


March 2019

Elementary

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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> 				1
4 National Breakfast Wk	5	6 Washington Wednesday	7	8
<p>Breakfast Scrambled Eggs & Toast</p> <p>Lunch Chicken Teriyaki Brown Rice <i>or</i> Quesadilla with Salsa</p>	<p>Breakfast Cinnamon French Toast & Turkey Sausage</p> <p>Lunch Beef <i>or</i> Bean Nachos <i>with</i> Shredded Lettuce</p>	<p>Breakfast Strawberries & Cream Oatmeal with Sunflower Seeds</p> <p>Lunch Chicken Tenders <i>or</i> Vegetarian Meatballs <i>either with a Roll</i></p>	<p>Breakfast Homemade Apple Coffee Cake</p> <p>Lunch Vegetarian Chili with either Toasted Cheese Sandwich <i>or</i> Mini Cheeseburger Sliders</p>	No School K-12
11	12	13 Washington Wednesday	14	15
<p>Breakfast Banana Bread</p> <p>Lunch Orange Chicken Brown Rice <i>or</i> Chicken-less Nuggets Goldfish Crackers</p>	<p>Breakfast Egg & Cheese Sandwich</p> <p>Lunch Chicken Soft Taco <i>or</i> Bean and Cheese Burrito Tex Mex Quinoa Salad</p>	<p>Breakfast Vanilla Greek Yogurt Parfait with Granola</p> <p>Lunch Chicken Patty Sandwich <i>or</i> Mini Cheese Ravioli Garlic Toast</p>	<p>Breakfast Cereal Bar & String Cheese</p> <p>Lunch Beef Barley Stew & Cheese Breadsticks St. Patty's Day Cookie</p>	<p>Breakfast Whole Grain Maple Bar Fresh Fruit and Veggies</p> <p>Lunch Galaxy Cheese Pizza with Fresh Topping Bar</p>
18	19	20 Washington Wednesday	21	22
<p>Breakfast Pancake on a Stick</p> <p>Lunch Teriyaki Beef Dippers Brown Rice <i>or</i> Cheese Pizza Quesadilla</p>	<p>Breakfast Bagel & Cream Cheese</p> <p>Lunch Bean & Cheese Tostada <i>or</i> Beef Burrito <i>with</i> Salsa</p>	<p>Breakfast Cheese Omelet & Toast</p> <p>Lunch Chicken Drummie & Biscuit Potato Salad & Corn on the Cob <i>or</i> Sunbutter Sandwich Cheddar Cheese</p>	<p>Breakfast Cocoa Cherry Bar & Sunflower Seeds</p> <p>Lunch Spaghetti & Meat Sauce with French Bread <i>or</i> Spaghetti & Marinara Sauce with French Bread & String Cheese</p>	<p>Breakfast Cheese Zombie</p> <p>Lunch Fish Patty Sandwich Tartar Sauce <i>or</i> Garlic Cheese Toast</p>
25	26	27 Washington Wednesday	28	29
<p>Breakfast Strawberry Cream Cheese Mini Bagels</p> <p>Lunch Chicken Teriyaki Rice Pilaf <i>or</i> Cheese Breadsticks & Marinara Sauce</p>	<p>Breakfast Chicken and a Biscuit Sandwich</p> <p>Breakfast for Lunch Apple Cinnamon Texas Toast <i>with</i> Turkey Sausage <i>or</i> Sunflower Seeds Fruit Cup</p>	<p>Breakfast Buttermilk Bar</p> <p>Lunch Chicken Nugget Bug Bite Crackers <i>or</i> Yogurt Meal</p>	<p>Breakfast Cinnamon French Toast</p> <p>Lunch Mac & Cheese with Corndog <i>or</i> Mac & Cheese with Homemade Roll & Sunflower Seeds</p>	<p>Breakfast Homemade Cinnamon Roll</p> <p>Lunch French Bread Pizza <i>or</i> Mini Cheeseburger Sliders</p>

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.

