



JANUARY

2025



HARVEST OF THE MONTH

Brussels Sprouts

Fun Fact: **Sprouts**

Overcooking sprouts makes them smell like rotten eggs due to the high levels of sulforaphane they contain. On the other hand, roasted, sautéed or grilled sprouts can taste sweet and nutty– and delicious. You’ve got to respect a vegetable that has built-in protection against overcooking.

FOLLOW US ON SOCIAL MEDIA!



ChildnutritionWVSD208



Meal Prices

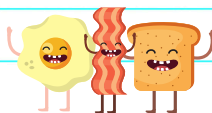


	Breakfast	Lunch
Elementary (K-5)	CEP & HB 1238	CEP & HB 1238
Middle Level (6-8) & Innovation Center	CEP	CEP
High School (9-12)	\$2.50	\$3.75

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
(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 \$0.75 to compliment a meal from home

CHILD NUTRITION INFORMATION CORNER

West Valley Local Wellness Committee's Wellness Challenge

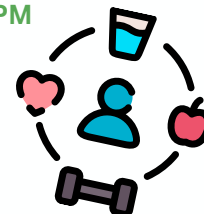
The WVSD Local Wellness Committee would like to introduce the first ever 2025 Wellness Challenge, beginning February 24 and ends March 28. Participation is FREE and registration is required to be eligible to win prizes.

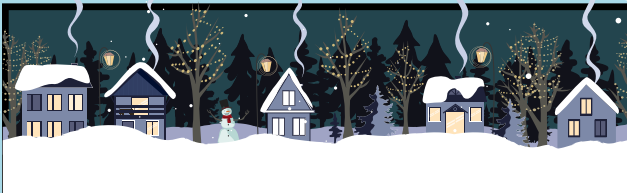
We invite students, staff, and community members to embark on a 5 week wellness challenge designed to enhance your overall well-being. Our challenge focuses on five key wellness categories: Nutrition, Hydration, Exercise, Stress Management, and Sleep. Let's work together towards a healthier, happier 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.

Register online by Friday, January 31 8:00PM

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.





JANUARY



ELEMENTARY
2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		HAPPY NEW YEAR! 1	2	3
HONEY BUN 6 SLOPPY JOE ♥ ITALIAN DIPPERS	PANCAKE SAUSAGE STICKS 7 BEEF SOFT TACO ♥ CORN DOG	BLUEBERRY BREAD 8 CHICKEN TERIYAKI ♥ BEAN & CHEESE BURRITO	BREAKFAST PIZZA 9 CHEESE ZOMBIES CHICKEN SANDWICH	CINNAMON BREAD 10 CHEESE NACHOS ♥ BEEF HOT DOG
FRENCH TOAST STICKS 13 RIB-B-QUE SANDWICH MINI CHEESY BITES	MINI MAPLE PANCAKES 14 SPAGHETTI & MEAT SAUCE ♥ HAMBURGER	2 HOUR LATE START 15 CHICKEN CAESAR SALAD POPCORN CHICKEN	BREAKFAST PIZZA 16 TOSTADO W/ CHIPS CHICKEN SANDWICH	CHOCOLATE CHIP MUFFIN 17 CHICKEN ALFREDO CHICKEN STRIPS
20 FRENCH TOAST STICKS 27 PIZZA BITES FRENCH BREAD PIZZA	21 MINI MAPLE PANCAKE 28 MACARONI & CHEESE HAMBURGER	BLUEBERRY BREAD 22 ORANGE CHICKEN BOWL PEPPERONI RIPPERS	BREAKFAST PIZZA 23 CHEESE ZOMBIES CHICKEN SANDWICH	CINNAMON BREAD 24 SAUSAGE, KALE, POTATO SOUP CHICKEN CHUNKS
FRENCH TOAST STICKS 27 PIZZA BITES FRENCH BREAD PIZZA	MINI MAPLE PANCAKE 28 MACARONI & CHEESE HAMBURGER	BLUEBERRY BREAD 29 POPCORN CHICKEN SALAD CHICKEN NUGGETS	BREAKFAST PIZZA 30 TURKEY GRAVY CHICKEN SANDWICH	CHOCOLATE CHIP MUFFIN 31 CHICKEN POT PIE ENCHILADA EMPANADA

Egg Free
 Gluten Free
 Homemade
 Dairy Free
 Local Produce
 Contains Pork

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