

OCTOBER 2024







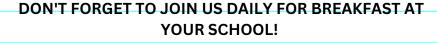
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Cauliflower comes in $MON \ \ H \ \ many \ colors \ including$ white, yellow, orange, purple, or pale green



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

ELEMENTARY 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		BREAKFAST BURRITO 1	BLUEBERRY BREAD2	BREAKFAST PIZZA 3	♥ CINNAMON BREAD 4
		CORN DOG®		CHEESE ZOMBIE ♥ CHICKEN SANDWICH®	© CHEESY NACHOS BEEF HOT DOG
	FRENCH TOAST STICKS	MINI MAPLE PANCAKES	TASTE WASHINGTON DAY 2 HOUR LATE START 9	BREAKFAST PIZZA 10	CHOC CHIP MUFFIN11
1	SLOPPY JOE V (PAGHETTI & MEATSAUCE SHAMBURGER ROASTED POTATOES	©CHICKEN SALAD♥		CHICKEN POT PIE CHICKEN EMPANADA
	HONEY BUN 14	NATIONAL SCHO	OOL LUNCH WEEK OO	CTOBER 14-18	CINNAMON BREAD 18
		CHICKEN SOFT TACO	ORANGE CHICKEN BOWL		CATCH OF THE DAY"
)	•		1		CHICKEN CHUNKS
	PIZZA BITES CHICKEN & CHEESE BURRITO	MINI MAPLE PANCAKAS MACARONI & CHEESE THAMBURGER THOMSTED POTATOES	● CHEF SALAD (**) (**CHEF SALAD (**) (**CHICKEN NUGGETS**)	TURKEY GRAVY CHICKEN SANDWICH	CHOC CHIP MUFFIN25 ENCHILADA CASSEROLES CHICKEN STRIPS
	HONEY BUN 28	BREAKFAST BURRIT 29	PUMPKIN BREAD 30	BREAKFAST PIZZA 31	
	FRENCH TOAST STICKS & CHEESE OMELET MINI CHEEZY BITES	COMIT DOG (C)	CHICKEN TERIYAKI BOWL FRENCH BREAD PIZZA	♥CHEESE ZOMBIE CHICKEN SANDWICH®	
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Dairy Free Local Produce Contains Pork

Gluten Free

Homemade

Egg Free

THIS INSTITUTION IS AN EQUAL OPPORTUNITY
PROVIDER.