


Highline Middle Schools

March 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
					March 1
Breakfast	<p style="text-align: center;">Harvest of the Month: Grains</p> <p>Whole wheat is packed with fiber. Fiber keeps things moving in your body and keeps your heart happy!</p> 				Pancake on a Stick
Main Entrée					Hamburger Chocolate Chip Cookie
Option 2					Veggie Burger Chocolate Chip Cookie
Option 3					PB & J Or Yogurt Meal
	Monday	Tuesday	Wednesday	Thursday	Friday
	March 4	March 5	March 6	March 7	March 8
Breakfast	Scrambled Eggs & Toast	Cinnamon French Toast & Turkey Sausage	Strawberries & Cream Oatmeal with Sunflower	Homemade Apple Coffee Cake	No School K-12
Main Entrée	Chicken Tenders and a Tea Roll	Nachos Grande with Shredded Lettuce & Salsa	BBQ Beef Rib Sandwich Baked Potato Wedges	Vegetarian Chili & Toasted Cheese Sandwich	
Option 2	Cheese Breadsticks Marinara Sauce	Beef or Bean Burrito	Vegetarian Meatballs Garlic Toast	Vegetarian Chili & Mini Cheeseburger Sliders	
Option 3	PB & J Or Yogurt Meal	Cheese Pizza Quesadilla	PB & J Or Yogurt Meal	PB & J Or Yogurt Meal	
	Monday	Tuesday	Wednesday	Thursday	Friday
	March 11	March 12	March 13	March 14	March 15
Breakfast	Banana Bread & Sunflower Seeds	Egg & Cheese Sandwich	Vanilla Greek Yogurt Parfait with Granola	Cereal Bar & String Cheese	Whole Grain Maple Bar Fresh Fruits & Veggies
Main Entrée	Sweet Chili Thai Chicken & Brown Rice	Chicken Soft Taco & Tex Mex Quinoa Salad	Chicken Patty Sandwich	Beef Barley Stew & Cheese Breadsticks	Galaxy Pizza with Fresh Topping Bar
Option 2	Quesadilla with Salsa	Bean & Cheese <u>or</u> Beef Burrito	Mini Cheese Ravioli & Garlic Toast	St. Patty's Day Cookie	Hamburger
Option 3	PB & J Or Yogurt Meal	Cheese Pizza Quesadilla	PB & J Or Yogurt Meal	PB & J Or Yogurt Meal	PB & J Or Yogurt Meal

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

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March 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	March 18	March 19	March 20	March 21	March 22
Breakfast	Pancake on a stick	Bagel & Cream Cheese	Cheese Omelet & Toast	Cocoa Cherry Bar Sunflower Seeds	Cheese Zombie & Hot Chocolate Milk
Main Entrée	Teriyaki Beef Dippers & Brown Rice	Nachos Grande	Roasted Chicken & Biscuit Potato Salad Corn on the Cob	Spaghetti & Meat Sauce French Bread	Fish Patty Sandwich Tartar Sauce
Option 2	Garlic Cheese Toast	Beef or Bean Burrito	Spicy Chicken Patty Sandwich Potato Salad	Spaghetti & Marinara Sauce with French Bread & String Cheese	Cheese Pizza Rippers
Option 3	PB & J Or Yogurt Meal	Cheese Pizza Quesadilla	PB & J Or Yogurt Meal	PB & J Or Yogurt Meal	PB & J Or Yogurt Meal
	Monday	Tuesday	Wednesday	Thursday	Friday
	March 25	March 26	March 27	March 28	March 29
Breakfast	Strawberry Cream Cheese Mini Bagels	Chicken and a Biscuit Sandwich	Buttermilk Bar	Cinnamon French Toast	Homemade Cinnamon Roll
Main Entrée	Cheese Breadsticks Marinara Sauce	Nachos Grande	Meatball Sub Sandwich & Baked Chips	Mac & Cheese with Corn Dog	French Bread Pizza
Option 2	Philly Beef Sandwich Tater Tots	Beef or Bean Burrito	Chicken Patty Sandwich	Mac & Cheese with Homemade Roll & Sunflower Seeds	Fish Sticks & Goldfish Crackers
Option 3	PB & J Or Yogurt Meal	Cheese Pizza Quesadilla	PB & J Or Yogurt Meal	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 rarely served and is always clearly marked in Secondary Schools.

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

This institution is an equal opportunity provider. Updated 02/21/19

