

DECEMBER 2018 Happy Holidays!

High School



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 Washington Wednesday 6	7	
Breakfast Banana Bread & String Cheese	Breakfast Lemon Greek Yogurt Parfait & Granola	Breakfast Whole Grain Oatmeal & Sunflower Seeds	Breakfast Cocoa Cherry Bar & String Cheese	Breakfast Homemade Cinnamon Roll Sliced Red Pepper & Cucumber
Lunch Orange Chicken & Brown Rice <i>with Scallions & Fresh Ginger</i>	Lunch Nachos Grande With Shredded Lettuce & Salsa	Lunch BBQ Beef Rib Sandwich Potato Wedges	Lunch Mac & Cheese & Corn Dog	Lunch Grill/Pizza Line Roasted Parsnips
10	11	12 Washington Wednesday 13	14	
Breakfast Apple Cinnamon Bear Paw	Breakfast Vanilla Greek Yogurt Parfait & Granola	Breakfast Pancake on a Stick	Breakfast Cheese Omelet & Toast	Breakfast Whole Grain Maple Bar Snap Peas & Tomatoes
Lunch Teriyaki Beef Dippers Rice Pilaf	Lunch Fiesta Chicken Bowl Shredded Lettuce & Cilantro	Lunch Savory Chicken Drumstick or Vegetarian Meatballs & Garlic Toast	Lunch Homemade Lasagna Fresh French Bread	Lunch Grill/Pizza Line Roasted Brussel Sprouts
17	18	19 Washington Wednesday 20	21	
Breakfast Berries & Cream Breakfast Bar	Breakfast Lemon Greek Yogurt Parfait & Granola	Breakfast Whole Grain Oatmeal & Sunflower Seeds	Breakfast Breakfast Pizza Bagel Crunchy Carrots	Breakfast Chef's Choice Hot Chocolate Milk
Lunch Chicken Teriyaki & Brown Rice	Lunch Nachos Grande With Shredded Lettuce & Salsa	Lunch Meatball Sub Sandwich <i>Strawberry Milk</i>	Lunch White Chicken Chili & Tortilla Chips Homemade Cornbread	Lunch Grill/Pizza Line 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!



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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!

No School

Available Daily (depending on location):
Grill Line—Cheeseburger, Veggie Burger, Chicken Patty, Spicy Chicken Patty, Fish Patty
Pizza Line—Cheese, Pepperoni, Buffalo, French Bread
Main Line—Featured Entrée on Monthly Menu
Entrée Salads—Italian, Chicken, Chef, Garden
Sandwiches (M-TH w/Chips)—Turkey, Turkey-Ham, Roast Beef, Egg Salad, or Tuna Salad
 PB&J and Yogurt Meals

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 11/20/18

