

October 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

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
			1) Yogurt, Granola, Fruit Bowl Spaghetti w/ Meat Sauce Mini Corn Dogs <i>Choice of:</i> salad, carrots, apple, pineapple, Ice juicee	2) Muffin, Cheese Stick, Fruit Bowl Chicken Soft Taco Cheeseburger <i>Choice of:</i> salad, burger fixins, confetti fries, fruit bowl, fresh pear
5) Muffin, Cheese Stick, Fruit Bowl Pizza Pita Bites Burrito <i>Choice of:</i> salad, carrots, peaches, fruit bowl, cinnamon bread	6) Breakfast Pizza, Fruit Bowl Pretzel w/ Cheese Sauce Soft Taco <i>Choice of:</i> salad, tomatoes, broccoli, grapes, sliced cinnamon apples	7) Cinnamon Roll, Cheese, Fruit Bowl Teriyaki Dippers Rice Bowl Chickenwich <i>Choice of:</i> salad, cucumbers, Asian vegetables, fresh pineapple, fortune cookies	8) Yogurt, Granola, Fruit Bowl Mandarin Chicken Salad Burrito <i>Choice of:</i> salad, peppers, homemade roll, apple, chocolate chip cookie	9) Muffin, Cheese Stick, Fruit Bowl Sloppy Joe Chicken Nuggets <i>Choice of:</i> salad, carrots, mixed fruit, kiwi, fruit bowl
12) Muffin, Cheese Stick, Fruit Bowl Lite Hot Dogs Soft Taco <i>Choice of:</i> salad, carrots, pears, fruit bowl, cinnamon animal crackers	13) Breakfast Pizza, Fruit Bowl Teriyaki Chicken Rice Bowl Burrito <i>Choice of:</i> salad, cucumbers, Asian vegetables, fresh pineapple, fortune cookie	14) Cinnamon Roll, Cheese, Fruit Bowl Cheese Zombie Stuffed Crust Pizza <i>Choice of:</i> salad, tomato soup, veggie sticks, rosy applesauce, kiwi	15) Yogurt, Granola, Fruit Bowl Chicken Caesar Salad Tostado <i>Choice of:</i> salad, cucumbers, homemade roll, peaches, apple	16) Muffin, Cheese Stick, Fruit Bowl Baked Potato w/ Cheese Cheeseburger <i>Choice of:</i> salad, burger fixins, fruit bowl, cinnamon pears, crackers
19) Muffin, Cheese Stick, Fruit Bowl Pizza Sticks w/ Sauce Rib-B-Q Hoagie <i>Choice of:</i> salad, carrots, fruit bowl, mixed fruit, chocolate chip cookie	20) Breakfast Pizza, Fruit Bowl Ham & Cheese Zombie Hamburger <i>Choice of:</i> salad, burger fixins, tomato soup, apple, fresh pear	21) Cinnamon Roll, Cheese, Fruit Bowl Lunch Bites Pizza <i>Choice of:</i> salad, cucumber, peaches, banana, fruit snacks	22) Yogurt, Granola, Fruit Bowl Chef Salad Chicken Drumsticks <i>Choice of:</i> salad, tomatoes, homemade roll, apple, grapes	23) Muffin, Cheese Stick, Fruit Bowl Turkey Gravy & Potatoes Chickenwich <i>Choice of:</i> salad, green beans, homemade roll, fruit bowl, fudgesicle
26) Muffin, Cheese Stick, Fruit Bowl Chicken Soft Taco Cheeseburger <i>Choice of:</i> salad, burger fixins, confetti fries, fruit bowl, Mandarin oranges	27) Breakfast Pizza, Fruit Bowl Spaghetti w/ Meat Sauce Mini Corn Dogs <i>Choice of:</i> salad, cucumber, apple, pineapple, Ice juicee	28) Cinnamon Roll, Cheese, Fruit Bowl Cheese Zombie Stuffed Crust Pizza <i>Choice of:</i> salad, tomato soup, kiwi, oranges, fruit snacks	29) Yogurt, Granola, Fruit Bowl Turkey Sub Sandwich Peanut Butter Uncrustable <i>Choice of:</i> carrot sticks, apple, cheese stick, crackers	30) No School

Weekly Average
Cals: 679
% Fat Cals: 27%
% Pro Cals: 17%
% Carb Cals: 56%
Iron: 3.8mg
Calcium: 541mg
Vit C: 58mg
Vit A: 429 RE
Cals: 652
Fat Cals: 25%
% Pro Cals: 18%
% Carb Cals: 57%
Iron: 4.1mg
Calcium: 492mg
Vit C: 41mg
Vit A: 524 RE
Cals: 653
% Fat Cals: 25%
% Pro Cals: 18%
% Carb Cals: 57%
Iron: 4.5mg
Calcium: 553mg
Vit C: 47mg
Vit A: 437 RE
Cals: 675
% Fat Cals: 25%
% Pro Cals: 18%
% Carb Cals: 57%
Iron: 3.9mg
Calcium: 513mg
Vit C: 25mg
Vit A: 333 RE
Cals: 674
% Fat Cals: 27%
% Pro Cals: 17%
% Carb Cals: 56%
Iron: 3.8mg
Calcium: 538mg
Vit C: 57mg
Vit A: 635 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

Menu subject to change

WVSD is an Equal Opportunity Provider and Employer