


FEBRUARY 2019

BIC and Grab & Go

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Harvest of the Month: DAIRY</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>				<p>1</p> <p>Breakfast Chef's Choice</p> <p>Lunch Corn Dog or Veggie Sliders Roasted Broccoli</p>
4	5	6 Washington Wednesday	7	8
No School—Snow Day	No School—Snow Day	<p>Lunch Hamburger or Veggie Burger Baked Potato Wedges</p>	<p>Breakfast Berry Apple Crisp Bar</p> <p>Lunch Chicken Eggroll Or Chicken-less Nuggets Either with Oven Fried Rice & Fortune Cookie</p>	<p>Breakfast Chef's Choice</p> <p>Lunch Galaxy Cheese Pizza With Fresh Topping Bar</p>
11	12	13 Washington Wednesday	14 Valentine's Day	15
No School—Snow Day	No School—Snow Day	No School—Snow Day	<p>Breakfast Mini Cinnis</p> <p>Lunch Chicken Teriyaki Brown Rice or Cheese Quesadilla & Salsa *Strawberry Milk*</p>	<p>Mid Winter Break</p>
18 Presidents' Day	19	20 Washington Wednesday	21	22
<p>Mid Winter Break</p>	<p>Breakfast Whole Grain Cereal & Strawberry Grahams</p> <p>Breakfast for Lunch Apple Cinnamon Texas Toast, Hard-Boiled Egg & String Cheese with Baked Apples</p>	<p>Breakfast Cereal Bar & Sunflower Seeds</p> <p>Lunch Spicy Chicken Patty Sandwich or Veggie Sliders Baby Bakers</p>	<p>Breakfast Cocoa Cherry Bar & String Cheese</p> <p>Lunch French Bread Pizza or Fish Sticks Goldfish Crackers</p>	<p>Breakfast Chef's Choice</p> <p>Lunch Chicken Alfredo Garlic Toast or Sunbutter Sandwich & String Cheese</p>
25	26	27 Washington Wednesday	28	
<p>Breakfast Strawberry Cream Cheese Mini Bagels</p> <p>Lunch Teriyaki Beef Dippers & Brown Rice or Cheese Pizza Quesadilla</p>	<p>Breakfast Confetti Pancakes</p> <p>Lunch Bean & Cheese Burrito or Beef Burrito with Salsa Fresh Black Bean & Corn Salsa</p>	<p>Breakfast Chicken & Biscuit Sandwich</p> <p>Lunch Popcorn Chicken or Cheese Lasagna Roll-Up Either with Garlic Toast</p>	<p>Breakfast Buttermilk Bar</p> <p>Lunch Mac & Cheese with Corn Dog or Mac & Cheese with Homemade Roll & Sunflower Seeds</p>	

BREAKFAST: Served every morning before school or in the classroom with a cold or hot entrée, 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 02/13/2019

