

## OCTOBER 2024







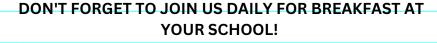
THE







Cauliflower comes in  $MON \ \ H \ \ many \ colors \ including$ white, yellow, orange, purple, or pale green



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

#### **Meal Prices**

	Breakfast	Lunch
Elementary (K-5)	CEP/ HB1238	CEP/ HB1238
Middle Level (6-8)	CEP	CEP
Innovation Center (7-12)	CEP	СЕР
High School (9-12)	\$2.50	\$3.75

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

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

### CHILD NUTRITION INFORMATION CORNER

#### NATIONAL FARM TO SCHOOL MONTH

Taste Washington Day October 2nd featuring Washington grown produce

#### **NEW RECIPES ALERT**

Try our White Bean Chicken Chili and Homemade Pumpkin Bread for breakfast

#### **WV RECIPE BOOK**

Submit your favorite family recipe to be featured in our West Valley Recipe Book this Spring. Child Nutrition will select 1-2 recipes to feature on our school menus. Email recipes to childnutrition@wvsd208.org



NATIONAL SCHOOL LUNCH WEEK **OCTOBER 14-18** 

his institution is an equal opportunity

SCHOOL LUNCH PIRATES

FIND YOUR TREASURES

OCTOBER 14-18, 2024

# OCTOBER

SECONDARY 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		BREAKFAST BURRITO 1	♥BLUEBERRY BREAD2	BREAKFAST PIZZA 3	MINI WAFFLES & SAUSAG
P		♥ BEEF SOFT TACO S  CORN DOG ®		CHEESE ZOMBIE ♥  CHICKEN SANDWICH®	©CHEESY NACHOS BEEF HOT DOG
	FRENCH TOAST STICKS	EGG & SAUSAGE SANDWIGH	TASTE WASHINGTON DAY 2 HOUR LATE START 9	BREAKFAST PIZZA 10	BAGEL & CREAM CHEESO
1	SLOPPY JOE (		CHICKEN CAESAR SALAD POPCORN CHICKEN	TOSTADO & CHIPS CHICKEN SANDWICH®	© CHICKEN POT PIE V CHICKEN EMPANADA
	HONEY BUN 14	NATIONAL SCHOOL BREAKFAST BURRITO	4172	CTOBER 14-18	DOMINO'S PIZZA  NI WAFFLES & SAUSAGE
	HUNET BUN	BREAKFASI BURKIIO	PUMPKIN BREAD	BKEANFASI PIZZA	WATFLES & SAUSAGE
	CHICKEN "PEG LEGS" PRETZEL & "LIQUID GOLD"	CHICKEN SOFT TACO	ORANGE CHICKEN BOWL	CHEESE ZOMBIE	CATCH OF THE DAY"
	PREIZEL & LIQUID GOLD	MINI "PIRATE FINGERS	CHEESE RIPPERS	ACHICKEN SANDWICH &	CHICKEN CHUNKS
$\setminus$	FRENCH TOAST STICK	EGG & SAUSAGE SANDW 22	♥BLUEBERRY BREAD23	BREAKFAST PIZZA 24	BAGEL & CREAM CHEE 25
	©CHICKEN POSOLE	MACARONI & CHEESE	<b>♥</b> CHEF SALAD <b>③</b>	TURKEY GRAVY	ENCHILADA CASSEROLE COCHICKEN STRIPS
	CHICKEN & CHEESE BURRITO	CHEESEBURGER  ROASTED POTATOES	CHICKEN NUGGETS	CHICKEN SANDWICH	Sementin orkin o
	HONEY BUN 28	BREAKFAST BURRIT@9	PUMPKIN BREAD 30	BREAKFAST PIZZA 31	
	FRENCH TOAST STICKS & CHEESE OMELET	SBEEF SOFT TACO♥ CORN DOG (5)	CHICKEN TERIYAKI BOWL FRENCH BREAD PIZZA	◆ CHEESE ZOMBIE     CHICKEN SANDWICH	
	MINI CHEEZY BITES				

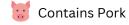












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