

FEBRUARY 2020

Valley View AM & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
3 Breakfast Whole Grain Cereal Diced Pears Milk Snack Graham Crackers Apple Banana Fruit Pouch	4 Breakfast Bagel & Cream Cheese Banana Milk Snack String Cheese Tangerines	5 Washington Wednesday Breakfast Whole Grain Oatmeal Diced Apples Milk Snack Cheddar Goldfish Crackers Strawberry Apple Crisps	6 Breakfast Confetti Pancakes Peaches Milk Snack Assorted Cereal Milk	7 No School
10 Breakfast Scrambled Eggs & Toast Orange Slices Milk Snack Cheez-It Crackers Mixed Fruit	11 Breakfast Mini Chocolate Chip French Toast Mixed Fruit Milk Snack Cinnamon Goldfish Graham Applesauce	12 Washington Wednesday No School	13 No School	14 Valentine's Day Mid Winter Break No School
17 Presidents' Day Mid Winter Break No School	18 Breakfast Whole Grain Cereal Banana Milk Snack String Cheese Tangerines	19 Washington Wednesday Breakfast Hash Brown Casserole & Toast Apple Slices Milk Snack Cheddar Goldfish Crackers Strawberry Apple Crisps	20 Breakfast Cheese Omelet Blueberries Milk Snack Assorted Cereal Milk	21 No School
24 Breakfast Blueberry Muffin Orange Slices Milk Snack Cheez-It Crackers Mixed Fruit	25 Breakfast Waffles Sticks Mixed Fruit Milk Snack Bunny Grahams Applesauce	26 Washington Wednesday Breakfast Yogurt & Granola Peaches Milk Snack Veggie Crackers That's It Fruit Bar	27 Breakfast Egg & Cheese Sandwich Apples Slices Milk Snack Assorted Cereal Milk	28 No School

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.



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.

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 1/24/2020

