




NOVEMBER 2018

BIC and Grab & Go Schools



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Harvest of the Month SQUASH</p> <p>Winter squash are loaded with vitamins A and C and provide about the same amount of potassium as bananas! There are over 15 different types of nutritious winter squash!</p> 			1	2
			<p>Breakfast Berry Apple Crisp Bar</p> <p>Lunch Chicken Alfredo Whole Grain Roll <i>or</i> Yogurt Meal</p>	<p>Breakfast Chef's Choice</p> <p>Lunch Cheese Pizza Roasted Butternut Squash</p>
5	6	7 Washington Wednesday	8	9
<p>Breakfast Pumpkin Bread Lunch Orange Chicken Brown Rice <i>or</i> Cheese Quesadilla With Salsa</p>	<p>Breakfast Yogurt & Granola Breakfast for Lunch Apple Cinnamon Texas Toast, Hard-Boiled Egg & String Cheese with Baked Apples</p>	<p>Breakfast Mini Cinni</p> <p>Lunch Turkey Mozzarella Panini <i>or</i> Cheese Breadsticks Marinara Sauce</p>	<p>Breakfast Egg & Cheese Sandwich</p> <p>Lunch Turkey Gravy Mashed Potatoes & Whole Grain Roll <i>or</i> Yogurt Meal</p>	<p>Breakfast Chef's Choice</p> <p>Lunch Cheese Pizza Rippers <i>or</i> Chicken-less Nuggets Cheez-It Crackers</p>
12	13	14 Washington Wednesday	15	16
No School	<p>Breakfast Yogurt & Granola Lunch Bean & Cheese Burrito <i>or</i> Beef Burrito & Salsa</p>	<p>Breakfast Breakfast Pizza Bagel</p> <p>Lunch Popcorn Chicken <i>or</i> Lasagna Roll-Up Either with Garlic Toast</p>	<p>Breakfast Cocoa Cherry Bar & String Cheese Lunch Chicken Tortilla Soup Texas Cheese Toast Kale Salad</p>	<p>Breakfast Chef's Choice</p> <p>Lunch Corndog <i>or</i> Veggie Sliders Chocolate Chip Cookie</p>
19 No School K-6	20 No School K-6	21 No School K-12	22 Thanksgiving	23
<p>— Conferences —</p> <p style="text-align: right;"> Happy Thanksgiving! </p>				
26	27	28 Washington Wednesday	29	30
<p>Breakfast Buttermilk Bar Lunch Teriyaki Beef Dippers & Rice Pilaf <i>or</i> Cheese Breadsticks & Marinara Sauce</p>	<p>Breakfast Yogurt & Granola Lunch Chicken Soft Taco <i>or</i> Cheese Pizza Quesadilla</p>	<p>Breakfast Egg and Cheese Sandwich Lunch Hamburger <i>or</i> Veggie Burger Mini Baked Potatoes</p>	<p>Breakfast Berries & Cream Breakfast Bar Lunch Chicken Butternut Squash Curry Stew with Rice <i>or</i> French Bread Pizza</p>	<p>Breakfast Chef's Choice</p> <p>Lunch BBQ Chicken Drumstick Homemade Cornbread <i>or</i> Sunbutter Sandwich & String Cheese</p>

BREAKFAST: Served every morning before school with fruit, 100% juice and milk. Choice of cereal & Graham crackers offered daily in addition to a hot entrée choice.

LUNCH: Salads, fresh fruit & vegetables & milk offered daily with lunch.

A vegetarian choice is offered daily. No pork is served at elementary schools.

Washington Wednesday is our way of highlighting delicious local foods. We are proud to serve local dairy, whole grains, beans, fruits & vegetables.

QUESTIONS? Call the Nutrition Services Office at 206-631-3010. Menu subject to change.
This institution is an equal opportunity provider. Updated 10/25/18

