices Milk Snack Graham Crackers Applesauce	Breakfast Waffle Sticks Mixed Fruit Milk Snack String Cheese Amazin' Raisins	Breakfast Scrambled Eggs & Toast with Peaches Milk Snack Cheddar Goldfish Crackers Strawberry Apple Crisps	Breakfast Bagel and Cream Cheese Apple Slices Milk Snack Assorted Cereal Milk	No School
23	24	25	26	27
No School	No School	No School	No School	No School



Have a Safe and Relaxing Winter Break!



30 No School

31 No School

No School

No School



Harvest of the Month BEANS AND LENTILS

Beans & Lentils are a good source of protein, low in fat and high in dietary fiber. We have our White Chicken Chili this month featuring Pinto Beans!

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 11/13/19

