


# March 2019

AM

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Harvest of the Month</b> <b>Grains</b>				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
<b>Breakfast</b> Scrambled Eggs & Toast Diced Peaches Milk	<b>Breakfast</b> Cinnamon French Toast Applesauce Milk	<b>Breakfast</b> Strawberries & Cream Oatmeal Fresh Fruit Milk	<b>Breakfast</b> Bagel & Cream Cheese Mixed Fruit Milk	No School K-12
11	12	13 Washington Wednesday	14	15
<b>Breakfast</b> Whole Grain Cereal String Cheese Diced Peaches Milk	<b>Breakfast</b> Egg & Cheese Sandwich Applesauce Milk	<b>Breakfast</b> Vanilla Greek Yogurt Parfait with Granola Blueberries Milk	<b>Breakfast</b> Blueberry Muffin Sliced Oranges Milk	No School
18	19	20 Washington Wednesday	21	22
<b>Breakfast</b> Cheese Omelet & Toast Diced Peaches Milk	<b>Breakfast</b> Breakfast Quesadilla & Salsa Applesauce Milk	No School	No School	No School
25	26	27 Washington Wednesday	28	29
<b>Breakfast</b> Hardboiled Egg & Graham Crackers Diced Pears Milk	<b>Breakfast</b> Cinnamon French Toast Applesauce Milk	<b>Breakfast</b> Whole Grain Oatmeal with Diced WA Apples & Cinnamon Milk	<b>Breakfast</b> Bagel & Cream Cheese Mandarin Oranges 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.*

