


March 2019

PM

Monday	Tuesday	Wednesday	Thursday	Friday
Harvest of the Month Grains				1
<p>Whole wheat is packed with fiber. Fiber keeps things moving in your body and keeps your heart happy!</p> 				No School
4 National Breakfast Wk	5	6 Washington Wednesday	7	8
Lunch Quesadilla with Salsa Diced Peaches Milk	Lunch Bean Nachos with Shredded Lettuce Applesauce Milk	Lunch Vegetarian Meatballs Whole Grain Tea Roll Sliced Red Bell Pepper Fresh Fruit Milk	Lunch Vegetarian Chili with Toasted Cheese Sandwich Spinach with Mixed Fruit Milk	No School K-12
11	12	13 Washington Wednesday	14	15
Lunch Chicken-less Nuggets Cheez-It Crackers Green Beans Diced Pears Milk	Lunch Bean and Cheese Burrito Tex Mex Quinoa Salad Applesauce Milk	Lunch Mini Cheese Ravioli Garlic Toast Garden Salad with Blueberries Milk	Lunch Cheese Breadsticks Marinara Sauce Sliced Oranges Cucumber Coins Milk	No School
18	19	20 Washington Wednesday	21	22
Lunch Cheese Pizza Quesadilla With Salsa Diced Peaches Milk	Lunch Bean & Cheese Tostada Shredded Lettuce Applesauce Milk	No School	No School	No School
25	26	27 Washington Wednesday	28	29
Lunch Cheese Breadsticks & Marinara Sauce Diced Pears Milk	Lunch Cinnamon French Toast Hardboiled Egg Applesauce Red Bell Pepper Slices Milk	Lunch Veggie Burger Apple Slices Spinach Milk	Lunch Mac & Cheese with Homemade Roll & String Cheese Mandarin Oranges Cucumber Coins Milk	No School

BREAKFAST: Served every morning before school with fruit or vegetables, 100% juice and milk. Choice of cereal & graham crackers offered daily in addition to 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.
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.

