



NOVEMBER



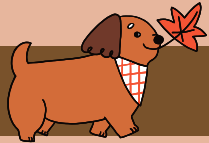
2024



Harvest of the Month: Asian Pears

Fun Fact:

Asian Pears are the oldest cultivated pear known, dating back to 1100 B.C. Chinese miners who migrated to California during the gold rush days, brought with them Asian Pear seeds.



Meal Prices

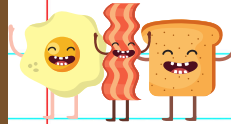
	Breakfast	Lunch
Elementary (K-5)	CEP & HB 1238	CEP & HB 1238
Middle Level (6-8)	CEP	CEP
Innovation Center	CEP	CEP
High School (9-12)	\$2.50	\$3.75

Community Eligibility Provision (CEP) & House Bill 1238 (HB1238)-breakfast and lunch provided at no cost.

How to Make a Payment?

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

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



We offer Fresh Fruit, 100% Fruit Juice, Fat Free Chocolate and White Milk, and Soy Milk daily at breakfast.



Milk may be purchased for \$0.50 to compliment a meal from home

CHILD NUTRITION INFORMATION CORNER

New Recipe Alert

November 14th- Apple Crisp

November 15th- Italian Sausage, Potato, and Kale Soup

Join us for our upcoming Local Wellness Policy Meeting!

****When:**** November 14th at 1:30 p.m.

****Where:**** Child Nutrition Office

****What:**** Discuss strategies to foster a school environment that supports the health and well-being of students and staff.

WV RECIPE BOOK

Don't forget to submit your favorite family recipe so it can be featured in our West Valley Recipe Book this Spring! Child Nutrition will also select 1-2 recipes to be featured on our school menus. E-mail recipes to childnutrition@wvwd208.org

FOLLOW US ON SOCIAL MEDIA!



ChildnutritionWVSD208



Check Out Our Webpage!

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ELEMENTARY
2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THANKFUL				CINNAMON BREAD ¹ FRENCH TOAST STICKS & CHEESE OMELET MINI CHEESY BITES CHOC CHIP MUFFIN ⁸
 FRENCH TOAST STICKS ⁴ SLOPPY JOE ITALIAN DIPPERS	MINI MAPLE PANCAKES ⁵ SPAGHETTI & MEAT SAUCE HAMBURGER	2 HOUR LATE START ⁶ CHICKEN SALAD POPCORN CHICKEN	BREAKFAST PIZZA ⁷ CHEESE ZOMBIE CHICKEN SANDWICH	CHICKEN POT PIE CHICKEN EMPANADA
 FRENCH TOAST STICKS ¹¹	PANCAKE SAUSAGE STICK ¹² CHICKEN SOFT TACO CORN DOG	PUMPKIN BREAD ¹³ ORANGE CHICKEN BOWL CHEESE RIPPERS	BREAKFAST PIZZA ¹⁴ TURKEY GRAVY CHICKEN SANDWICH APPLE CRISP	CINNAMON BREAD ¹⁵ SAUSAGE, POTATO, KALE SOUP CHICKEN CHUNKS
FRENCH TOAST STICKS ¹⁸ PIZZA BITES FRENCH BREAD PIZZA	MINI MAPLE PANCAKES ¹⁹ MACARONI & CHEESE HAMBURGER	BLUEBERRY BREAD ²⁰ CHEF SALAD CHICKEN NUGGETS	BREAKFAST PIZZA ²¹ CHILI & CORN BREAD CHICKEN SANDWICH	CHOC CHIP MUFFIN ²² ENCHILADA CASSEROLE CHICKEN STRIPS
HONEY BUN ²⁵ BEAN & CHEESE BURRITOS MINI CHEESY BITES	PANCAKE SAUSAGE STICK ²⁶ WHITE BEAN CHICKEN CHILI CORN DOG	 NO SCHOOL ²⁷	 Happy Thanksgiving ²⁸	 NO SCHOOL ²⁹

Egg Free

Gluten Free

Homemade

Dairy Free

Local Produce

Contains Pork

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