

What's on the Menu?

Waste Warrior

Discovery Kitchen

V-Vegetarian

Menu is subject to change

Snoqualmie Valley School District Elementary Menu

April 2023

USDA and this institution are equal opportunity providers and employers.

Monday	Alert	Wednesday	Thursday	Friday
<p>Mood Boost April 17-May 26 will be showcasing recipes that corollate to different moods. Each week we will do a different mood and a recipe that goes with it.</p>	<p>Foods that my help keep your brain energized, improve focus and concentration over time examples: Watermelon Carrots, Brussels Sprouts, Dark Chocolate, and Apples.</p>		<p>Calm Food that may help improve a sense of relation by helping ease feeling of stress examples: Black Beans, Broccoli, Strawberries, Sweet Potatoes, and Spinach.</p>	<p>Waste Warrior IF THE U.S. WASTED 5% LESS FOOD WE COULD FEED 4 MILLION PEOPLE</p>
<p>3 1: BBQ Rib Sandwich 2: Mini Corn Dogs 3: Veggie Burger (V) Oven Fries Baked Beans</p>	<p>4 1: Popcorn Chicken 2: Salisbury Steak Mashed Potatoes /Gravy 3: Sun Butter & Jelly Sandwich (V) Fresh Baby Carrots/broccoli Dinner Roll Fresh or Canned Fruit</p>	<p>5 1: Waffles (V) w/ Sausage Links Egg Patty 2: Ham & Cheese Hoagie Cauliflower Fresh Baby Carrots Fresh or Canned Fruit</p>	<p>6 Burrito Day 1: Bean & Cheese Burrito (V) 2: Beef & Cheese Burrito 3: Chef Salad w/ Roll Golden Corn Pinto Beans Blueberry Crisp Fresh or Canned Fruit</p>	<p>7 1: Pepperoni Pizza or 2: Cheese Pizza (V) (both on whole grain crust) 3: Fish Nuggets/Fries/Roll Fresh Baby Carrots Celery Sticks Fresh or Canned Fruit</p>
Breakfast Pizza or Cereal	Biscuit & Gravy or Cereal	Fruit Smoothies, Brkft Sandwich	Waffles w/ Sausage	Cinnamon Roll, Sausage Muffin
10 No School	11 No School	12 No School	13 No School	14 No School
<p>SPRING BREAK NO SCHOOL</p>				
<p>17 1: Teriyaki Dippers 2: Cheese Quesadilla (V) Rice Fresh Baby Carrots Steamed Broccoli w/ Cheese Fresh or Canned Fruit</p>	<p>18 Alert 1: Chicken Burger 2: Veggie Burger (V) 3: Hummus Fun Lunch (V) Oven Fries Orange glazed Carrots Fresh or Canned Fruit</p>	<p>19 1: French Toast Sticks V w/ Sausage Links 2: Ham, Egg & Cheese Biscuit Broccoli Buds Garbanzo Beans Fresh or Canned Fruit</p>	<p>20 1: Macaroni & Cheese (V) W/Dinner Roll 2: Chef Salad with Cheese/Roll Side of Chili Seasoned Corn Spinach & Romain Side Salad Fresh or Canned Fruit</p>	<p>21 1: Pepperoni & Sausage Pizza 2: Cheese Pizza (V) 3: Tuna Sub Fresh Celery Sticks Fresh Baby Carrots Fresh or Canned Fruit</p>
Breakfast Pizza or Cereal	Biscuit & Gravy or Cereal	Fruit Smoothies, Brkft Sandwich	French Toast	Cinnamon Roll, Sausage Muffin
24 2: Chicken Nuggets 2: Veggie Chicken nuggets (V) w/Roll 3: Turkey & Cheese Flatbread Oven Smiles Fresh Baby Carrots Fresh or Canned Fruit	<p>25 1: Beef Nachos 2: Cheese Nachos (V) 3: Veggie Burger (V) Refried Beans Fresh Baby Carrots Fresh or Canned Fruit</p>	<p>26 National Pretzel Day 1: Waffles (V) w/ Sausage Links Egg Patty 2: Pretzel Fun Lunch (V) Cauliflower Fresh Baby Carrots Fresh or Canned Fruit</p>	<p>27 Calm 1: Cheese Tortellini w/ Red Sauce (V) 2: Caesar Salad w/ Roll 3: Sun Butter & Jelly Wrap (V) Broccoli Salad w/ Raisins Fresh Baby Carrots Fresh or Canned Fruit</p>	<p>28 1: Pepperoni Pizza or 2: Cheese Pizza (V) (both on whole grain crust) 3: Fish Sticks/Fries/Roll Fresh Baby Carrots Broccoli Buds Fresh or Canned Fruit</p>
Cereal or Pancake on a Stick	Fruit Parfait or Cereal	Fruit Smoothies, Brkft Sandwich	Waffles w/ Sausage	Cinnamon Roll, Sausage Muffin

Breakfast Prices: Paid = \$2.25, *Reduced = \$0.00, *Free = \$0.00, Adults = \$3.00
Lunch Prices: Paid = \$4.00, *Reduced: K-12 = \$0.00, *Free = \$0.00, Adults = \$5.00
 Milk = \$0.50

* You may qualify for free or reduced price meals. Applications are available online in Family Access, at all schools and at the district office. For questions regarding the food service program you may call the food service office at

