



April 2019

PM

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|------------------|
| 1 Lunch Quesadilla with Salsa Diced Peaches Milk | 2 Lunch Bean Nachos with Shredded Lettuce Sliced Oranges Milk | 3 <i>Washington Wednesday</i> 4 Lunch Chicken-less Nugget Goldfish Crackers Sliced Red Bell Pepper Blueberries Milk | 5 Lunch Yogurt Meal Spinach Applesauce Milk | No School |
| 8 | 9 | 10 | 11 | 12 |
|  <h2 style="font-size: 2em; margin: 0;">Spring Break</h2>  | | | | |
| 15 Lunch Cheese Breadsticks & Marinara Sauce Green Beans Diced Pears Milk | 16 Lunch Bean and Cheese Burrito Fresh Veggies Applesauce Milk | 17 <i>Washington Wednesday</i> 18 Lunch Cheese Lasagna Roll-Up Garlic Toast Kale & Radish Salad Blueberries Milk | 19 Lunch Tofu and Yakisoba Noodles Mixed Fruit Cucumber Coins Milk | No School |
| 22 Lunch Cheese Pizza Quesadilla With Salsa Diced Peaches Milk | 23 Lunch Bean & Cheese Tostada Shredded Lettuce Applesauce Milk | 24 <i>Washington Wednesday</i> 25 Lunch Mini Cheese Ravioli Whole Grain Roll Spinach with Strawberries Milk | 26 Lunch Veggie Sliders Snap Peas Sliced Oranges Milk | No School |
| 29 Lunch Chicken-less Nuggets Cheez-It Crackers Green Beans Diced Pears Milk | 30 Breakfast for Lunch Apple Cinnamon Texas Toast String Cheese Hardboiled Egg Applesauce Red Bell Pepper Slices Milk | <p>Harvest of the Month: Radishes</p> <p>Radishes have a peppery and satisfying crunch. They are rich in vitamin C, folate, potassium and fiber. You can add them to a salad, pickle them, eat them fresh, and even roast them! Enjoy the fresh crunch of spring veggies!</p> | | |

BREAKFAST: Served every morning before school with fruit and milk.
LUNCH: Salads, fresh fruit & vegetables & milk offered daily with lunch.
 A vegetarian choice is offered daily. No pork is served at elementary schools.

Washington Wednesday is our way of highlighting delicious local foods. We are proud to serve local dairy, whole grains, beans, fruits & vegetables.

QUESTIONS? Call the Nutrition Services Office at 206-631-3010. Menu subject to change.
 This institution is an equal opportunity provider. Updated 03/18/19

