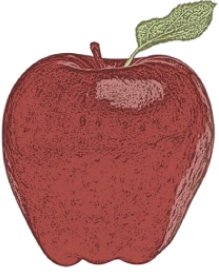

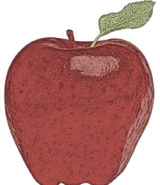


JANUARY 2019



BIC and Grab & Go

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
 <h1 style="font-size: 2em; font-weight: bold;">Winter Break</h1>				
7 Welcome Back!	8	9	10	11
Breakfast Whole Grain Cereal & Strawberry Grahams Lunch Teriyaki Beef Dippers & Brown Rice or Cheese Breadsticks & Marinara Sauce	Breakfast Egg & Cheese Sandwich Lunch Beef Burrito or Cheese Pizza Quesadilla & Salsa	Breakfast Cereal Bar & Sunflower Seeds Lunch Chicken Nuggets All-Sport Crackers or Sunbutter Sandwich & String Cheese	Breakfast Berry Apple Crisp Bar Lunch Chicken Pozole Soup with Fresh Toppings (Radishes, Cabbage, Cilantro) and Garlic Cheese Toast	Breakfast Chef's Choice Lunch Caprese Panini (Tomato, Basil, & Mozzarella) or Cheese Pizza Rippers Apple Crisp
14	15	16	17	18
Breakfast Bagel & Cream Cheese Lunch Orange Chicken Brown Rice or Chicken-less Nuggets Cheez-It Crackers	Breakfast Yogurt & Granola Lunch Chicken Soft Taco or Bean & Cheese Burrito Steamed Corn	Breakfast Mini Cinnis Lunch Popcorn Chicken or Cheese Lasagna Roll-Up Either with Garlic Toast	Breakfast Banana Bread Lunch Mac & Cheese with Corn Dog or Mac & Cheese with Homemade Roll & Sunflower Seeds	Breakfast Chef's Choice Lunch Hamburger or Veggie Sliders Baked Potato Wedges
21	22	23	24	25
Martin Luther King Jr. Day	Breakfast Egg & Cheese Sandwich Lunch Fiesta Chicken Bowl or Bean & Cheese Tostada with Shredded Lettuce	Breakfast Cereal Bar & Sunflower Seeds Lunch Spicy Chicken Patty Sandwich or Veggie Burger Roasted Baby Bakers	Breakfast Cocoa Cherry Bar & String Cheese Lunch Tomato Soup Toasted Cheese Sandwich or Mini Cheeseburger Sliders	Breakfast Chef's Choice Lunch School's Best Pizza or Fish Sticks & Goldfish Crackers
28	29	30	31	
Breakfast Cinnamon French Toast Lunch Teriyaki Chicken Dippers & Brown Rice or Quesadilla with Salsa	Breakfast Yogurt & Granola Lunch Beef or Bean Nachos	Breakfast Whole Grain Cereal & Strawberry Grahams Lunch BBQ Chicken Drumstick or Vegetarian Meatballs Either with Homemade Cornbread	Breakfast Breakfast Pizza Bagel Lunch Spaghetti with Meat Sauce French Bread or Spaghetti & Marinara Sauce, French Bread & String Cheese	

BREAKFAST: Served every morning before school and in the classroom (depending on location) with fruit, 100% juice and milk.

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

