



June



HARVEST OF THE MONTH

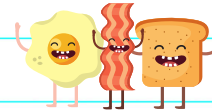
ROASTED ASPARAGUS

Fun Fact!

Asparagus grows incredibly fast! During peak season, it can shoot up as much as 10 inches in just one day. Typically, it takes about three days for a single stalk of asparagus to reach its full size.

FOLLOW US ON SOCIAL MEDIA!

ChildnutritionWVSD208



DON'T FORGET TO JOIN US DAILY FOR BREAKFAST AT YOUR SCHOOL!

OFFERED DAILY AT BREAKFAST SERVICE

Breakfast: Fresh Fruit and 100% Fruit Juice

Milk: Fat Free Chocolate & White Milk, Soy Milk available for Breakfast and Lunch

****Milk may be purchased for \$.50 to compliment meals from home.*



FREE Summer Meals are available for every kid, eighteen and under, all summer long. You can find meal sites at schools, parks and community centers throughout Washington. Text "FOOD" or "COMIDA" to 304-304 OR visit www.freesummermeals.org to find free summer meals nearby.

Child Nutrition Information Center!



Receive \$120 for each eligible child!

WHO QUALIFIES?

Students who qualify for any of the following:

- Qualifying Family Income Survey
- Qualifying Free & Reduced Meal Application
- Basic Food, TANF, Homeless, Foster, Migrant, Medicaid

GET FREE SUMMER MEALS!



When: July 8th - Aug 8th **Monday - Thursday**

Location: West Valley Middle School

Breakfast: 8:30am - 9:00am

Lunch: 12:00pm - 12:30pm

Every child aged 18 and under can enjoy SUN Meals

This institution is an equal opportunity provider.



Secondary 2024

June

Monday

3 **Honey Bun**

♥ Chicken Parm Sandwich 🍳
Chicken Drumstick & Waffle

Tuesday

4 **Breakfast Burrito**

♥ Beef Soft Taco 🍳
Corn Dog 🍳
Roasted Asparagus

Wednesday

5 **Blueberry Blast Bread** 🍳

♥ Chicken Caesar Salad
Chicken Nuggets 🍳 🍳

Thursday

6 **Breakfast Pizza** 🍳

♥ Cheese Zombie
Chicken Sandwich 🍳 🍳

Friday

7 **Mini Waffles & Sausage**

Beef & Cheese Burrito 🍳
Spicy Chicken Sandwich 🍳 🍳
Fresh Strawberries

10 **French Toast Sticks**

Pepperoni Rippers 🍳

11 **Pancake & Sausage** 🍳

Cheeseburgers 🍳

12 **Chocolate Chip Pancake**

Corn Dog 🍳

13 **Cereal Bowl** 🍳 🍳



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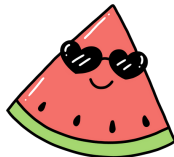


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- Egg Free
- Gluten Free
- Homemade
- Dairy Free
- Local Produce

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