

All meals come with 1 % white milk or whole milk for ages 2 and under.

OCTOBER 2019

West Valley ELC



This institution is an equal opportunity provider

Water always available.

Menu is subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Cheese and Meat with WG Crackers Carrots, Tropical Fruit	1 Chicken Nuggets, BBQ Sauce Celery Sticks, Grapes	2 No School	3 Garden Chicken Salad Goldfish, Peaches	4 Deli Sandwich Cauliflower, Seasonal Melon
7 WowButter Jamwich Cheesestick Snap Peas, Grapes	8 Flatbread and Hummus HB Egg Carrots, Mandarin Oranges	9 Tuna Pocket Cucumbers, Banana	10 Deli Pinwheels Baked Beans Apple Slices	11 Beef Taco Salad Corn Diced Pears
14 Cheese and Meat with WG Crackers Carrots, Tropical Fruit	15 Chicken Nuggets, BBQ Sauce Celery Sticks, Grapes	16 No School	17 Garden Chicken Salad Goldfish, Peaches	18 Deli Sandwich Cauliflower, Seasonal Melon
21 WowButter Jamwich Cheesestick Snap Peas, Grapes	22 Flatbread and Hummus HB Egg Carrots, Mandarin Oranges	23 No School	24 Deli Pinwheels Baked Beans Apple Slices	25 Beef Taco Salad Corn Diced Pears
28 Cheese and Meat with WG Crackers Carrots, Tropical Fruit	29 Chicken Nuggets, BBQ Sauce Celery Sticks, Grapes	30 No School	31 Garden Chicken Salad Goldfish, Peaches	



BREAKFAST				
Monday	Tuesday	wednesday	Thursday	Friday
Whole grain cereal HB Egg 1% white milk Diced Peaches	WG Muffin 1% white milk Banana	Overnight Oats 1% white milk Blueberries	Cottage Cheese WG Bagel 1% white milk Pineapple	Pancakes 1% white milk Applesauce
SNACK				
Monday	Tuesday	wednesday	Thursday	Friday
Yogurt WG Granole	Ants on a log (Celery, Wowbutter, Craisins)	Strawberry/Grape Skewers Cheese	Banana WG Cheese-It's	WG Goldfish Cheesestick