



# April 2019

## Elementary– BIC and Grab & Go

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 <i>Washington Wednesday</i>	4	5
<b>Breakfast</b> Mini Cinnis <b>Lunch</b> Orange Chicken Brown Rice or Cheese Quesadilla with Salsa	<b>Breakfast</b> Egg & Cheese Sandwich <b>Lunch</b> Beef or Bean Nachos with Shredded Lettuce & Salsa	<b>Breakfast</b> Bagel & Cream Cheese <b>Lunch</b> Chicken-less Nugget Goldfish Crackers or Sloppy Joe	<b>Breakfast</b> Pancake on a Stick <b>Lunch</b> Turkey Gravy Mashed Potatoes Whole Grain Roll or Yogurt Meal	<b>Breakfast</b> Chef's Choice <b>Lunch</b> Chef's Choice
8	9	10	11	12
 <h2 style="font-size: 2em; margin: 0;">Spring Break</h2> 				
15	16	17 <i>Washington Wednesday</i>	18	19
<b>Breakfast</b> Cereal & Cinnamon Crisp <b>Lunch</b> Teriyaki Beef Dippers & Rice Pilaf or Cheese Breadsticks & Marinara Sauce	<b>Breakfast</b> Chicken and a Biscuit <b>Lunch</b> Chicken Soft Taco or Bean and Cheese Burrito	<b>Breakfast</b> Hardboiled Egg & Cereal Bar <b>Lunch</b> Hamburger or Cheese Lasagna Roll-Up Garlic Toast Kale & Radish Salad	<b>Breakfast</b> Confetti Pancakes <b>Lunch</b> Garlic Cheese Toast or Sweet & Tangy Tofu with Yakisoba Noodles & Veggies	<b>Breakfast</b> Chef's Choice <b>Lunch</b> Chicken Drumstick Cornbread with Honey Butter or Broccoli & Cheddar Croissant
22	23	24 <i>Washington Wednesday</i>	25	26
<b>Breakfast</b> Egg & Cheese Sandwich <b>Lunch</b> Chicken Teriyaki Brown Rice or Yogurt Meal	<b>Breakfast</b> Bagel & Cream Cheese <b>Lunch</b> Crispy Taco Bowl or Cheese Pizza Quesadilla With Salsa & Sour Cream	<b>Breakfast</b> Cocoa Cherry Bar & String Cheese <b>Lunch</b> Spicy or Regular Chicken Patty Sandwich or Mini Cheese Ravioli Whole Grain Roll	<b>Breakfast</b> Yogurt and Granola <b>Lunch</b> Chicken Alfredo Garlic Toast or Veggie Sliders	<b>Breakfast</b> Chef's Choice <b>Lunch</b> Chicken Banh Mi Sandwich with Pickled Vegetables or Galaxy Cheese Pizza
29	30	<p style="text-align: center;"><b>Harvest of the Month:</b>  <b>Radishes</b></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>		
<b>Breakfast</b> Mini Cinnis <b>Lunch</b> Chicken Tenders or Chicken-less Nuggets Cheez-It Crackers	<b>Breakfast</b> Buttermilk Bar <b>Breakfast for Lunch</b> Apple Cinnamon Texas Toast String Cheese Hardboiled Egg			

**BREAKFAST:** Served every morning before school with fruit, 100% juice and milk. Choice of cereal & cinnamon crisp granola bar offered daily in addition to a 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.

*\*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 03/20/19*

