



NOVEMBER



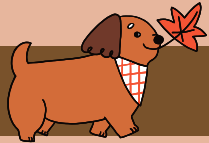
2024



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

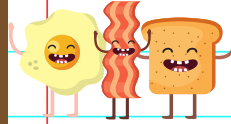
	Breakfast	Lunch
Elementary (K-5)	CEP & HB 1238	CEP & HB 1238
Middle Level (6-8)	CEP	CEP
Innovation Center	CEP	CEP
High School (9-12)	\$2.50	\$3.75

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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NOVEMBER

SECONDARY
2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FRENCH TOAST STICKS ⁴ SLOPPY JOE ITALIAN DIPPERS	EGG & SAUSAGE SANDWICH ⁵ SPAGHETTI & MEAT SAUCE CHEESEBURGER	2 HOUR LATE START ⁶ CHICKEN CAESAR SALAD POPCORN CHICKEN	BREAKFAST PIZZA ⁷ CHEESE ZOMBIE CHICKEN SANDWICH	MINI WAFFLES & SAUSAGE ¹ FRENCH TOAST STICKS & CHEESE OMELET MINI CHEESY BITES EGG, SAUSAGE, CHEESE POCKET ⁸ CHICKEN POT PIE CHICKEN EMPANADA
Veterans Day ¹¹ FRENCH TOAST STICKS ¹⁸ CHICKEN POSOLE FRENCH BREAD PIZZA	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	MINI WAFFLES & SAUSAGE ¹⁵ SAUSAGE, POTATO, KALE SOUP CHICKEN CHUNKS
FRENCH TOAST STICKS ¹⁸ CHICKEN POSOLE FRENCH BREAD PIZZA	EGG & SAUSAGE SANDWICH ¹⁹ MACARONI & CHEESE CHEESEBURGER	BLUEBERRY BREAD ²⁰ CHEF SALAD CHICKEN NUGGETS	BREAKFAST PIZZA ²¹ CHILI & CORN BREAD CHICKEN SANDWICH	EGG, SAUSAGE, CHEESE POCKET ²² ENCHILADA CASSEROLE CHICKEN STRIPS
HONEY BUN ²⁵ BEAN & CHEESE BURRITO 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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