

# Maple Valley -February 2016 MENU

K-8

Mon	Tue	Wed	Thu	Fri
1 Catfish/tartar sauce French Fries Broccoli Spiced Peaches Milk	2 Rodeo Mac Carrots Mixed Fruit Milk	3 Chicken Scandia Rice Pilaf     Baked Beans Stewed Tomatoes Pears Milk	4 Pork Stir Fry Brown Rice Herbed Cauliflower Applesauce Milk	5 Gateway Chicken Salad Sand Lettuce, Tom, cheese Salad 3 Bean Salad     Dressing Raisins Milk
8 Chicken Wrap Brown Rice Peas     Broccoli Blueberries Milk	9 Thick Vegetable Soup Cheese Sandwich Tossed Salad/Dressing Peaches     Vanilla Ice Cream Milk	10 Beef burrito/Salsa/Sour Cream Refried Beans Pears Milk	11 Chicken & Vegetable Rotini Green Beans Pineapple Milk	12 LINCOLN'S BIRTHDAY  NO SCHOOL
15 WASHINGTON'S BIRTHDAY  NO SCHOOL	16 Sloppy Joe on a Bun Tossed Salad/Dressing Corn Mixed Fruit Milk	17 Chicken Taco Plate Black Beans Brown Rice Mandarin Oranges Milk	18 Meat Ball/Tomato Sauce Pasta Green Beans Pineapple Milk	19 Tuna Noodle Casserole Peas & Carrots Bread/ Marg Applesauce Cup Milk
22 Chicken Nuggets Potato Wedges/ Ketchup Bread/Marg Peaches Milk	23 Tuna Salad Sandwich Tossed Salad/Dressing Fruit Cocktail Ice Cream Milk	24 Beef Taco Plate / Sour Cream Black Eyed Peas Brown rice Pears Milk	25 BBQ chicken Coleslaw     Green Beans WG Bread / Marg Apricots Milk	26 Fish Sticks / Tartar Sauce Peas & Carrots Stewed Tomatoes Bread /Marg Spiced Peaches     Milk
29 Chicken Parmesan Pasta/Tomato Sauce Peas     Garlic Toast Fruit Cocktail Milk				

USDA Nondiscrimination Statement For all other FNS nutrition assistance programs, State or local agencies, and their subrecipients, must post the following Nondiscrimination Statement: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (566) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.

# Maple Valley - February 2016 MENU

9-12

Mon	Tue	Wed	Thu	Fri
1 Catfish/tartar sauce French Fries Broccoli Spiced Peaches Milk OJ	2 Rodeo Mac Carrots Garlic Toast Mixed Fruit	3 Chicken Scandia Rice Pilaf Baked Beans Stewed Tomatoes Pears Milk	4 Pork Stir Fry Brown Rice Herbed Cauliflower Applesauce Milk	5 Gateway Chicken Salad Sand Lettuce, Tom, cheese Salad 3 Bean Salad Dressing Raisins Mandarin Oranges Milk
8 Chicken Wrap Brown Rice Peas Broccoli Blueberries Apricots Milk	9 Thick Vegetable Soup Cheese Sandwich Shady Grove Tossed Salad/Dres Peaches Vanilla Ice Cream Pineapple Milk	10 Beef burrito/Salsa/Sour Cream Refried Beans Brown Rice Pears Milk	11 Chicken & Vegetable Rotini Green Beans Pineapple Vanilla Pudding Milk	12 <b>LINCOLN'S BIRTHDAY</b>  <b>NO SCHOOL</b>
15 <b>WASHINGTON'S BIRTHDAY</b>  <b>NO SCHOOL</b>	16 Sloppy Joe on a Bun Gateway Tossed Salad/Dressing Corn Mixed Fruit Strawberry Cup Milk	17 Chicken Taco Plate Black Beans Brown Rice Mandarin Oranges Milk	18 Meat Ball/Tomato Sauce Pasta Green Beans Pineapple Chocolate Pudding Milk	19 Tuna Noodle Casserole Peas & Carrots Bread/ Marg Applesauce Cup Milk
22 Chicken Nuggets Potato Wedges/ Ketchup Bread/Marg Peaches Raisins Milk	23 Tuna Salad Sandwich Tossed Salad/Dressing Fruit Cocktail Pears Ice Cream Milk	24 Beef Taco Plate / Sour Cream Black Eyed Peas Brown rice Pears Milk	25 BBQ chicken Coleslaw Green Beans WG Bread / Marg Apricots Milk	26 Fish Sticks / Tartar Sauce Peas & Carrots Stewed Tomatoes Bread /Marg Spiced Peaches Milk
29 Chicken Parmesan Pasta/Tomato Sauce Peas Garlic Toast Fruit Cocktail Milk				

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