

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

## February 2010 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
1) Muffin, Cheese Stick, Fruit Bowl  Turkey Sub Sandwich Peanut Butter Uncrustable <i>Choice of:</i> carrot sticks, apple, cheese stick, crackers	2) Breakfast Pizza, Fruit Bowl  Teriyaki Dippers Rice Bowl Chickenwich <i>Choice of:</i> salad, cucumbers, Asian vegetables, fresh pineapple, fortune cookie	3) Cinnamon Roll, Cheese, Fruit Bowl  Cheese Zombie Pizza <i>Choice of:</i> salad, tomato soup, veggie sticks, rosy applesauce, kiwi	4) Muffin, Cheese Stick, Fruit Bowl  Chef Salad Hamburger <i>Choice of:</i> salad, burger fixins, homemade roll, banana, Mandarin oranges	5) Yogurt, Granola, Fruit Bowl  Tostado Chickenwich <i>Choice of:</i> salad, homemade salsa, fruit bowl, cinnamon pears, fruit snacks
8) Muffin, Cheese Stick, Fruit Bowl  Pizza Pita Bites Burrito <i>Choice of:</i> salad, carrots, mixed fruit, fruit bowl, fruit snacks	9) Breakfast Pizza, Fruit Bowl  Baked Potato w/ Cheese Lite Hot Dogs <i>Choice of:</i> salad, cucumbers, steamed broccoli, oranges, grapes	10) Cinnamon Roll, Cheese, Fruit Bowl  Lunch Bites Pizza <i>Choice of:</i> salad, celery sticks, peaches, apple, cinnamon animal crackers	11) Muffin, Cheese Stick, Fruit Bowl  Chickenwich Burrito <i>Choice of:</i> salad, peppers, homemade roll, fruit bowl, oranges	12) Yogurt, Granola, Fruit Bowl  Spaghetti w/ Meat Sauce Mini Corn Dogs <i>Choice of:</i> salad, cauliflower, kiwi, pineapple, sugar cookie
15)  <b><i>President's Day                  No School</i></b>	16) Breakfast Pizza, Fruit Bowl  Turkey Sub Sandwich Peanut Butter Uncrustable <i>Choice of:</i> carrot sticks, apple, cheese stick, crackers	17) Cinnamon Roll, Cheese, Fruit Bowl  Cheese Zombie Stuffed Crust Pizza <i>Choice of:</i> salad, tomato soup, kiwi, oranges, fruit snacks	18) Muffin, Cheese Stick, Fruit Bowl  Santa Fe Chicken Salad Chicken Nuggets <i>Choice of:</i> salad, homemade salsa, oranges, banana, cinnamon bread	19) Yogurt, Granola, Fruit Bowl  Turkey Gravy & Potatoes Chickenwich <i>Choice of:</i> salad, green beans, homemade roll, fruit bowl, apple
22) Muffin, Cheese Stick, Fruit Bowl  Chicken Soft Taco Mini Cheeseburgers <i>Choice of:</i> salad, burger fixins, confetti fries, fruit bowl, cinnamon applesauce	23) Breakfast Pizza, Fruit Bowl  Pizza Sticks w/ Sauce Rib-B-Q Hoagie <i>Choice of:</i> salad, carrots, kiwi, Mandarin oranges, chocolate chip cookie	24) Cinnamon Roll, Cheese, Fruit Bowl  Teriyaki Chicken Rice Bowl Burrito <i>Choice of:</i> salad, cucumbers, Asian vegetables, fresh pineapple, fortune cookie	25) Muffin, Cheese Stick, Fruit Bowl  Pretzel w/ Cheese Sauce Tasty Taco <i>Choice of:</i> salad, carrots, broccoli, oranges, grapes	26)  <b><i>No School</i></b>

Weekly Average  
 Cals: 684  
 % Fat Cals: 25%  
 % Pro Cals: 19%  
 % Carb Cals: 56%  
 Iron: 4.3mg  
 Calcium: 551mg  
 Vit C: 44mg  
 Vit A: 528 RE

Cals: 646%  
 Fat Cals: 25%  
 % Pro Cals: 16%  
 % Carb Cals: 59%  
 Iron: 4.3mg  
 Calcium: 518mg  
 Vit C: 60mg  
 Vit A: 401 RE

Cals: 667  
 % Fat Cals: 25%  
 % Pro Cals: 18%  
 % Carb Cals: 57%  
 Iron: 3.6mg  
 Calcium: 549mg  
 Vit C: 52mg  
 Vit A: 529 RE

Cals: 646  
 % Fat Cals: 23%  
 % Pro Cals: 17%  
 % Carb Cals: 60%  
 Iron: 3.7mg  
 Calcium: 455mg  
 Vit C: 48mg  
 Vit A: 678 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\*