

\*\*All meals include a choice of  
1% milk or fat free  
chocolate milk\*\*

# NOVEMBER 2022

## Vale Elementary

Daily choices of fruits and  
vegetables  
\*\*All grains are at least 51%  
whole grain\*\*

Monday

Tuesday

Wednesday

Thursday

Friday



**1**  
*Parent / Teacher  
Conferences  
No School*

**2**  
Choice of Cereal & Muffin  
  
Corn Dog  
Baked Beans

**3**  
Cheesy Egg Scramble  
Biscuit  
  
Pepperoni Pizza Ripper  
Corn

**4**  
Breakfast Pizza  
  
Burrito  
Churro

**7**  
Choice of Cereal & Muffin  
  
Hot Dog  
Baked Beans

**8**  
Bagel & Cream Cheese  
Yogurt  
  
Brunch for Lunch  
(Pancakes & Sausages)

**9**  
Omelet & Biscuit  
  
Chicken Burger  
Green Beans

**10**  
Choice of Cereal & Muffin  
  
Ham & Cheese Melt  
Chips



**14**  
Choice of Cereal & Muffin  
  
Pepperoni Pizza Ripper  
Corn

**15**  
Cheesy Egg Scramble  
Sausages  
  
Chicken Drumstick  
Biscuit

**16**  
Bagel & Cream Cheese  
Yogurt  
  
Hamburger  
French Fries

**17**  
French Toast  
Yogurt  
  
Pulled Pork Sandwich  
Corn

**18**  
Breakfast Pizza  
  
Cheese Stuffed Sandwich  
Marinara sauce

**21**  
Choice of Cereal & Muffin  
  
Brunch for Lunch  
(Pancakes & Sausages)

**22**  
Yogurt Parfait  
  
Corn Dog  
Baked Beans

**23**  
Early Release  
Choice of Cereal & Muffin  
  
Ham & Cheese Melt  
Chips



**28**  
Choice of Cereal & Muffin  
  
Chicken Burger  
Green Beans

**29**  
French Toast  
Yogurt  
  
Chicken Nuggets  
Baked Beans

**30**  
Pancake Wrap  
  
Burrito  
Churro



Important Notice: Cashmere School District is **NOT** peanut or tree nut free. Your child may be exposed to peanut or tree nuts in the course of their day while in any Cashmere School District property.  
This institution is an equal opportunity employer.  
Menu subject to change