

# March



## GRAIN

### Fun Fact!

We source local flour from Cascade Milling in Royal City, WA, for our muffins, cinnamon rolls, cheese zombies, and blueberry blast bread. Plus, we're thrilled to use their homemade pancake mix in our chocolate chip pancakes.

### FOLLOW US ON SOCIAL MEDIA!



ChildnutritionWVSD208

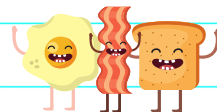
### Meal Prices

	Breakfast	Lunch
Elementary (K-5) AV & CW	\$2.00	\$3.10
High School (9-12)	\$2.25	\$3.65
Adult Meals	\$3.50	\$4.50

### How to Make a Payment?

Deposit online, plus auto-payment options: [www.myschoolbucks.com](http://www.myschoolbucks.com)  
(Call CN office for student I.D.) (509) 972-6040

**This institution is an equal opportunity provider.**



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

**NATIONAL SCHOOL  
BREAKFAST WEEK!  
MARCH 4TH - 8TH**



### 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.

### Child Nutrition Information Center!

### National Nutrition Month! Fact or Fiction

1. Our bodies cannot digest dietary Fiber?
2. There are five food groups?
3. Registered dietitian nutritionists, also known as RDNS, are the food and nutrition experts?



For more student  
information and tips,  
visit here!



**YOUNG CHEFS OF  
WEST VALLEY**

JUNIOR CHEF COMPEITION

**APPLICATIONS NOW OPEN!**



Scan here for  
more  
information!

Answers  
1. Fact 2. Fact 3. Fact



# March

## Secondary

## 2024



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



### NATIONAL SCHOOL BREAKFAST WEEK - SURF'S UP DUDE!



1 Breakfast Empanada  
JH/MS- Hawaiian Poke Bowl  
HS/IC - Salmon Sushi Bowl  
Boneless Wings

4 Honey Bun  
Beef Stroganoff  
Chicken Drumstick & Waffle

5 Breakfast Burrito  
Beef Soft Taco  
Corn Dog

6 2 Hour Delay  
Chicken Alfredo  
Chicken Nuggets

7 Breakfast Pizza  
Cheese Zombie  
Chicken Sandwich

8 Pineapple Upside Down Bread  
Cheesy Nachos  
Chicken Empanada  
Roasted Street Corn

11 French Toast  
Chicken Posole  
Mozzarella Bites

12 Pancake & Sausage Stick  
Orange Chicken  
Pepperoni Rippers

13 Choc Chip Pancake  
Popcorn Chicken Salad  
Mini Corn Dog  
Roasted Potatoes

14 Breakfast Pizza  
Turkey Gravy & Potatoes  
Chicken Sandwich



18 Honey Bun  
Rib -B- Que Sandwich  
Pretzel & Cheese

19 Breakfast Burrito  
Butter Chicken  
Pepperoni Pizza

20 Blueberry Blast Bread  
Chicken Teriyaki  
Chicken Strips

21 Breakfast Pizza  
Cheese Zombie  
Chicken Sandwich

22 Apple Cinnamon Scone  
Macaroni & Cheese  
Corn Dog

25 French Toast  
Beefy Cheese Burrito

26 Pancake & Sausage Stick  
Hamburger

27 Choc Chip Pancake  
Popcorn Chicken  
Roasted Potatoes

28 Breakfast Pizza  
Chicken Sandwich

29 Breakfast Empanada  
French Bread Cheese Pizza

Egg Free Gluten Free Homemade  
 Dairy Free Local Contains Pork

We offer a variety of fruits and vegetables on our salad bar daily

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