








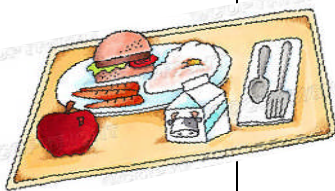


Vale Elementary

November 2009

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Choice of cereal, blueberry loaf Cheese sticks w/dipping sauce, green beans, apple wedges, chocolate chip cookie 	Waffle sticks, sausage links Teriyaki beef dippers w/rice, fresh carrots & cukes, mandarin oranges, fortune cookie 	Egg & cheese omelet, biscuit Homemade pepperoni & cheese pizza, green salad, pears 	Choice of cereal, banana muffin Soft chicken taco w/lettuce & cheese, corn, fruit cocktail, chocolate crinkle cookie 	Breakfast pizza Hamburger w/choice of lettuce & pickles, oven fries, peaches, jello cup 
9	10	11	12	13
Peach coffee cake, yogurt cup Chicken nuggets w/mash potatoes & gravy, orange wedges, WHEAT ROLL (this roll contains NUTS) 	Choice of cereal, blueberry scone Western taco w/lettuce & cheese, corn, peaches, bar cookie 	VETERAN'S DAY  NO SCHOOL	French toast swirl, sausage links Corndog w/vegetable beef soup, apple wedges, Texas cookie 	Choice of cereal, cinnamon roll Cheese pizza, green salad, pears, snickerdoodle cookie, strawberry milk
16	17	18	19	20
Choice of cereal, blueberry loaf Cheese sticks w/dipping sauce, green beans, mandarin oranges, cookies <i>Conference Week-Breakfast and Lunch served at Vale only</i>	Egg & sausage biscuit Chicken burger w/choice of lettuce & pickles, corn, fruit turnover <i>Conference Week-Breakfast and Lunch served at Vale only</i>	Choice of cereal, biscuit Pepperoni & cheese pizza, green salad, peaches, cookie <i>Conference Week-Breakfast and Lunch served at Vale only</i>	Waffle sticks, sausage links Taco hot pockets, green salad, peaches, cookie <i>Conference Week-Breakfast and Lunch served at Vale only</i>	Breakfast pizza Chicken nuggets, fresh carrots, pears, cheese bread <i>Conference Week-Breakfast and Lunch served at Vale only</i>
23	24	25	26	27
Waffle sticks, ham slice Corn dog, fries, apple wedges, jello cup, Strawberry milk	Choice of cereal, muffin Thanksgiving Dinner Turkey gravy w/mashed potatoes, dressing, orange crème fruit salad, roll, pumpkin dessert	Breakfast Only Served Choice of cereal, proball NO LUNCH -EARLY RELEASE	 <h1 style="color: orange; text-shadow: 2px 2px 0px black;">Thanksgiving</h1>	
30				
Choice of cereal, chocolate muffin Chicken burger w/choice of lettuce & pickles, corn, fruit cocktail, birthday cake 				All breakfasts served with fruit or juice and milk. All lunches are served with choice of milk

In the operation of the child feeding programs, no child will be discriminated against because of race, gender, color, national origin, age or handicap.

IMPORTANT NOTICE: Cashmere School District is NOT peanut or tree nut free. Your child may come into contact with peanuts and tree nuts in the course of their day while attending any Cashmere School District property. MENU ITEMS ARE DENOTED WITH CAPITAL LETTERS W/SQUIRREL

SQUIRRELS MEANS NUTS ARE PART OF MEAL

