

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

December 2009 West Valley Secondary Menu



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

	Tuesday	Wednesday	Thursday	Friday
30) Breakfast Burrito Lite Hot Dogs Soft Taco <i>Choice of:</i> salad, carrots, fresh pear, fruit bowl, chocolate chip cookie	1) Breakfast Pizza Teriyaki Dippers Rice Bowl Chickenwich <i>Choice of:</i> salad, cucumbers, Asian vegetables, fresh pineapple, fortune cookie	2) Pancake on a Stick Cheese Zombie Chicken Nuggets <i>Choice of:</i> salad, tomato soup, veggie sticks, rosy applesauce, kiwi	3) Breakfast Pizza Chicken Caesar Salad Cheeseburger <i>Choice of:</i> salad, burger fixins, roll, Mandarin oranges, apple	4) French Toast Sticks Baked Potato w/ Cheese Tostado <i>Choice of:</i> salad, steamed broccoli, fruit bowl, cinnamon pears, fruit snacks
7) Breakfast Burrito Pizza Pita Bites Burrito <i>Choice of:</i> salad, carrots, strawberries, fruit bowl, fruit snacks	8) Breakfast Pizza Sloppy Joe Chicken Nuggets <i>Choice of:</i> salad, cucumbers, pineapple, kiwi, chocolate chip cookie	9) Pancake on a Stick Beef Strip Bites Taco Soup w/ Cornbread <i>Choice of:</i> salad, peppers, peaches, apple, cinnamon animal crackers	10) Breakfast Pizza Chef Salad Chicken Drumsticks <i>Choice of:</i> salad, carrots, homemade roll, banana, grapes	11) French Toast Sticks Pretzel w/ Cheese Sauce Soft Taco <i>Choice of:</i> salad, tomatoes, cucumbers, oranges, sliced cinnamon apples
14) Breakfast Burrito Pizza Sticks w/ Sauce Rib-B-Q Hoagie <i>Choice of:</i> salad, carrots, fruit bowl, mixed fruit, cinnamon bread	15) Breakfast Pizza Chicken Soft Taco Mini Burgers <i>Choice of:</i> salad, green peppers, confetti fries, fruit bowl, fresh pear	16) Pancake on a Stick Cheese Zombie Chicken Nuggets <i>Choice of:</i> salad, tomato soup, kiwi, oranges, fruit snacks	17) Breakfast Pizza Spaghetti w/ Meat Sauce Corn Dogs <i>Choice of:</i> salad, cucumber, apple, pineapple, Ice juicee	18) French Toast Sticks Buffalo Chicken Sandwich Burrito <i>Choice of:</i> salad, carrots, homemade salsa, apple, Graham Clodhoppers

Weekly Average	
Cals:	868
% Fat Cals:	26%
% Pro Cals:	18%
% Carb Cals:	56%
Iron:	5.5 mg
Calcium:	613 mg
Vitamin C:	46 mg
Vitamin A:	394 RE
Cals:	836
% Fat Cals:	28%
% Pro Cals:	19%
% Carb Cals:	53%
Iron:	5.6 mg
Calcium:	606 mg
Vitamin C:	44 mg
Vitamin A:	397 RE
Cals:	860
% Fat Cals:	27%
% Pro Cals:	17%
% Carb Cals:	56%
Iron:	4.9 mg
Calcium:	599 mg
Vitamin C:	55 mg
Vitamin A:	675 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

Daily Breakfast choices: Yogurt Parfait, Bagel & Cream Cheese, Variety Homemade Muffins, Homemade Cinnamon Rolls, Pop Tarts, Cereal, Juice, Fresh Fruit

Daily Lunch choices: Sandwich Bar, Pizza

WV menus feature Washington State grown and harvested produce

WVSD is an Equal Opportunity Provider and Employer

Menu subject to change