

What's on the Menu?

Mood Boost

Discovery Kitchen

V-Vegetarian

Menu is subject to change

Snoqualmie Valley School District Elementary Menu

May 2023

USDA and this institution are equal opportunity providers and employers.

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="color: red; font-weight: bold;">Hummus Day 1</p> <p>1: Hot Dog Oven Fries</p> <p>2: Hummus Fun Lunch (V) Baked Beans Broccoli</p> <p>Fresh or Canned Fruit</p> <p><i>Cereal or Pancake on a Stick</i></p>	<p style="color: red; font-weight: bold;">Confident 2</p> <p>1: Beef Taco</p> <p>2: Chicken Taco</p> <p>3: Veggie Burger</p> <p style="color: red; font-weight: bold;">Cilantro Lime Slaw</p> <p>Fresh Baby Carrots Refried Beans</p> <p>Fresh or Canned Fruit</p> <p><i>Fruit Parfait or Cereal</i></p>	<p>3</p> <p>1: French Toast Sticks (V) w/ Sausage Links</p> <p>2: Ham, Egg & Cheese Biscuit Broccoli Buds Garbanzo Beans Blueberry Topping</p> <p>Fresh or Canned Fruit</p> <p><i>Fruit Smoothies, Brkft Sandwich</i></p>	<p>4</p> <p>1: Grilled Cheese</p> <p>2: Sunbutter & Jelly Sandwich</p> <p>3: Chef Salad w/ Roll Tomato Soup Goldfish Crackers Carrots</p> <p>Fresh or Canned Fruit</p> <p><i>French Toast</i></p>	<p style="color: red; font-weight: bold;">National Hoagie Day 5</p> <p style="color: red; font-weight: bold;">School Lunch Hero Day</p> <p>1: Pepperoni Pizza</p> <p>2: Cheese Pizza (V)</p> <p>3: Tuna Hoagie Fresh Celery Sticks Fresh Baby Carrots</p> <p>Fresh or Canned Fruit</p>
<p>8</p> <p>1: BBQ Rib Sandwich</p> <p>2: Mini Corn Dogs</p> <p>3: Veggie Nuggets (V) Oven Fries Pinto Beans</p> <p>Fresh or Canned Fruit</p> <p><i>Breakfast Pizza or Cereal</i></p>	<p>9</p> <p>1: Sweet & Sour Chicken</p> <p>2: Teriyaki Dippers Rice</p> <p>3: Sun Butter & Jelly Sandwich (V) Fresh Baby Carrots/Broccoli Dinner Roll</p> <p>Fresh or Canned Fruit</p> <p><i>Biscuit & Gravy or Cereal</i></p>	<p>10</p> <p>1: Waffles (V) w/ Sausage Links Egg Patty</p> <p>2: Ham & Cheese Hoagie Cauliflower Fresh Baby Carrots</p> <p>Fresh or Canned Fruit</p> <p><i>Fruit Smoothies, Brkft Sandwich</i></p>	<p>11</p> <p>1: Tortellini w/ Sauce</p> <p>2: Chicken Burger</p> <p>3: Cereal fun Lunch Golden Corn Cucumber Coins Blueberry Crisp</p> <p>Fresh or Canned Fruit</p> <p><i>waffles w/ Sausage</i></p>	<p>12</p> <p style="color: red; font-weight: bold;">Happy</p> <p>1: Pepperoni Pizza or</p> <p>2: Cheese Pizza (V) (both on whole grain crust)</p> <p>3: Fish Nuggets/Fries/Roll Fresh Baby Carrots</p> <p style="color: red; font-weight: bold;">Citrus Chickpea Salad</p> <p>Fresh or Canned Fruit</p> <p><i>Cinnamon Roll, Sausage Muffin</i></p>
