

DECEMBER 2018 Happy Holidays!

BIC and Grab & Go



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 Washington Wednesday	6	7
Breakfast Banana Bread Lunch Orange Chicken & Brown Rice with Scallions & Fresh Ginger <i>or</i> Quesadilla with Salsa	Breakfast Yogurt & Granola Lunch Beef <i>or</i> Bean Nachos	Breakfast Whole Grain Cereal & Sunflower Seeds Lunch Chicken Nuggets All-Sports Crackers <i>or</i> Veggie Sliders	Breakfast Cocoa Cherry Bar & String Cheese Lunch Mac & Cheese w/ Corn Dog <i>or</i> Mac & Cheese with Homemade Roll & Sunflower Seeds	Breakfast Chef's Choice Lunch Cheese Pizza <i>or</i> Turkey Mozzarella Panini Roasted Parsnips
10	11	12 Washington Wednesday	13	14
Breakfast Apple Cinnamon Bear Paw Lunch Teriyaki Beef Dippers Rice Pilaf <i>or</i> Cheese Breadsticks & Marinara Sauce	Breakfast Yogurt & Granola Lunch Fiesta Chicken Bowl <i>or</i> Bean & Cheese Tostada with Shredded Lettuce & Cilantro	Breakfast Buttermilk Bar Lunch Chicken Patty Sandwich <i>or</i> Vegetarian Meatballs with Garlic Toast	Breakfast Egg & Cheese Sandwich Lunch Homemade Lasagna Fresh French Bread <i>or</i> Yogurt Meal	Breakfast Chef's Choice Lunch Popcorn Chicken Whole Grain Roll <i>or</i> Sunbutter Sandwich & String Cheese Roasted Brussel Sprouts
17	18	19 Washington Wednesday	20	21
Breakfast Mini Cinnis Lunch Chicken Teriyaki & Brown Rice <i>or</i> Chicken-Less Nuggets Cheez-It Crackers	Breakfast Yogurt & Granola Breakfast for Lunch Apple Cinnamon Texas Toast, Turkey Sausage Patty & String Cheese with Baked Apples	Breakfast Whole Grain Cereal & Sunflower Seeds Lunch Hamburger <i>or</i> Veggie Burger Strawberry Milk	Breakfast Breakfast Pizza Bagel Crunchy Carrots Lunch White Chicken Chili & Tortilla Chips Homemade Cornbread <i>or</i> Chef's Choice	Breakfast Chef's Choice Lunch Galaxy Cheese Pizza <i>or</i> Chefs Choice Cocoa Bean Brownie
24 No School	25 No School	26 No School	27 No School	28 No School



Have a Safe and Relaxing Winter Break!



31 No School

No School



Harvest of the Month BEANS AND LENTILS

Beans & Lentils are a good source of protein, low in fat and high in dietary fiber. Our bodies use protein to build and maintain our muscles. They grow in a rainbow of colors: black, pink, red and white. This month try something new with beans or lentils! Nutrition Services is offering beans and lentils in the following December dishes: White Chicken Chili & Cocoa Bean Brownie. We also serve a variety of beans on the salad bar every day!

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 11/19/18

