



April 2019

AM

Monday	Tuesday	Wednesday	Thursday	Friday		
1 Breakfast Scrambled Eggs & Toast Diced Peaches Milk	2 Breakfast Blueberry Muffin Sliced Oranges Milk	3 <i>Washington Wednesday</i> Breakfast Vanilla Greek Yogurt Parfait with Granola Blueberries Milk	4 Breakfast Egg & Cheese Sandwich Applesauce Milk	5 No School		
8	9	10	11	12		
		Spring Break				
15 Breakfast Whole Grain Cereal String Cheese Diced Pears Milk	16 Breakfast Cinnamon French Toast Applesauce Milk	17 <i>Washington Wednesday</i> Breakfast Whole Grain Oatmeal Blueberries Milk	18 Breakfast Bagel & Cream Cheese Mixed Fruit Milk	19 No School		
22 Breakfast Hardboiled Egg & Graham Crackers Diced Peaches Milk	23 Breakfast Breakfast Quesadilla & Salsa Applesauce Milk	24 <i>Washington Wednesday</i> Breakfast Scrambled Eggs & Toast Strawberries Milk	25 Breakfast Blueberry Muffin Sliced Oranges Milk	26 No School		
29 Breakfast Cheese Omelet & Toast Diced Pears Milk	30 Breakfast Cinnamon French Toast Applesauce Milk	<p style="text-align: center;">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!</p> <p>Enjoy the fresh crunch of spring veggies! Look for radish sticks served on your salad bar and pickled veggies to top a new menu item - Banh Mi Sandwich.</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

