

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

November 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
2) Muffin, Cheese Stick, Fruit Bowl Lite Hot Dogs Soft Taco <i>Choice of:</i> salad, carrots, fresh pear, fruit bowl, chocolate chip cookie	3) Breakfast Pizza, Fruit Bowl Teriyaki Dippers Rice Bowl Chickenwich <i>Choice of:</i> salad, cucumbers, Asian vegetables, fresh pineapple, fortune cookie	4) Cinnamon Roll, Cheese, Fruit Bowl Cheese Zombie Pizza <i>Choice of:</i> salad, tomato soup, veggie sticks, rosy applesauce, kiwi	5) Yogurt, Granola, Fruit Bowl Chicken Caesar Salad Cheeseburger <i>Choice of:</i> salad, burger fixins, homemade roll, peaches, apple	6) Muffin, Cheese Stick, Fruit Bowl Baked Potato w/ Cheese Tostado <i>Choice of:</i> salad, cucumbers, fruit bowl, cinnamon pears, fruit snacks
9) Muffin, Cheese Stick, Fruit Bowl Pizza Pita Bites Burrito <i>Choice of:</i> salad, carrots, peaches, fruit bowl, cinnamon bread	10) Breakfast Pizza, Fruit Bowl Sloppy Joe Chicken Nuggets <i>Choice of:</i> salad, carrots, pineapple, kiwi, chocolate chip cookie	11) Cinnamon Roll, Cheese, Fruit Bowl <i>Veteran's Day No School</i>	12) Yogurt, Granola, Fruit Bowl Chef Salad Chicken Drumsticks <i>Choice of:</i> salad, cucumbers, homemade roll, apple, grapes	13) Muffin, Cheese Stick, Fruit Bowl Pretzel w/ Cheese Sauce Tasty Taco <i>Choice of:</i> salad, tomatoes, steamed broccoli, oranges, sliced cinnamon apples
16) Muffin, Cheese Stick, Fruit Bowl Pizza Sticks w/ Sauce Rib-B-Q Hoagie <i>Choice of:</i> salad, carrots, fruit bowl, mixed fruit, fresh pear	17) Breakfast Pizza, Fruit Bowl Lunch Bites Pizza <i>Choice of:</i> salad, cucumber, peaches, apple, cinnamon animal crackers	18) Cinnamon Roll, Cheese, Fruit Bowl Cheese Zombie Stuffed Crust Pizza <i>Choice of:</i> salad, tomato soup, kiwi, oranges, fruit snacks	19) Yogurt, Granola, Fruit Bowl Mandarin Chicken Salad Burrito <i>Choice of:</i> salad, peppers, homemade roll, banana, oranges	20) Muffin, Cheese Stick, Fruit Bowl Turkey Gravy & Potatoes Chickenwich <i>Choice of:</i> salad, green beans, homemade roll, fruit bowl, grapes
23) Muffin, Cheese Stick, Fruit Bowl Chicken Soft Taco Hamburger <i>Choice of:</i> salad, burger fixins, confetti fries, fruit bowl, fruit snacks	24) Breakfast Pizza, Fruit Bowl Turkey Sub Sandwich Peanut Butter Uncrustable <i>Choice of:</i> carrot sticks, apple, cheese stick, crackers	25) <i>No School</i>	26) <i>Thanksgiving</i>	27) <i>No School</i>

Weekly Average
 Cals: 696
 % Fat Cals: 26%
 % Pro Cals: 18%
 % Carb Cals: 56%
 Iron: 4.4mg
 Calcium: 573mg
 Vit C: 50mg
 Vit A: 427 RE

Cals: 647%
 Fat Cals: 28%
 % Pro Cals: 19%
 % Carb Cals: 53%
 Iron: 3.6mg
 Calcium: 544mg
 Vit C: 45mg
 Vit A: 600 RE

Cals: 651
 % Fat Cals: 23%
 % Pro Cals: 17%
 % Carb Cals: 60%
 Iron: 4.1mg
 Calcium: 513mg
 Vit C: 53mg
 Vit A: 338 RE

Cals: 664
 % Fat Cals: 28%
 % Pro Cals: 18%
 % Carb Cals: 54%
 Iron: 3.5mg
 Calcium: 483mg
 Vit C: 25mg
 Vit A: 955 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