

January 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

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	Weekly Average
4) Breakfast Burrito Spicy Chicken Sandwich Burrito <i>Choice of:</i> salad, carrots, apple, oranges, confetti fries	5) Breakfast Pizza Teriyaki Dippers Rice Bowl Chickenwich <i>Choice of:</i> salad, cucumbers, Asian vegetables, fresh pineapple, fortune cookie	6) Pancake on a Stick Beef Strip Bites Taco Soup w/ Cornbread <i>Choice of:</i> salad, celery sticks, peaches, apple, cinnamon animal crackers	7) Breakfast Pizza Chef Salad Cheeseburger <i>Choice of:</i> salad, burger fixins, homemade roll, banana, Mandarin oranges	8) French Toast Sticks Baked Potato w/ Cheese Tostado <i>Choice of:</i> salad, coleslaw, fruit bowl, cinnamon pears, fruit snacks	Cals: 862 % Fat Cals: 27% % Pro Cals: 17% % Carb Cals: 56% Iron: 6.0mg Calcium: 567 mg Vitamin C: 33 mg Vitamin A: 431 RE
11) Breakfast Burrito Pizza Pita Bites Burrito <i>Choice of:</i> salad, carrots, fresh pear, fruit bowl, fruit snacks	12) Breakfast Pizza Lite Hot Dogs Soft Taco <i>Choice of:</i> salad, cucumbers, homemade salsa, mixed fruit, grapes	13) Pancake on a Stick Cheese Zombie Chicken Nuggets <i>Choice of:</i> salad, tomato soup, veggie sticks, rosy applesauce, kiwi	14) Breakfast Pizza Buffalo Chicken Salad Burrito <i>Choice of:</i> salad, peppers, homemade roll, peaches, apple	15) French Toast Sticks Spaghetti w/ Meat Sauce Lite Corn Dogs <i>Choice of:</i> salad, cauliflower, apple, pineapple, chocolate chip cookie	Cals: 842 % Fat Cals: 27% % Pro Cals: 18% % Carb Cals: 55% Iron: 5.3mg Calcium: 630 mg Vitamin C: 45mg Vitamin A: 393 RE
18) <i>MLK, Jr. Day No School</i>	19) Breakfast Pizza Spicy Chicken Sandwich Burrito <i>Choice of:</i> salad, carrots, apple, fresh pear, Clodhoppers	20) Pancake on a Stick Teriyaki Chicken Rice Bowl Burrito <i>Choice of:</i> salad, cucumbers, Asian vegetables, fresh pineapple, fortune cookie	21) Breakfast Pizza Santa Fe Chicken Salad Chicken Nuggets <i>Choice of:</i> salad, homemade salsa, oranges, kiwi, cinnamon bread	22) French Toast Sticks Turkey Gravy & Potatoes Chickenwich <i>Choice of:</i> salad, green beans, homemade roll, fruit bowl, fresh pear	Cals: 829 % Fat Cals: 23% % Pro Cals: 18% % Carb Cals: 59% Iron: 5.7mg Calcium: 479 mg Vitamin C: 58 mg Vitamin A: 330 RE
25) Breakfast Burrito Chicken Soft Taco Cheeseburger <i>Choice of:</i> salad, burger fixins, confetti fries, fruit bowl, apple	26) Breakfast Pizza Pizza Sticks w/ Sauce Rib-B-Q Hoagie <i>Choice of:</i> salad, carrots, fruit bowl, mixed fruit, chocolate chip cookie	27) Pancake on a Stick Cheese Zombie Chicken Nuggets <i>Choice of:</i> salad, tomato soup, kiwi, oranges, fruit snacks	28) Breakfast Pizza Pretzel w/ Cheese Sauce Soft Taco <i>Choice of:</i> salad, cucumbers, broccoli, banana, grapes	29) <i>No School</i>	Cals: 847 % Fat Cals: 28% % Pro Cals: 18% % Carb Cals: 54% Iron: 4.6 mg Calcium: 617 mg Vitamin C: 45 mg Vitamin A: 634 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