



# FEBRUARY

# 2025



## HARVEST OF THE MONTH

### Grains

#### Fun Fact:

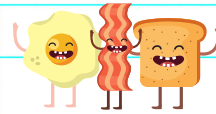
All of our homemade baked goods use flour from Cascade Milling which is a family-owned certified Organic farm in Royal City, Washington.



### FOLLOW US ON SOCIAL MEDIA!



ChildnutritionWVSD208



**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 \$0.75 to compliment a meal from home*

### CHILD NUTRITION INFORMATION CORNER

## West Valley Local Wellness Committee's Wellness Challenge

The WVSD Local Wellness Committee would like to introduce the first ever 2025 Wellness Challenge, beginning February 24 and ending March 28. Participation is FREE and registration is required to be eligible to win prizes.

We invite students, staff, and community members to embark on a 5 week wellness challenge designed to enhance your overall well-being. Our challenge focuses on five key wellness categories:

- 🍎 Nutrition, 💧 Hydration, 🏃 Exercise,
- 🧘 Stress Management 😴 Sleep.

Let's work together towards a healthier, happier you!

There will be 2-3 winners each week and a grand prize winner at the end of the challenge. Grand prize winners must check in each week to qualify for a prize.



Visit our Child Nutrition Webpage for the Registration Link



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### Meal Prices

	Breakfast	Lunch
Elementary (K-5)	CEP & HB 1238	CEP & HB 1238
Middle Level (6-8) & 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](http://www.myschoolbucks.com)  
(call CN office for student I.D.) (509)-972-6040



# FEBRUARY

SECONDARY  
2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>HONEY BUN 3</p> <p> BISCUITS &amp; GRAVY  </p> <p> MINI CHEESY BITES</p>	<p>PANCAKE SAUSAGE STIC 4</p> <p> CHICKEN SOFT TACO </p> <p> CORN DOG</p>	<p> BLUEBERRY BREAD 5</p> <p> BEEF TERIYAKI BOWL </p> <p> BEAN &amp; CHEESE BURRITO</p>	<p>BREAKFAST PIZZA 6</p> <p>CHEESE ZOMBIE </p> <p> CHICKEN SANDWICH </p>	<p>MINI WAFFLES &amp; OMELET 7</p> <p> CHICKEN WINGS  </p> <p> BEEF HOT DOG </p>
<p>FRENCH TOAST STICKS 10</p> <p>RIB-B-QUE SANDWICH </p> <p>ITALIAN DIPPERS</p>	<p>EGG &amp; SAUSAGE SANDWICH 11</p> <p> SPAGHETTI &amp; MEAT SAUCE </p> <p>CHEESEBURGER </p>	<p>2 HOUR LATE START 12</p> <p> CHICKEN CAESAR SALAD </p> <p> POPCORN CHICKEN</p>	<p>BREAKFAST PIZZA 13</p> <p> TOSTADO W/ CHIPS </p> <p>SPICY CHICKEN SANDWICH </p>	<p>14</p> <p><b>Happy Valentines Day</b></p>
<p> HAPPY Presidents Day </p>	<p>PANCAKE SAUSAGE STIC 18</p> <p> CHICKEN CHEESESTEAK SANDWICH </p> <p>MINI CALZONES </p>	<p> BLUEBERRY BREAD 19</p> <p> ORANGE CHICKEN BOWL </p> <p>ENCHILADA EMPANADA </p>	<p> BLACK BEAN BROWNIE </p> <p>BREAKFAST PIZZA 20</p> <p> CHEESE ZOMBIE CHICKEN SANDWICH </p>	<p>MINI WAFFLES &amp; OMELET 21</p> <p> SAUSAGE, KALE, POTATO SOUP  </p> <p> CHICKEN CHUNKS </p>
<p>FRENCH TOAST STICK 24</p> <p> PULLED PORK SANDWICH </p> <p> FRENCH BREAD PIZZA</p>	<p>EGG &amp; SAUSAGE SANDWICH 25</p> <p> MACARONI &amp; CHEESE </p> <p>CHEESEBURGER </p>	<p> BLUEBERRY BREAD 26</p> <p> POPCORN CHICKEN SALAD </p> <p> CHICKEN NUGGETS </p>	<p>BREAKFAST PIZZA 27</p> <p> TURKEY GRAVY </p> <p> CHICKEN SANDWICH </p>	<p>EGG, SAUSAGE, CHEESE POCKE 28</p> <p> CHICKEN ALFREDO </p> <p> CHICKEN STRIPS </p>
<p></p>	<p></p>	<p></p>	<p><b>XOXO</b></p>	<p></p>

- Egg Free
- Gluten Free
- Homemade
- Dairy Free
- Local Produce
- Contains Pork

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