


March 2020

Valley View PM & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
2 National Breakfast Wk	3	4 Washington Wednesday	5	6
Lunch Cheese Breadsticks & Marinara Sauce Diced Pears Green Beans & Milk Snack Graham Crackers Apple Banana Fruit Pouch	Lunch Bean & Cheese Burrito & Salsa Banana Milk Snack String Cheese Tangerines	No School	No School	No School
9	10	11 Washington Wednesday	12	13
Lunch Veggie Nuggets <small>Served w/Ketchup</small> Orange Slices & Spinach Milk Snack Cheez-It Crackers Mixed Fruit	Lunch Bean Nachos with Salsa & Shredded Lettuce Mixed Fruit Milk Snack Bunny Grahams Applesauce	Lunch Mozzarella Breadstick Bites Roasted Cauliflower Peaches & Pasta Salad Milk Snack Veggie Crackers That's It Fruit Bar	Lunch Vegetarian Chili with either Toasted Cheese Sandwich Apple Slices & Broccoli Milk Snack Assorted Cereal Milk	No School
16	17 St. Patrick's Day	18 Washington Wednesday	19	20
Lunch WowButter & Grape Jelly Sandwich Diced Pears Snap Peas & Milk Snack Graham Crackers Apple Banana Fruit Pouch	Lunch Veggie Burger Banana Cucumber Slices Milk Snack String Cheese Tangerines	Lunch Cheese Pizza Quesadilla Apple Slices & Red Bell Pepper Slices Milk Snack Cheddar Goldfish Crackers Strawberry Apple Crisps	Lunch Beef Barley Stew & Cheese Breadsticks Spinach & Blueberries Milk Snack Assorted Cereal Milk	No School
23	24	25 Washington Wednesday	26 Mariner's Home Opener	27
Lunch Quesadilla with Salsa Spinach & Orange Slices Milk Snack Cheez-It Crackers Mixed Fruit	Lunch Bean & Cheese Tostada with Salsa & Shredded Lettuce Mixed Fruit Milk Snack Bunny Grahams Applesauce	Lunch Hummus Meal Roasted Cauliflower Peaches Milk Snack Veggie Crackers That's It Fruit Bar	Lunch Veggie Burger Apple Slices & Broccoli Milk Snack Assorted Cereal & Milk	No School
30	31	Harvest of the Month Grains 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!		
Lunch Cheese Breadsticks & Marinara Sauce Diced Pears Green Beans & Milk Snack Graham Crackers Apple Banana Fruit Pouch	Lunch Bean & Cheese Burrito & Salsa Mixed Fruit Milk Snack String Cheese Tangerines			

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 02/25/2020