<p>15</p> <p>1: Chicken Nuggets</p> <p>2: Veggie Chicken Nuggets (V) w/Roll</p> <p>3: Turkey & Cheese Flatbread Oven Smiles Fresh Baby Carrots</p> <p>Fresh or Canned Fruit</p> <p><i>Cereal or Pancake on a Stick</i></p>	<p style="color: red; font-weight: bold;">National BBQ Day 16</p> <p>1 Cheeseburger</p> <p>2: Veggie Burger (V) Baked Beans Chips</p> <p>Fresh Baby Carrots</p> <p style="color: red; font-weight: bold;">Ice Cream Treat</p> <p>Fresh or Canned Fruit</p> <p><i>Fruit Parfait or Cereal</i></p>	<p>17</p> <p>1: French Toast Sticks (V) w/ Sausage Links</p> <p>2: Ham, Egg & Cheese Biscuit Broccoli Buds Garbanzo Beans Blueberry Topping</p> <p>Fresh or Canned Fruit</p> <p><i>Fruit Smoothies, Brkft Sandwich</i></p>	<p style="color: red; font-weight: bold;">Smart 18</p> <p>1: Spaghetti w/ Meat Sauce</p> <p>2: Garden Salad w/Roll</p> <p>3: Sun Butter & Jelly Sandwich Carrots</p> <p style="color: red; font-weight: bold;">Baked Brown Sugar and Cinnamon Acorn Squash</p> <p><i>French Toast</i></p>	<p style="color: red; font-weight: bold;">National Pizza Party Day 19</p> <p>1: Pepperoni Pizza or</p> <p>2: Cheese Pizza (V) (both on whole grain crust)</p> <p>3: Fish Sticks/Fries/Roll Fresh Baby Carrots Broccoli Buds</p> <p>Fresh or Canned Fruit</p> <p><i>Cinnamon Roll, Sausage Muffin</i></p>
<p>22</p> <p>1: Teriyaki Dippers</p> <p>2: Cheese Quesadilla (V)</p> <p>3: Veggie Chicken Nuggets (V) Rice Fresh Baby Carrots Steamed Broccoli w/ Cheese</p> <p>Fresh or Canned Fruit</p> <p><i>Breakfast Pizza or Cereal</i></p>	<p style="color: red; font-weight: bold;">Strong 23</p> <p>1: Chicken Burger</p> <p>2: Veggie Burger (V)</p> <p>3: Hummus Fun Lunch (V) Oven Fries</p> <p style="color: red; font-weight: bold;">Celery Sticks with Sun Butter</p> <p>Fresh or Canned Fruit</p> <p><i>Biscuit & Gravy or Cereal</i></p>	<p>24</p> <p>1: Waffles (V) w/ Sausage Links Egg Patty</p> <p>2: Turkey & Cheese Hoagie Cauliflower Fresh Baby Carrots</p> <p>Fresh or Canned Fruit</p> <p><i>Fruit Smoothies, Brkft Sandwich</i></p>	<p style="color: red; font-weight: bold;">Eat More Fruits & Veggies Day 25</p> <p>1: Macaroni & Cheese (V) w/Dinner Roll</p> <p>2: Chef Salad with Cheese/Roll</p> <p>3: Sun Butter & Jelly Sandwich Seasoned Corn Spinach & Romain Side Salad</p> <p>Fresh or Canned Fruit</p> <p><i>Waffles w/ Sausage</i></p>	<p style="color: red; font-weight: bold;">Make up day 26</p> <p>1: Pepperoni Pizza</p> <p>2: Cheese Pizza (V)</p> <p>3: Tuna Sub Cucumber Coins Fresh Baby Carrots</p> <p>Fresh or Canned Fruit</p> <p><i>Cinnamon Roll, Sausage Muffin</i></p>
<p style="background-color: yellow; text-align: center; color: red; font-weight: bold;">No School Memorial Day Holiday</p> <p>29</p>	<p>30</p> <p>1: Beef Nachos</p> <p>2: Cheese Nachos (V)</p> <p>3: Veggie Burger (V) Refried Beans Fresh Baby Carrots</p> <p>Fresh or Canned Fruit</p> <p><i>Fruit Parfait or Cereal</i></p>	<p>31</p> <p>1: Waffles V w/ Sausage Links Egg Patty</p> <p>2: Pretzel Fun Lunch Cauliflower Fresh Baby Carrots</p> <p>Fresh or Canned Fruit</p> <p><i>Fruit Smoothies, Brkft Sandwich</i></p>	<p style="background-color: #90EE90; text-align: center; color: red; font-weight: bold;">Mood Boost</p> <p style="background-color: #90EE90; text-align: center;">May 1-May 26 will be showcasing recipes that correlate to different moods. Each week we will do a different mood and a recipe that goes with it.</p>	

* 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

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