

March 2019

High School



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Available Daily (depending on location): Grill Line— Cheeseburger, Veggie Burger, Chicken Patty, Spicy Chicken Patty, Fish Patty Pizza Line— Cheese, Pepperoni, Buffalo, French Bread Main Line— Featured Entrée on Monthly Menu Entrée Salads— Chicken Caesar, Garden, Taco, Summery Berry Sandwiches (M-TH w/Baked Chips)— Turkey, Turkey-Ham, Roast Beef, Egg Salad, or Tuna Salad PB&J and Yogurt Meals</p>			<p>Harvest of the Month 1</p> <p>Grains</p> <p>Whole wheat is packed with fiber. Fiber keeps things moving in your body and keeps your heart happy!</p>	<p>Breakfast Pancake on a Stick</p> <p>Lunch Grill/Pizza Line Chocolate Chip Cookie</p>
4 National Breakfast Wk 5	6 Washington Wednesday 7	8	11	12
<p>Breakfast Scrambled Eggs & Toast Hot Chocolate Milk</p> <p>Lunch Chicken Tenders and a Tea Roll</p>	<p>Breakfast Cinnamon French Toast & Turkey Sausage</p> <p>Lunch Nachos Grande with Shredded Lettuce & Salsa</p>	<p>Breakfast Strawberries & Cream Oatmeal with Sunflower Seeds</p> <p>Lunch BBQ Beef Rib Sandwich Baked Potato Wedges</p>	<p>No School K-12</p>	
13	14	15	18	19
<p>Breakfast Banana Bread & Sunflower Seeds</p> <p>Lunch Sweet Chili Thai Chicken Brown Rice</p>	<p>Breakfast Egg & Cheese Sandwich</p> <p>Lunch Nachos Grande with Shredded Lettuce & Salsa Tex Mex Quinoa Salad</p>	<p>Breakfast Vanilla Greek Yogurt Parfait with Granola</p> <p>Lunch 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 Grill/Pizza Line</p>
20	21	22	25	26
<p>Breakfast Pancake on a Stick</p> <p>Lunch Teriyaki Beef Dippers & Brown Rice</p>	<p>Breakfast Bagel & Cream Cheese</p> <p>Lunch Nachos Grande With Shredded Lettuce & Salsa</p>	<p>Breakfast Cheese Omelet & Toast</p> <p>Lunch Roasted Chicken Biscuit Potato Salad & Corn on the Cob</p>	<p>Breakfast Cocoa Cherry Bar & Sunflower Seeds</p> <p>Lunch Spaghetti & Meat Sauce with French Bread or Spaghetti & Marinara Sauce with French Bread & String Cheese</p>	<p>Breakfast Cheese Zombie & Hot Chocolate Milk</p> <p>Lunch Grill/Pizza Line</p>
27	28	29	25	26
<p>Breakfast Strawberry Cream Cheese Mini Bagels</p> <p>Lunch Philly Beef Sandwich Tater Tots</p>	<p>Breakfast Chicken and a Biscuit Sandwich</p> <p>Lunch Nachos Grande With Shredded Lettuce & Salsa</p>	<p>Breakfast Buttermilk Bar</p> <p>Lunch Meatball Sub Sandwich & Baked Chips</p>	<p>Breakfast Cinnamon French Toast</p> <p>Lunch Mac & Cheese with Corndog or Mac & Cheese with Homemade Roll & Sunflower Seeds</p>	<p>Breakfast Homemade Cinnamon Roll</p> <p>Lunch Grill/Pizza Line</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.

