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 (Call CN office for student I.D.)  
 972-6040 or 972-6048

## February 2010 West Valley Secondary Menu



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

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Average
1) Breakfast Burrito  Spicy Chicken Sandwich Burrito <i>Choice of:</i> salad, carrots, apple, oranges, confetti fries	2) Breakfast Pizza  Teriyaki Dippers Rice Bowl Chickenwich <i>Choice of:</i> salad, cucumbers, Asian vegetables, fresh pineapple, fortune cookie	3) Pancake on a Stick  Cheese Zombie Chicken Nuggets <i>Choice of:</i> salad, tomato soup, veggie sticks, rosy applesauce, kiwi	4) Breakfast Pizza  Chef Salad Cheeseburger <i>Choice of:</i> salad, burger fixins, homemade roll, banana, Mandarin oranges	5) French Toast Sticks  Tostado Chickenwich <i>Choice of:</i> salad, homemade salsa, fruit bowl, cinnamon pears, fruit snacks	Cals: 838 % Fat Cals: 26% % Pro Cals: 17% % Carb Cals: 57% Iron: 5.4mg Calcium: 547 mg Vitamin C: 47 mg Vitamin A: 466 RE
8) Breakfast Burrito  Pizza Pita Bites Burrito <i>Choice of:</i> salad, carrots, mixed fruit, fruit bowl, fruit snacks	9) Breakfast Pizza  Baked Potato w/ Cheese Lite Hot Dogs <i>Choice of:</i> salad, cucumbers, steamed broccoli, oranges, grapes	10) Pancake on a Stick  Beef Strip Bites Taco Soup w/ Cornbread <i>Choice of:</i> salad, celery sticks, peaches, apple, cinnamon animal crackers	11) Breakfast Pizza  Buffalo Chicken Salad Burrito <i>Choice of:</i> salad, peppers, homemade roll, fruit bowl, oranges	12) French Toast Sticks  Spaghetti w/ Meat Sauce Lite Corn Dogs <i>Choice of:</i> salad, cauliflower, kiwi, pineapple, sugar cookie	Cals: 831 % Fat Cals: 27% % Pro Cals: 18% % Carb Cals: 55% Iron: 5.8mg Calcium: 630 mg Vitamin C: 67 mg Vitamin A: 350 RE
15) <b>President's Day No School</b>	16) Breakfast Pizza  Spicy Chicken Sandwich BBQ Hamburger <i>Choice of:</i> salad, carrots, apple, fruit bowl, Granola Clodhoppers	17) Pancake on a Stick  Cheese Zombie Burrito <i>Choice of:</i> salad, tomato soup, kiwi, oranges, fruit snacks	18) Breakfast Pizza  Santa Fe Chicken Salad Chicken Nuggets <i>Choice of:</i> salad, homemade salsa, oranges, banana, cinnamon bread	19) French Toast Sticks  Turkey Gravy & Potatoes Chickenwich <i>Choice of:</i> salad, green beans, homemade roll, fruit bowl, apple	Cals: 827 % Fat Cals: 27% % Pro Cals: 18% % Carb Cals: 55% Iron: 5.0mg Calcium: 446 mg Vitamin C: 51 mg Vitamin A: 342 RE
22) Breakfast Burrito  Chicken Soft Taco Cheeseburger <i>Choice of:</i> salad, burger fixins, confetti fries, fruit bowl, cinnamon applesauce	23) Breakfast Pizza  Pizza Sticks w/ Sauce Rib-B-Q Hoagie <i>Choice of:</i> salad, carrots, kiwi, Mandarin oranges, chocolate chip cookie	24) Pancake on a Stick  Teriyaki Chicken Rice Bowl Burrito <i>Choice of:</i> salad, cucumbers, Asian vegetables, fresh pineapple, fortune cookie	25) Breakfast Pizza  Pretzel w/ Cheese Sauce Soft Taco <i>Choice of:</i> salad, carrots, broccoli, oranges, grapes	26) <b>No School</b>	Cals: 839 % Fat Cals: 25% % Pro Cals: 18% % Carb Cals: 57% Iron: 5.2 mg Calcium: 546 mg Vitamin C: 47 mg Vitamin A: 767 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

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  
**8oz milk served with meals**

WV menus feature Washington State grown and harvested produce

WVSD is an Equal Opportunity Provider and Employer

\*Menu subject to change\*