




NOVEMBER 2018

High School



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</p>	<p>Breakfast Egg & Cheese Sandwich</p> <p>Lunch Grill/Pizza Line Roasted Butternut Squash</p>
5	6	7 Washington Wednesday	8	9
<p>Breakfast Pumpkin Bread</p> <p>Lunch Orange Chicken Brown Rice</p>	<p>Breakfast Vanilla Greek Yogurt Parfait & Granola</p> <p>Lunch Nachos Grande With Shredded Lettuce & Salsa</p>	<p>Breakfast Mini Cinni</p> <p>Lunch BBQ Beef Rib Sandwich & JoJos</p>	<p>Breakfast Cheese Omelet & Toast</p> <p>Lunch Turkey Gravy Mashed Potatoes & Whole Grain Roll</p>	<p>Breakfast Cinnamon French Toast</p> <p>Lunch Grill/Pizza Line</p>
12	13	14 Washington Wednesday	15	16
No School	<p>Breakfast Lemon Greek Yogurt Parfait & Granola</p> <p>Lunch Nachos Grande With Shredded Lettuce & Salsa</p>	<p>Breakfast Whole Grain Oatmeal with Sunflower Seeds</p> <p>Lunch Lasagna Roll-Up with Garlic Toast</p>	<p>Breakfast Cocoa Cherry Bar & String Cheese</p> <p>Lunch Chicken Tortilla Soup Texas Cheese Toast Kale Salad</p>	<p>Breakfast Berries & Cream Breakfast Bar</p> <p>Lunch Grill/Pizza Line Chocolate Chip Cookie</p>
19	20	21	22	23
No School K-6	No School K-6	No School K-12	Thanksgiving	
<p>Breakfast Chef's Choice</p> <p>Lunch Chef's Choice</p>	<p>Breakfast Chef's Choice</p> <p>Lunch Chef's Choice</p>	<p>Conferences</p>	<p>Happy Thanksgiving!</p>  	
26	27	28 Washington Wednesday	29	30
<p>Breakfast Buttermilk Bar</p> <p>Lunch Sweet Chili Thai Chicken & Brown Rice</p>	<p>Breakfast Vanilla Greek Yogurt Parfait & Granola</p> <p>Lunch Nachos Grande With Shredded Lettuce & Salsa</p>	<p>Breakfast Mini Pancake Wraps</p> <p>Lunch Meatball Sub Sandwich</p>	<p>Breakfast Breakfast Pizza Bagel</p> <p>Lunch Chicken Butternut Squash Curry Stew with Rice</p>	<p>Breakfast Egg and Cheese Sandwich</p> <p>Lunch Grill/Pizza Line</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 11/06/18

