

What's on the Menu?

Discovery Kitchen
Mood Boost

Summer Fun

V-Vegetarian

Menu is subject to change

Snoqualmie Valley School District Elementary Menu

June 2024

USDA and this institution are equal opportunity providers and employers.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Eating fruit is a great way to stay hydrated during the summer. Fruits like cantaloupe, honeydew, and watermelon contain at least 90% water.</p> <p>The white "seeds" in a seedless watermelon are actually empty seed coats where a seed did not fully mature. They are perfectly safe to eat.</p> <p>Pineapple fruit is technically a mass of individual berries fused to a central stalk. Technically speaking, pineapples are considered a berry.</p>				
<p>3 1: Chicken Burger 2: Turkey Sandwich 3: Pretzel Fun Lunch Fresh Baby Carrots Baked Beans Fresh or Canned Fruit <i>Pancake on a Stick or Cereal</i></p>	<p>4 National Cheese Day 1: Beef Nachos 2: Cheese Nachos (V) 3: Sun Butter and Jelly Sandwich (V) Refried Beans Fresh Baby Carrots Fresh or Canned Fruit</p>	<p>5 1: Waffles (V) Sausage/Eggs 2: Ham, Egg, Cheese Biscuit Cauliflower Fresh Celery Sticks Fresh or Canned Fruit</p>	<p>6 1: Tortellini w/Meatballs 2: Caesar Salad w/ Roll 3: Sun Butter and Jelly Sandwich (V) Broccoli Salad Seasoned Peas and Carrots Fresh or Canned Fruit</p>	<p>7 1: Pepperoni Pizza 2: Cheese Pizza (V) 3: Fish & Fries Side Green Salad Fresh Baby Carrots Fresh or Canned Fruit <i>Cinnamon Roll, Sausage Muffin</i></p>
<p>10 1: BBQ Pork Sandwich 2: Chicken Nuggets w/roll 3: Veggie Nuggets Smiley Fries Fresh Baby Carrots Fresh or Canned Fruit <i>Fruit Parfait or cereal</i></p>	<p>11 1: Beef Taco 2: Chicken & Cheese Quesadilla 3: Sun butter and Jelly Sandwich (V) Mexi Corn Cucumber Slices Fresh or Canned Fruit <i>over night oatmeal or cereal</i></p>	<p>12 FCE Alternate Menu 1: French Toast Sticks (v) w/ Sausage Links 2: Hot Ham & Cheese Sandwich Broccoli Buds Fresh Baby Carrots Apple Crisp Fresh or Canned Fruit <i>Fruit Smoothies, Brkft Sandwich</i></p>	<p>13 1: Orange Chicken w/ Rice 2: Chef Salad w/ Roll 3: Veggie Burger (V) Fresh Baby Carrots Garbanzo Beans Fresh or Canned Fruit <i>French Toast or Cereal</i></p>	<p>14 1/2 day Sandwich or Fun Lunch Fresh or Canned Fruit <i>Cinnamon Roll, Sausage Muffin</i></p>
<p>17 1: Chicken Burger 2: Hotdog 3: Berry Parfait w/ Granola (V) Fresh Baby Carrots Oven Fries Fresh or Canned Fruit <i>Pancake on a Stick or Cereal</i></p>	<p>18 International Picnic Day !! 1: Hamburger 2: Cheese Burger 2: Veggie Burger Baked Bean Chips/Ice Cream Carrots Fresh or Canned Fruit <i>Fruit Parfait or Cereal</i></p>	<p>19 No School Juneteenth Holiday</p>	<p>20 Last day of School Breakfast only</p>	<p>21 </p>
<p>The Cantaloupe, Honeydew and Watermelon are all Melons. They are part of the gourd family. They are all round, or roundish, with pulpy flesh and many seeds.</p> <p>100% of a watermelon is edible, including the seeds, flesh, and the rind. This means watermelon is a zero food waste food.</p>				
<p>Have a Great Summer!</p>				

* 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