

January 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

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

Monday	Tuesday	Wednesday	Thursday	Friday
4) Muffin, Cheese Stick, Fruit Bowl Turkey Sub Sandwich Peanut Butter Uncrustable <i>Choice of:</i> carrot sticks, apple, cheese stick, crackers	5) Breakfast Pizza, Fruit Bowl Teriyaki Dippers Rice Bowl Chickenwich <i>Choice of:</i> salad, cucumbers, Asian vegetables, fresh pineapple, fortune cookie	6) Cinnamon Roll, Cheese, Fruit Bowl Lunch Bites Pizza <i>Choice of:</i> salad, celery sticks, peaches, apple, cinnamon animal crackers	7) Yogurt, Granola, Fruit Bowl Chef Salad Hamburger <i>Choice of:</i> salad, burger fixins, homemade roll, banana, Mandarin oranges	8) Muffin, Cheese Stick, Fruit Bowl Baked Potato w/ Cheese Tostado <i>Choice of:</i> salad, coleslaw, fruit bowl, cinnamon pears, fruit snacks
11) Muffin, Cheese Stick, Fruit Bowl Pizza Pita Bites Burrito <i>Choice of:</i> salad, carrots, fresh pear, fruit bowl, fruit snacks	12) Breakfast Pizza, Fruit Bowl Lite Hot Dogs Soft Taco <i>Choice of:</i> salad, cucumbers, homemade salsa, mixed fruit, grapes	13) Cinnamon Roll, Cheese, Fruit Bowl Cheese Zombie Pizza <i>Choice of:</i> salad, tomato soup, veggie sticks, rosy applesauce, kiwi	14) Yogurt, Granola, Fruit Bowl Chickenwich Burrito <i>Choice of:</i> salad, peppers, homemade roll, peaches, apple	15) Muffin, Cheese Stick, Fruit Bowl Spaghetti w/ Meat Sauce Mini Corn Dogs <i>Choice of:</i> salad, cauliflower, apple, pineapple, chocolate chip cookie
18) <i>MLK, Jr. Day No School</i>	19) Breakfast Pizza, Fruit Bowl Turkey Sub Sandwich Peanut Butter Uncrustable <i>Choice of:</i> carrot sticks, apple, cheese stick, crackers	20) Cinnamon Roll, Cheese, Fruit Bowl Teriyaki Chicken Rice Bowl Burrito <i>Choice of:</i> salad, cucumbers, Asian vegetables, fresh pineapple, fortune cookie	21) Yogurt, Granola, Fruit Bowl Santa Fe Chicken Salad Chicken Nuggets <i>Choice of:</i> salad, homemade salsa, oranges, kiwi, cinnamon bread	22) Muffin, Cheese Stick, Fruit Bowl Turkey Gravy & Potatoes Chickenwich <i>Choice of:</i> salad, green beans, homemade roll, fruit bowl, fresh pear
25) Muffin, Cheese Stick, Fruit Bowl Chicken Soft Taco Mini Cheeseburgers <i>Choice of:</i> salad, burger fixins, confetti fries, fruit bowl, apple	26) Breakfast Pizza, Fruit Bowl Pizza Sticks w/ Sauce Rib-B-Q Hoagie <i>Choice of:</i> salad, carrots, fruit bowl, mixed fruit, chocolate chip cookie	27) Cinnamon Roll, Cheese, Fruit Bowl Cheese Zombie Stuffed Crust Pizza <i>Choice of:</i> salad, tomato soup, kiwi, oranges, fruit snacks	28) Yogurt, Granola, Fruit Bowl Pretzel w/ Cheese Sauce Tasty Taco <i>Choice of:</i> salad, cucumbers, broccoli, banana, grapes	29) <i>No School</i>

Weekly Average
Cals: 655
% Fat Cals: 25%
% Pro Cals: 19%
% Carb Cals: 56%
Iron: 4.3mg
Calcium: 511mg
Vit C: 27mg
Vit A: 469 RE

Cals: 658%
Fat Cals: 26%
% Pro Cals: 16%
% Carb Cals: 58%
Iron: 4.0mg
Calcium: 544mg
Vit C: 43mg
Vit A: 471 RE

Cals: 646
% Fat Cals: 22%
% Pro Cals: 18%
% Carb Cals: 59%
Iron: 3.9mg
Calcium: 474mg
Vit C: 57mg
Vit A: 534 RE

Cals: 673
% Fat Cals: 26%
% Pro Cals: 17%
% Carb Cals: 57%
Iron: 3.5mg
Calcium: 531mg
Vit C: 48mg
Vit A: 468 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