



April 2019

Snack

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 <i>Washington Wednesday</i>	4	5
Snack Graham Crackers Applesauce	Snack Animal Crackers That's It Fruit Bar	Snack Pretzels Apple Slices	Snack Assorted Cereal Milk	No School
8	9	10	11	12
		<h3>Spring Break</h3>		
15	16	17 <i>Washington Wednesday</i>	18	19
Snack Goldfish Crackers Banana	Snack String Cheese Amazin' Raisins	Snack Cheddar Chex Mix Cucumber Coins	Snack Assorted Cereal Milk	No School
22	23	24 <i>Washington Wednesday</i>	25	26
Snack Graham Crackers Mixed Fruit cup	Snack Animal Crackers Orange Wedges	Snack Goldfish Pretzels That's It Fruit Bar	Snack Assorted Cereal Milk	No School
29	30	<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! Enjoy the fresh crunch of spring veggies!</p>		
Snack Goldfish Crackers Banana	Snack String Cheese Amazin' Raisins			

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

