


March 2019

Snack

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
Snack Graham Crackers Applesauce	Snack Animal Crackers Orange Wedges	Snack Goldfish Pretzels Apple Slices	Snack Assorted Cereal Milk	No School K-12
11	12	13 Washington Wednesday	14	15
Snack Goldfish Crackers Banana	Snack String Cheese Amazin' Raisins	Snack Cheddar Chex Mix Cucumber Coins	Snack Assorted Cereal Milk	No School
18	19	20 Washington Wednesday	21	22
Snack Graham Crackers Applesauce	Snack Animal Crackers Orange Wedges	No School	No School	No School
25	26	27 Washington Wednesday	28	29
Snack Goldfish Crackers Banana	Snack String Cheese Amazin' Raisins	Snack Goldfish Pretzels That's It Fruit Bar	Snack Assorted Cereal 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.

