

FEBRUARY 2020

Valley View PM & Snack

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 3 Lunch Cheese Breadsticks & Marinara Sauce Diced Pears Green Beans & Milk Snack Graham Crackers Apple Banana Fruit Pouch | 4 Lunch Bean & Cheese Burrito & Salsa Mixed Fruit Milk Snack String Cheese Tangerines | 5 Washington Wednesday Lunch Chicken Nuggets Served w/Ketchup <i>or</i> Sunbutter Sandwich & String Cheese Corn Apple Slices & Milk Snack Cheddar Goldfish Crackers Strawberry Apple Crisps | 6 Lunch Mac & Cheese with Homemade Roll Hardboiled Egg Spinach & Strawberries Milk Snack Assorted Cereal & Milk | 7 No School |
| 10 Lunch Veggie Nuggets <small>Served w/Ketchup</small> Orange Slices & Spinach Milk Snack Cheez-It Crackers Mixed Fruit | 11 Lunch Bean Nachos with Salsa & Shredded Lettuce Banana 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 for Lunch Cheese Omelet & Waffles Strawberry Cup & Cucumber Slices Milk Snack String Cheese Tangerines | 19 Washington Wednesday Lunch Cheese Pizza Quesadilla Apple Slices & Red Bell Pepper Slices Milk Snack Cheddar Goldfish Crackers | 20 Lunch Curried Lentils over Brown Rice & Cheese Breadstick Spinach & Blueberries Milk Snack Assorted Cereal Milk | 21 No School |
| 24 Lunch Quesadilla with Salsa Spinach & Orange Slices Milk Snack Cheez-It Crackers Mixed Fruit | 25 Lunch Bean & Cheese Tostada with Salsa & Shredded Lettuce Banana Milk Snack Bunny Grahams Applesauce | 26 Washington Wednesday Lunch Mozzarella Breadstick Bites Roasted Cauliflower Peaches Milk Snack Veggie Crackers That's It Fruit Bar | 27 Lunch Turkey Gravy Mashed Potatoes & Whole Grain Roll <i>or</i> Yogurt Meal Apple Slices & Broccoli 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 01/24/2020

