


March 2019

BIC and Grab& Go Schools

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

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 02/22/19.

