













# Vale Elementary

## October 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All breakfasts served with fruit or juice and milk.</p> <p>All lunches are served with choice of milk</p>			1	2
			<p>Waffle sticks, ham slice</p> <p>Cheese pizza bagel, fresh vegetable cup, fruit cocktail, jello cup</p>	<p>Choice of cereal, blueberry loaf</p> <p>Fish sticks, green salad, applesauce cup, cheese bread, chocolate chip cookie</p>
5	6	7	8	9
<p>Choice of cereal, chocolate muffin</p> <p>Chicken nuggets, green beans, apple wedges, cheese roll</p>	<p>French toast swirl, sausage links</p> <p>Cheese sticks, fresh carrots, pears chocolate pudding</p>	<p>PEANUT BUTTER COFFEE CAKE, yogurt cup </p> <p>Homemade pepperoni &amp; cheese pizza, green salad, peaches, Texas cookie </p>	<p>Breakfast pizza</p> <p>Hamburger w/choice of lettuce &amp; pickles, oven fries, mandarin oranges, jello cup </p>	<h1 style="color: orange;">No School</h1> <p>State In-service Day</p>
12	13	14	15	16
<p>Choice of cereal, blueberry loaf</p> <p>Chicken burger w/choice of lettuce &amp; pickles, corn, fruit cocktail, chocolate cake</p>	<p>Pancakes, ham slice</p> <p>Mini corndogs, fresh carrots, peaches, snicker-doodle cookie</p>	<p>Choice of cereal, banana muffin</p> <p>Soft chicken taco w/lettuce &amp; cheese, potato rounds, applesauce cup</p>	<p>Egg &amp; sausage muffin sandwich</p> <p>Ham &amp; cheese melt, green beans, apple wedges, strawberry milk</p>	<p>Choice of cereal, cinnamon toast</p> <p>Teriyaki beef dippers w/rice, green salad, orange crème fruit salad, fortune cookie</p>
19	20	21	22	23
<p>Choice of cereal, PEANUT BUTTER MUFFIN </p> <p>Chicken nuggets, green beans, apple wedges, Aloha roll</p>	<p>Egg &amp; cheese omelet, biscuit</p> <p>Pepperoni boat, green salad, pears, PEANUT BUTTER CHOCOLATE COOKIE </p>	<p><b>LATE START</b></p> <p>Choice of cereal, muffin served 9:00 - 10:15</p> <p>Corndog, fresh carrots, peaches, jello cup </p>	<p>French toast sticks, sausage links</p> <p>Chili w/crackers, fresh carrots, apple crisp, cheese bread</p>	<p>Breakfast pizza </p> <p>Brunch for Lunch</p> <p>Waffle sticks, sausage links, strawberry cup, apple juice</p>
26	27	28	29	30
<p>Choice of cereal, chocolate muffin</p> <p>Macaroni &amp; cheese w/ham, green beans, orange wedges, WHEAT ROLL (this wheat roll contains NUTS) </p>	<p>Pancakes, sausage links</p> <p>Hot dog, potato wedges, fall fruit salad, snicker-doodle cookie </p>	<p>Peach coffee cake, yogurt cup</p> <p>Cheese pizza, green salad, pears, molasses cookie, strawberry milk</p>	<p>Egg &amp; sausage biscuit sandwich</p> <p>Burrito w/chips &amp; cheese, green salad, mandarin oranges </p>	<p>Choice of cereal, cinnamon roll</p> <p>Spooooky chicken burger, harvest corn, goblin's fruit Ghostbuster dessert</p> <p style="text-align: center;"><b>Happy Halloween</b> </p>

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** 