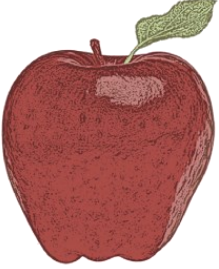




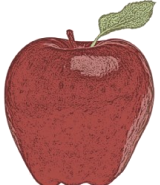


JANUARY 2019



High School

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
  <h1 style="font-size: 2em; margin: 0;">Winter Break</h1>  				
7 Welcome Back!	8	9	10	11
Breakfast Whole Grain Cereal & Strawberry Grahams Lunch Sweet Chili Thai Chicken & Brown Rice	Breakfast Cinnamon French Toast & Hardboiled Egg Mixed Berry Fruit Cup Lunch Nachos Grande With Shredded Lettuce & Salsa	Breakfast Whole Grain Oatmeal with Diced WA Apples & Turkey Sausage Lunch BBQ Beef Rib Sandwich Baked Potato Wedges	Breakfast Berry Apple Crisp Bar & String Cheese Lunch Chicken Pozole Soup with Fresh Toppings (Radishes, Cabbage, Cilantro) & Garlic Cheese Toast	Breakfast Egg & Cheese Sandwich Hot Chocolate Milk Lunch Grill/Pizza Line Apple Crisp
14	15	16	17	18
Breakfast Cheese Omelet & Toast Lunch Orange Chicken Brown Rice	Breakfast Pancake on a Stick Lunch Nachos Grande With Shredded Lettuce & Salsa	Breakfast Vanilla Greek Yogurt Diced Apples & Granola Lunch Philly Beef Sandwich Tater Tots	Breakfast FEEST Apple Bread Lunch Mac & Cheese with Corn Dog <i>or</i> Mac & Cheese with Homemade Roll & Sunflower Seeds	Breakfast Homemade Cinnamon Roll Lunch Grill/Pizza Line Baked Potato Wedges
21	22	23	24	25
Martin Luther King Jr. Day	Breakfast Egg and Cheese Sandwich Lunch Nachos Grande With Shredded Lettuce & Salsa	Breakfast Whole Grain Oatmeal & Turkey Sausage Lunch Meatball Sub Sandwich & Roasted Baby Bakers	Breakfast Cocoa Cherry Bar & String Cheese Lunch Tomato Soup & Toasted Cheese Sandwich	Breakfast Bagel & Cream Cheese Hot Chocolate Milk Lunch Grill/Pizza Line
28	29	30	31	
No School	Breakfast Mini Pancake Wraps Lunch Nachos Grande With Shredded Lettuce & Salsa	Breakfast Lemon Greek Yogurt & Granola Lunch Roasted Chicken & Homemade Cornbread	Breakfast Breakfast Pizza Bagel Lunch Spaghetti with Meat Sauce French Bread <i>or</i> Spaghetti & Marinara Sauce, French Bread & String Cheese	

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 12/13/2018

