

# What's on the Menu?

(V)-Vegetarian

Menu is subject to change

## Snoqualmie Valley School District Elementary Menu

August / September 2022

USDA and this institution are equal opportunity providers and employers.

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Welcome Back 8/30/22</b> 1: Chicken Tenders 2: Sunbutter Jelly Sandwich (V) Oven Fries Broccoli  Fresh or Canned Fruit <i>Cereal, Breakfast Sandwich</i>	8/31/22 1: French Toast Sticks (V) w/ Sausage Links 2: Mixed Greens Salad w/ Cheese (V) Broccoli Buds Fresh Baby Carrots  Fresh or Canned Fruit <i>Fruit Smoothies, Brkft Sandwich</i>	1-Sep 1: Beef Nachos 2: Cheese Nachos (V) 3: Muffin Fun Lunch (V) Refried Beans Fresh Baby Carrots  Fresh or Canned Fruit <i>French Toast</i>	2-Sep 1: Pepperoni Pizza or 2: Cheese Pizza (V) (both on whole grain crust) 3: Tuna Sub Fresh Celery Sticks Fresh Baby Carrots Fresh or Canned Fruit <i>Cinnamon Roll, Sausage Muffin</i>
5 <b>No School</b> <b>Labor Day</b>	6 1: Cheeseburger 2: Sunbutter Jelly Sandwich (V) Oven Fries Baked Beans Fresh Baby Carrots  Fresh or Canned Fruit <i>Fruit Parfait</i>	7 1: Whole Grain Pancakes (V) w/ Sausage Links or Scrambled Eggs 2: Caesar Salad w/ Roll Cucumbers Broccoli Buds Fresh or Canned Fruit <i>Fruit Smoothies, Brkft Sandwich</i>	8 1: Macaroni & Cheese W/Dinner Roll 2: Pretzel Fun Lunch Golden Corn Carrots  Fresh or Canned Fruit <i>Pancakes w/ Sausage</i>	9 <b>Pizza Day</b> 1: Pepperoni Pizza or 2: Cheese Pizza (V) (both on whole grain crust) 3: Hummus w/ Veggies Peas Fresh Baby Carrots Fresh or Canned Fruit <i>Cinnamon Roll, Sausage Muffin</i>
12 1: Hot Dog 2: Toasted Cheese Sandwich (V) Tomato Soup Fresh Baby Carrots  Fresh or Canned Fruit <i>Cereal, Breakfast Sandwich</i>	13 1: Beef Tacos 3: Muffin Fun Lunch (V) Corn Garbanzo Beans  Fresh or Canned Fruit <i>Fruit Parfait</i>	14 1: Waffles (V) w/ Sausage Links or Yogurt 2: Egg & Cheese Biscuit V Cauliflower Fresh Baby Carrots Fresh or Canned Fruit <i>Fruit Smoothies, Brkft Burrito</i>	15 1: Chicken Nuggets 2: Baked Potato (V) w/toppings Dinner roll Fresh Cucumber Coins Broccoli  Fresh or Canned Fruit <i>Waffles</i>	16 1: Pepperoni Pizza or 2: Cheese Pizza (V) (both on whole grain crust) 3: Chicken Burger Carrots Fresh Celery Sticks Fresh or Canned Fruit <i>Cinnamon Roll, Sausage Muffin</i>
19 1: Hamburger 2: Veggie Burger (V) 3: Ham & Cheese Sandwich Oven fries Fresh Baby Carrots  Fresh or Canned Fruit <i>Cereal, Breakfast Sandwich</i>	20 1: Chicken Teriyaki Fried rice 2: Cereal Fun Lunch Green Beans Cauliflower  Fresh or Canned Fruit <i>Fruit Parfait</i>	21 1: French Toast Sticks (V) w/ Sausage Links 2: Turkey Sub Sandwich Cucumbers Fresh Baby Carrots  Fresh or Canned Fruit <i>Fruit Smoothies, Brkft Sandwich</i>	22 1: Beef & Cheese Burrito 2: Cheese Quesadilla (V) Mexi Rice Fresh Baby Carrots Refried Beans  Fresh or Canned Fruit <i>French Toast</i>	23 <b>Power Up Hummus Lunch</b> 1: Pepperoni Pizza or 2: Cheese Pizza (V) (both on whole grain crust) 3: Hummus w/ Veggies Carrots Fresh Celery Sticks Fresh or Canned Fruit <i>Cinnamon Roll, Sausage Muffin</i>
26 1: Corn Dog 2: Meatless Chicken Nuggets (V) Oven fries Baked Beans  Fresh or Canned Fruit <i>Cereal, Breakfast Sandwich</i>	27 1: Beef Nachos 2: Cheese Nachos (V) 3: Chicken Burger Mexi Corn Carrots  Fresh or Canned Fruit <i>Fruit Parfait</i>	28 1: Whole Grain Pancakes V w/ Sausage Links 2: Caesar Salad w/ Roll Cucumbers Broccoli Buds  Fresh or Canned Fruit <i>Fruit Smoothies, Brkft Burrito</i>	29 1: Spaghetti w/ Meat Sauce w/ Dinner Roll 2: Muffin Fun Lunch Seasoned Green Beans Cauliflower Buds  Fresh or Canned Fruit <i>Pancakes w/ Sausage</i>	30 1: Pepperoni Pizza or 2: Cheese Pizza (V) (both on whole grain crust) 3: Tuna Sub Carrots Fresh Celery Sticks Fresh or Canned Fruit <i>Cinnamon Roll, Sausage Muffin</i>

**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

