

# What's on the Menu?

Discovery Kitchen  
Mood Boost

Great American Road Trip  
Strong

V-Vegetarian

Menu is subject to change

## Snoqualmie Valley School District Elementary Menu

January 2024

USDA and this institution are equal opportunity providers and employers.

Monday	Tuesday	Wednesday	Thursday	Friday
1 <i>No School</i> <i>New Years Day</i>	2 <b>Welcome Back</b> 1: Chicken Nuggets 2: Veggie Nuggets 3: Sunbutter & Jelly Sandwich Oven Fries Peas Fresh or Canned Fruit <i>Fruit Parfait or Cereal</i>	3 1: French Toast Sticks V w/ Sausage Links 2: Hot Ham & Cheese Sandwich Broccoli Buds Garbanzo Beans Warm Spiced Peaches Fresh or Canned Fruit <i>Fruit Smoothies, Brkft Sandwich</i>	4 <b>National Spaghetti Day</b> 1: Spaghetti w/ Meat Sauce 2: Garden Salad w /Roll 3: Sun Butter & Jelly Sandwich Seasoned Corn Fresh Baby Carrots Fresh or Canned Fruit <i>French Toast or Cereal</i>	5 1: Pepperoni Pizza 2: Cheese Pizza V 3: Egg Salad Sandwich w/ Roll Fresh Celery Sticks Fresh Baby Carrots Fresh Apples <i>Cinnamon Roll, Sausage Muffin</i>
8 1: Teriyaki Dippers 2: Chicken Burger 3: Veggie Burger V Oven Fries Fresh Baby Carrots Cookie Fresh or Canned Fruit <i>Cereal or Breakfast Sandwich</i>	9 1: Sweet & Sour Chicken w/ Rice 2: Hot Dog 3: Muffin Fun Lunch Green Beans Fresh Baby Carrots Fresh or Canned Fruit <i>Fruit Parfait or Cereal</i>	10 1: Pancakes V w/ Sausage Links Egg Patty 2: Turkey & Cheese Sandwich Garbanzo Beans Broccoli Buds Fresh or Canned Fruit <i>Fruit Smoothies, Brkft Sandwich</i>	11 <b>Nat'l Milk Day &amp; Thank you Day</b> 1: Beef Nachos 2: Cheese Nachos V 3: Chicken Caesar Salad w/Roll Seasoned Corn Fresh Baby Carrots Cucumber Slices Fresh or Canned Fruit <i>Waffles w/ Sausage</i>	12 <b>Strong</b> 1: Pepperoni & Sausage Pizza 2: Cheese Pizza V 3: Fish Sticks/ Roll <i>Celery Sticks/ Sunbutter</i> Fresh Baby Carrots Fresh or Canned Fruit <i>Cinnamon Roll, Sausage Muffin</i>
15 <i>No School</i> <i>Martin Luther King Jr Holiday</i>	16 <b>East</b> 1: BBQ Pork Sandwich 2: Chicken Nuggets 3: Bagel Fun lunch <i>Carolina Slaw</i> Fresh Baby Carrots Fresh or Canned Fruit <i>Fruit Parfait or cereal</i>	17 1: Waffles w/ Sausage links 2: Hot Ham & Cheese Sandwich Broccoli Buds Garbanzo Beans Raspberries Fresh or Canned Fruit <i>Fruit Smoothies, Brkft Sandwich</i>	18 1: Macaroni & Cheese 2: Chef Salad w/ Roll 3: Sun butter & Jelly Sandwich Fresh Baby Carrots Green Beans Fresh or Canned Fruit <i>French Toast or Cereal</i>	19 1: Pepperoni Pizza 2: Cheese Pizza (V) 3: Egg Salad Sandwich w/ Roll Fresh Celery Sticks Fresh Baby Carrots Fresh or Canned Fruit <i>Cinnamon Roll, Sausage Muffin</i>
22 <i>No School</i> <i>Non Student Day</i>	23 1: Teriyak Chicken 2: Veggie Nuggets Rice 3: Sunbutter & Jelly Sandwich Carrots Pea Salad Fresh or Canned Fruit	24 1: Pancakes V w/ Sausage links egg patty 2: Turkey & Cheese Sandwich Garbanzo Beans Broccoli Buds Fresh or Canned Fruit <i>Fruit Smoothies, Brkft Sandwich</i>	25 1: Chicken Alfredo 2: Garden Salad w/Roll 3: Bagel Fun Lunch Seasoned Corn Cucumber Slices Fresh or Canned Fruit	26 1: Pepperoni Pizza 2: Cheese Pizza (V) 3: Fish Sticks/fries w/ Roll Fresh Celery Sticks Fresh Baby Carrots Fresh Apples
29 1: Chicken Nuggets 2: Veggie Burger V 3: Ham & Cheese Sandwich <i>Boston Baked Beans</i> Carrots Fresh or Canned Fruit	30 1: Beef Taco 2: Cheese Quesadilla 3: Pretzel Fun Lunch Refried Beans Carrots Fresh or Canned Fruit	31 1: French Toast Sticks V w/ Sausage Links 2: Hot Ham & Cheese Sandwich Broccoli Buds Garbanzo Beans Warm Spiced Peaches Fresh or Canned Fruit <i>Fruit Smoothies, Brkft Sandwich</i>	<b>Mood Boost Strong</b> <b>Antioxidants and Protein</b> <b>help with oxygen intake</b> <b>and builds and maintaing</b> <b>muscles.</b>	

\* You may qualify for free or reduced price meals.  
Applications are available online in Family Access, at all schools and at the district office. For questions regarding the food service program you may call the food service office at (425) 831-8030.

**Breakfast Prices:** Paid = \$2.50, \*Reduced = \$0.00, \*Free = \$0.00, Adults = \$3.75  
**Lunch Prices:** Paid = \$4.25, \*Reduced: K-12 = \$0.00, \*Free = \$0.00, Adults = \$ 5.75 Milk = \$0.50

