

Maple Valley - November 2015 MENU K-8

Mon	Tue	Wed	Thu	Fri
2 Fish Green Beans Corn Peaches Milk	3 Chicken ala King Carrots w/marg Brown Rice Spiced Apples Milk	4 Spaghetti with Meat Sauce Black Beans Pears Milk	5 Chicken Tomato Bake Broccoli/ Marg Peaches Vanilla Ice Cream Milk	6 New Dawn Ham Rotini Herbed Cauliflower Garlic Toast Fruit Cocktail Milk
9 STAFF WORK DAY NO STUDENTS	10 Rodeo Mac Carrots Spiced Peaches Milk	11 Baked Fish Scandia Baked Beans/ Cornbread/Marg Stewed Tomatoes Mixed Fruit Milk	12 Beef & Bean Tamale Pie Green Beans Brown Rice Mandarin Oranges Sour Cream Milk	13 Tuna Cheese Rotini Gateway Salad/dressing Oatmeal Muffin Blueberries Milk
16 Baked Potato Bar Stewed Tomatoes Wholegrain Bread/Marg Blueberries Milk	17 Veggie Pizza Shady Grove Salad/dressing Pineapple Yogurt Milk	18 Chicken Burrito/sour cream Black Beans Mexicali Corn Pears Milk	19 Ham Salad Broccoli Carrots Cornbread/Marg Fruit Cocktail Milk	20 Macaroni Cheese Home Bake Herbed Cauliflower California Normandy Garlic Toast Mixed Fruit Milk
23 Country Fried Steak/Brn Grvy Mashed Potatoes Broccoli, WW Bread Spiced Apples Milk	24 Tomato Soup Toasted Cheese Sandwich California Normandy Peaches Milk	25 THANKSGIVING BREAK	26 NO SCHOOL	27 NO SCHOOL
30 Chicken Fajitas/Sour cream Peas Brown Rice Mixed Fruit Milk				

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (PDF), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer. As stated above, all protected bases do not apply to all programs, *“the first six protected bases of race, color, national origin, age, disability and sex are the six protected bases for applicants and recipients of the Child Nutrition Programs.”*

Maple Valley -November 2015 MENU

9-12

Mon	Tue	Wed	Thu	Fri
2 Fish Green Beans Corn Peaches Milk	3 Chicken ala King Carrots w/marg Brown Rice Spiced Apples Milk	4 Spaghetti with Meat Sauce Black Beans Pears Milk	5 Chicken Tomato Bake Broccoli/ Marg Peaches Pineapple Vanilla Ice Cream Milk	6 New Dawn Ham Rotini Herbed Cauliflower Garlic Toast Fruit Cocktail Yogurt Milk
9 STAFF WORK DAY NO STUDENTS	10 Rodeo Mac Carrots Spiced Peaches Pineapple Milk	11 Baked Fish Scandia Baked Beans/ Cornbread/Marg Stewed Tomatoes Mixed Fruit Milk	12 Beef & Bean Tamale Pie Green Beans Brown Rice Mandarin Oranges Sour Cream Milk	13 Tuna Cheese Rotini Gateway Salad/dressing Oatmeal Muffin Blueberries Strawberry Cup Milk
16 Baked Potato Bar Stewed Tomatoes Wholegrain Bread/Marg Blueberries Pineapple Milk	17 Veggie Pizza Shady Grove Salad/dressing Macaroni Salad Pineapple Yogurt Milk	18 Chicken Burrito/sour cream Black Beans Brown Rice Mexicali Corn Pears Milk	19 Ham Salad Broccoli Carrots Cornbread/Marg Fruit Cocktail Milk	20 Macaroni Cheese Home Bake Herbed Cauliflower California Normandy Garlic Toast Mixed Fruit Choc Pud. Milk
23 Country Fried Steak/Brn Grvy Mashed Potatoes Broccoli, WW Bread Spiced Apples Milk	24 Tomato Soup Toasted Cheese Sandwich California Normandy Peaches Banana Milk	25	26	27
THANKSGIVING BREAK				
NO SCHOOL				
30 Chicken Fajitas/Sour cream Peas Brown Rice Mixed Fruit Strawberry cup Milk				

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (PDF), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer. As stated above, all protected bases do not apply to all programs, *“the first six protected bases of race, color, national origin, age, disability and sex are the six protected bases for applicants and recipients of the Child Nutrition Programs.”*