

Online deposits available: go to [www.mynutrikids.com](http://www.mynutrikids.com)  
 (Call CN office for student I.D.)  
 972-6040 or 972-6048

## December 2009 West Valley Elementary Menu



Use Visa/MasterCard for student lunch accounts -  
 Call before 10:00a.m. for same day deposits  
 972-6040 or 972-6048

Monday	Tuesday	Wednesday	Thursday	Friday
30) Muffin, Cheese Stick, Fruit Bowl  Lite Hot Dogs Soft Taco <i>Choice of:</i> salad, carrots, fresh pear, fruit bowl, chocolate chip cookie	1) Breakfast Pizza, Fruit Bowl  Teriyaki Dippers Rice Bowl Chickenwich <i>Choice of:</i> salad, cucumbers, Asian vegetables, fresh pineapple, fortune cookie	2)Cinnamon Roll, Cheese, Fruit Bowl  Cheese Zombie Pizza <i>Choice of:</i> salad, tomato soup, veggie sticks, rosy applesauce, kiwi	3) Muffin, Cheese Stick, Fruit Bowl  Chicken Caesar Salad Hamburger <i>Choice of:</i> salad, burger fixins, homemade roll, Mandarin oranges, apple	4) Yogurt, Granola, Fruit Bowl  Baked Potato w/ Cheese Tostado <i>Choice of:</i> salad, steamed broccoli, fruit bowl, cinnamon pears, fruit snacks
7) Muffin, Cheese Stick, Fruit Bowl  Pizza Pita Bites Burrito <i>Choice of:</i> salad, carrots, strawberries, fruit bowl, fruit snacks	8) Breakfast Pizza, Fruit Bowl  Sloppy Joe Chicken Nuggets <i>Choice of:</i> salad, cucumbers, pineapple, kiwi, chocolate chip cookie	9)Cinnamon Roll, Cheese, Fruit Bowl  Lunch Bites Pizza <i>Choice of:</i> salad, green peppers, peaches, apple, cinnamon animal crackers	10)Muffin, Cheese Stick, Fruit Bowl  Chef Salad Chicken Drummies <i>Choice of:</i> salad, carrots, homemade roll, banana, grapes	11) Yogurt, Granola, Fruit Bowl  Pretzel w/ Cheese Sauce Tasty Taco <i>Choice of:</i> salad, tomatoes, cucumbers, oranges, sliced cinnamon apples
14)Muffin, Cheese Stick, Fruit Bowl  Pizza Sticks w/ Sauce Rib-B-Q Hoagie <i>Choice of:</i> salad, carrots, fruit bowl, mixed fruit, cinnamon bread	15) Breakfast Pizza, Fruit Bowl  Chicken Soft Taco Mini Burgers <i>Choice of:</i> salad, green peppers, confetti fries, fruit bowl, fresh pear	16)Cinnamon Roll, Cheese, Fruit Bowl  Cheese Zombie Stuffed Crust Pizza <i>Choice of:</i> salad, tomato soup, kiwi, oranges, fruit snacks	17)Muffin, Cheese Stick, Fruit Bowl  Spaghetti w/ Meat Sauce Mini Corn Dogs <i>Choice of:</i> salad, cucumbers, apple, pineapple, Ice juicee	19) Yogurt, Granola, Fruit Bowl  Turkey Sub Sandwich Peanut Butter Uncrustable <i>Choice of:</i> carrot sticks, apple, cheese stick, crackers

Weekly Average  
 Cals: 674  
 % Fat Cals: 25%  
 % Pro Cals: 18%  
 % Carb Cals:57%  
 Iron: 4.4mg  
 Calcium: 558mg  
 Vit C: 51mg  
 Vit A: 425 RE

Cals: 648  
 Fat Cals: 26%  
 % Pro Cals: 18%  
 % Carb Cals:56%  
 Iron: 3.8mg  
 Calcium: 513mg  
 Vit C: 53mg  
 Vit A: 561 RE

Cals: 671  
 % Fat Cals: 26%  
 % Pro Cals: 17%  
 % Carb Cals:57%  
 Iron: 3.3mg  
 Calcium: 520mg  
 Vit C: 56mg  
 Vit A: 610 RE

\*WV meals meet/exceed USDA requirements for iron, calcium, vitamin A, vitamin C, calories, protein, <30% calories from fat, and <10% calories from saturated fat

### 8oz milk served with meals

Breakfast Served at Ahtanum, Mountainview, Summitview & Wide Hollow - Cold Cereal Available at Breakfast Everyday

WV menus feature Washington State grown and harvested produce

WVSD is an Equal Opportunity Provider and Employer

\*Menu subject to change\*