



OCTOBER 2024



HARVEST
OF THE
MONTH



Cauliflower

Cauliflower comes in many colors including white, yellow, orange, purple, or pale green



Meal Prices



	Breakfast	Lunch
Elementary (K-5)	CEP/ HB1238	CEP/ HB1238
Middle Level (6-8)	CEP	CEP
Innovation Center (7-12)	CEP	CEP
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

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

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

This institution is an equal opportunity provider.

SCHOOL LUNCH PIRATES
FIND YOUR TREASURE!
 OCTOBER 14-18, 2024



OCTOBER

ELEMENTARY
2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	BREAKFAST BURRITO ¹ BEEF SOFT TACO CORN DOG	BLUEBERRY BREAD ² WHITE BEAN CHICKEN CHILI FRENCH BREAD PIZZA TASTE WASHINGTON DAY 2 HOUR LATE START ⁹	BREAKFAST PIZZA ³ CHEESE ZOMBIE CHICKEN SANDWICH	CINNAMON BREAD ⁴ CHEESY NACHOS BEEF HOT DOG
	FRENCH TOAST STICKS ⁷ SLOPPY JOE ITALIAN DIPPERS	MINI MAPLE PANCAKES ⁸ SPAGHETTI & MEATSAUCE HAMBURGER ROASTED POTATOES	BREAKFAST PIZZA ¹⁰ TOSTADO & CHIPS CHICKEN SANDWICH	CHOC CHIP MUFFIN ¹¹ CHICKEN POT PIE CHICKEN EMPANADA
NATIONAL SCHOOL LUNCH WEEK OCTOBER 14-18				
HONEY BUN ¹⁴ CHICKEN "PEG LEGS" PRETZEL & "LIQUID GOLD"	BREAKFAST BURRITO ¹⁵ CHICKEN SOFT TACO MINI "PIRATE FINGERS"	PUMPKIN BREAD ¹⁶ ORANGE CHICKEN BOWL CHEESE RIPPERS	BREAKFAST PIZZA ¹⁷ CHEESE ZOMBIE CHICKEN SANDWICH	CINNAMON BREAD ¹⁸ "CATCH OF THE DAY" FISH STICKS CHICKEN CHUNKS
FRENCH TOAST STICKS ²¹ PIZZA BITES CHICKEN & CHEESE BURRITO	MACARONI & CHEESE HAMBURGER ROASTED POTATOES	BLUEBERRY BREAD ²³ CHEF SALAD CHICKEN NUGGETS	BREAKFAST PIZZA ²⁴ TURKEY GRAVY CHICKEN SANDWICH	CHOC CHIP MUFFIN ²⁵ ENCHILADA CASSEROLE CHICKEN STRIPS
HONEY BUN ²⁸ FRENCH TOAST STICKS & CHEESE OMELET MINI CHEEZY BITES	BEEF SOFT TACO CORN DOG	PUMPKIN BREAD ³⁰ CHICKEN TERIYAKI BOWL FRENCH BREAD PIZZA	BREAKFAST PIZZA ³¹ CHEESE ZOMBIE CHICKEN SANDWICH	

Egg Free
 Gluten Free
 Homemade
 Dairy Free
 Local Produce
 Contains Pork

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