


# Middle School Menu


## February 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
					<b>February 1</b>
<b>Breakfast</b>	<p style="text-align: center;"><b>Harvest of the Month: DAIRY</b></p> <p>There are approximately 460 dairy farms in Washington, making it the 10th largest dairy-producing state in the US! Grab a locally-sourced milk every day to balance out your meals at school.</p> 				Whole Grain Maple Bar
<b>Main Entrée</b>					Corn Dog Tater Tots
<b>Option 2</b>					Veggie Slider Tater Tots
<b>Option 3</b>					PB & J Or Yogurt Meal
	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>February 4</b>	<b>February 5</b>	<b>February 6</b>	<b>February 7</b>	<b>February 8</b>
<b>Breakfast</b>	<b>No School—Snow Days</b>		Late Start—No Breakfast	Breakfast Quesadilla & Salsa	Pancake on a Stick <b>HOT Chocolate Milk</b>
<b>Main Entrée</b>			Chef's Choice	Chef's Choice	Galaxy Cheese Pizza with Fresh Topping Bar
<b>Option 2</b>			Chef's Choice	Cheese Pizza Rippers	Hamburger
<b>Option 3</b>			PB & J Or Yogurt Meal	PB & J Or Yogurt Meal	PB & J Or Yogurt Meal
	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>February 11</b>	<b>February 12</b>	<b>February 13</b>	<b>February 14</b>	<b>February 15</b>
<b>Breakfast</b>	<b>No School—Snow Days</b>			Berry Apple Crisp Bar String Cheese	<b>Mid Winter Break</b>
<b>Main Entrée</b>				Sweet Chili Thai Chicken & Brown Rice *Strawberry Milk*	
<b>Option 2</b>				Cheese Quesadilla & Salsa *Strawberry Milk*	
<b>Option 3</b>				PB & J Or Yogurt Meal	

Menu subject to change. This institution is an equal opportunity provider.

# Middle Schools Menu

## February 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	February 18	February 19	February 20	February 21	February 22
<b>Breakfast</b>	<b>Presidents' Day Mid Winter Break</b>	Whole Grain Cereal & Strawberry Grahams	Vanilla Greek Yogurt Parfait with Granola	Cocoa Cherry Bar & Sunflower Seeds	Homemade Cinnamon Roll
<b>Main Entree</b>		Chicken & Waffles	Philly Beef Sandwich Baked Chips	Cheese Breadsticks Marinara Sauce	Chicken Alfredo & Garlic Toast
<b>Option 2</b>		Mini Cheese Ravioli Garlic Toast	Spicy Chicken Patty Sandwich Baked Chips	Chef's Choice	French Bread Pizza
<b>Option 3</b>		PB & J Or Yogurt Meal	PB & J Or Yogurt Meal	PB & J Or Yogurt Meal	PB & J Or Yogurt Meal
	Monday	Tuesday	Wednesday	Thursday	Friday
	February 25	February 26	February 27	February 28	
<b>Breakfast</b>	PB & J Graham & String Cheese	Cinnamon French Toast & Turkey Sausage	Chicken Biscuit Sandwich	Buttermilk Bar & Turkey Sausage	
<b>Main Entree</b>	Teriyaki Beef Dippers & Brown Rice	Nachos Grande	Pulled Pork Sandwich with Crunchy Coleslaw	Mac & Cheese with Corn Dog	
<b>Option 2</b>	Cheese Pizza Quesadilla	Beef or Bean & Cheese Burrito	Chicken Patty Sandwich with Crunchy Coleslaw	Mac & Cheese with Homemade Roll & Sunflower Seeds	
<b>Option 3</b>	PB & J Or Yogurt Meal	Cheese Pizza Quesadilla	PB & J Or Yogurt Meal	PB & J Or Yogurt Meal	

### Eat School Breakfast

Breakfast is served every morning before school. Students have a choice of cereal & cinnamon crisp or an additional cold or hot entrée each day. The meal is served with fruit and 100% juice.

Salads, fresh fruit & vegetables, & milk offered daily with lunch. A vegetarian choice is also available every day. Pork is served on a limited basis and is always clearly marked in Secondary Schools.

**Questions?** Call the Nutrition Services Office at 206-631-3010. Menu subject to change.

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*Updated 02/13/2019*