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972-6040 or 972-6048

	Tuesday	Wednesday	Thursday	Friday	Weekly Average
2) Breakfast Burrito Lite Hot Dogs Soft Taco <i>Choice of:</i> salad, carrots, fresh pear, fruit bowl, chocolate chip cookie	3) Breakfast Pizza Teriyaki Dippers Rice Bowl Chickenwich <i>Choice of:</i> salad, cucumbers, Asian vegetables, fresh pineapple, fortune cookie	4) Pancake on a Stick Cheese Zombie Chicken Nuggets <i>Choice of:</i> salad, tomato soup, veggie sticks, rosy applesauce, kiwi	5) Breakfast Pizza Chicken Caesar Salad Cheeseburger <i>Choice of:</i> salad, burger fixins, homemade roll, peaches, apple	6) French Toast Sticks Baked Potato w/ Cheese Tostado <i>Choice of:</i> salad, cucumbers, fruit bowl, cinnamon pears, fruit snacks	Cals: 829 % Fat Cals: 26% % Pro Cals: 18% % Carb Cals: 56% Iron: 5.3mg Calcium: 583 mg Vitamin C: 44 mg Vitamin A: 383 RE
9) Breakfast Burrito Pizza Pita Bites Burrito <i>Choice of:</i> salad, carrots, peaches, fruit bowl, cinnamon bread	10) Breakfast Pizza Sloppy Joe Chicken Nuggets <i>Choice of:</i> salad, carrots, pineapple, kiwi, chocolate chip cookie	11) Pancake on a Stick <i>Veteran's Day No School</i>	12) Breakfast Pizza Chef Salad Chicken Drumsticks <i>Choice of:</i> salad, cucumbers, homemade roll, apple, grapes	13) French Toast Sticks Pretzel w/ Cheese Sauce Soft Taco <i>Choice of:</i> salad, tomatoes, steamed broccoli, oranges, sliced cinnamon apples	Cals: 838 % Fat Cals: 28% % Pro Cals: 19% % Carb Cals: 53% Iron: 5.2mg Calcium: 627 mg Vitamin C: 39mg Vitamin A: 401 RE
16) Breakfast Burrito Pizza Sticks w/ Sauce Rib-B-Q Hoagie <i>Choice of:</i> salad, carrots, fruit bowl, mixed fruit, fresh pear	17) Breakfast Pizza Beef Strip Bites Taco Soup w/ Cornbread <i>Choice of:</i> salad, cucumber, peaches, apple, cinnamon animal crackers	18) Pancake on a Stick Cheese Zombie Chicken Nuggets <i>Choice of:</i> salad, tomato soup, kiwi, oranges, fruit snacks	19) Breakfast Pizza Buffalo Chicken Salad Burrito <i>Choice of:</i> salad, peppers, homemade roll, banana, Mandarin oranges	20) French Toast Sticks Turkey Gravy & Potatoes Chickenwich <i>Choice of:</i> salad, green beans, homemade roll, fruit bowl, grapes	Cals: 861 % Fat Cals: 27% % Pro Cals: 17% % Carb Cals: 56% Iron: 5.7mg Calcium: 577 mg Vitamin C: 43 mg Vitamin A: 366 RE
23) Breakfast Burrito Chicken Soft Taco Cheeseburger <i>Choice of:</i> salad, burger fixins, confetti fries, fruit bowl, fruit snacks	24) Breakfast Pizza Spicy Chicken Sandwich Burrito <i>Choice of:</i> salad, carrots, apple, oranges, Ice juicee	25) <i>No School</i>	26) <i>Thanksgiving</i>	27) <i>No School</i>	Cals: 836 % Fat Cals: 28% % Pro Cals: 17% % Carb Cals: 55% Iron: 4.4 mg Calcium: 541 mg Vitamin C: 73 mg Vitamin A: 829 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