


# March 2020

## Valley View AM & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
2 National Breakfast Wk 3		4 Washington Wednesday 5		6
<b>Breakfast</b> Whole Grain Cereal Diced Pears Milk  <b>Snack</b> Graham Crackers Apple Banana Fruit Pouch	<b>Breakfast</b> Confetti Pancakes Banana Milk  <b>Snack</b> String Cheese Tangerines	<b>No School</b>		<b>No School</b>
9		11 Washington Wednesday 12		13
<b>Breakfast</b> Scrambled Eggs & Toast Orange Slices Milk  <b>Snack</b> Cheez-It Crackers Mixed Fruit	<b>Breakfast</b> Cinnamon French Toast Mixed Fruit Milk  <b>Snack</b> Bunny Grahams Applesauce	<b>Breakfast</b> Vanilla Greek Yogurt & Granola Peaches Milk  <b>Snack</b> Veggie Crackers That's It Fruit Bar	<b>Breakfast</b> Egg & Cheese Sandwich Apples Slices Milk  <b>Snack</b> Assorted Cereal Milk	<b>No School</b>
16		18 Washington Wednesday 19		20
<b>Breakfast</b> Whole Grain Cereal Diced Pears Milk  <b>Snack</b> Graham Crackers Apple Banana Fruit Pouch	<b>Breakfast</b> Bagel & Cream Cheese Banana Milk  <b>Snack</b> String Cheese Tangerines	<b>Breakfast</b> Whole Grain Oatmeal Apple Slices Milk  <b>Snack</b> Cheddar Goldfish Crackers Strawberry Apple Crisps	<b>Breakfast</b> Cheese Omelet Blueberries Milk  <b>Snack</b> Assorted Cereal Milk	<b>No School</b>
23		25 Washington Wednesday 26 Mariner's Home Opener 27		
<b>Breakfast</b> Cinnamon French Toast Orange Slices Milk  <b>Snack</b> Cheez-It Crackers Mixed Fruit	<b>Breakfast</b> Scrambled Eggs & Toast Mixed Fruit Milk  <b>Snack</b> Bunny Grahams Applesauce	<b>Breakfast</b> Vanilla Greek Yogurt Parfait with Blueberries & Granola  <b>Snack</b> Veggie Crackers That's It Fruit Bar	<b>Breakfast</b> Egg & Cheese Sandwich Apples Slices & Broccoli Milk  <b>Snack</b> Assorted Cereal Milk	<b>No School</b>
30		31		
<b>Breakfast</b> Blueberry Muffin Diced Pears Milk  <b>Snack</b> Graham Crackers Apple Banana Fruit Pouch	<b>Breakfast</b> Waffles Sticks Mixed Fruit Milk  <b>Snack</b> String Cheese Tangerines	<b>Harvest of the Month</b> <b>Grains</b> Whole grains are packed with fiber. Fiber keeps things moving in your body and keeps your heart happy! A few whole grain menu items to highlight for this Harvest of the Month: whole grain oatmeal, homemade baker items made with whole grain flours and our scratch made Beef Barley Stew!		

**BREAKFAST:** Served every morning before school with fruit or vegetables, 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.

**QUESTIONS?** Call the Nutrition Services Office at 206-631-3010. Menu subject to change. This institution is an equal opportunity provider. Updated 02/19/2020

