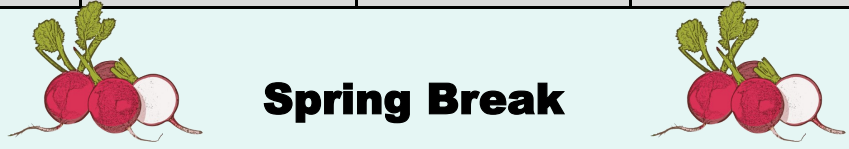


Middle School Menu

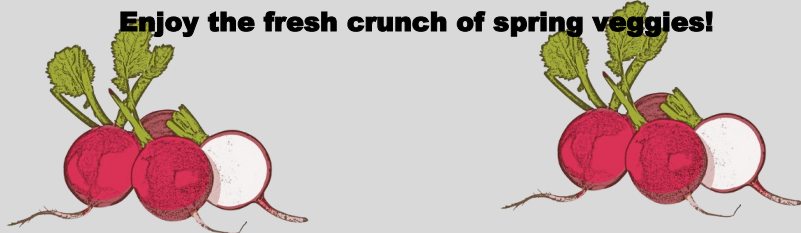
April 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	April 1	April 2	April 3	April 4	April 5
Breakfast	Mini Cinnis	Egg & Cheese Sandwich	Whole Grain Oatmeal & Sunflower Seeds	Pancake on a Stick	Homemade Banana Bread
Main Entrée	Sweet Chili Thai Brown Rice	Chicken & Waffles	Hamburger with Lettuce & Tomato	Turkey Gravy Mashed Potatoes Whole Grain Roll	Chef's Choice
Option 2	Cheese Breadsticks Marinara Sauce	French Bread Pizza	Cheese Lasagna Roll Up & Garlic Toast	Spicy Chicken Patty Sandwich	
Option 3	PB & J Or Yogurt Meal	PB & J Or Yogurt Meal	PB & J Or Yogurt Meal	PB & J Or Yogurt Meal	PB & J Or Yogurt Meal
	Monday	Tuesday	Wednesday	Thursday	Friday
	April 8	April 9	April 10	April 11	April 12
 <h3>Spring Break</h3>					
	Monday	Tuesday	Wednesday	Thursday	Friday
	April 15	April 16	April 17	April 18	April 19
Breakfast	Cereal & Cinnamon Crisp	Chicken and a Biscuit	French Toast & Turkey Sausage	Vanilla Greek Yogurt Parfait with Granola	Whole Grain Maple Bar
Main Entrée	Teriyaki Beef Dippers & Rice Pilaf	Nachos Grande	Mini Cheese Ravioli Garlic Toast Kale & Radish Salad	Sweet & Tangy Tofu with Yakisoba Noodles & Veggies	Hamburger
Option 2	Galaxy Cheese Pizza	Bean and Cheese or Beef Burrito	Spicy Chicken Patty Sandwich Kale & Radish Salad	Garlic Cheese Toast	Veggie Burger
Option 3	PB & J Or Yogurt Meal	Cheese Pizza Quesadilla	PB & J Or Yogurt Meal	PB & J Or Yogurt Meal	PB & J, Yogurt or Pretzel Meal

Menu subject to change. This institution is an equal opportunity provider.

Middle Schools Menu

April 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	April 22	April 23	April 24	April 25	April 26
Breakfast	Egg & Cheese Sandwich	Bagel & Cream Cheese	Cocoa Cherry Bar & String Cheese	Omelet & Cinnamon Toast	Homemade Cinnamon Roll
Main Entrée	Meatball Sub Sandwich & Baked Chips	Nachos Grande	Chicken Banh Mi Sandwich with Pickled Veggies	Chicken Alfredo & Garlic Toast	BBQ Rib Patty Sandwich
Option 2	Cheese Quesadilla	Bean and Cheese or Beef Burrito	Chicken Patty Sandwich		Galaxy Cheese Pizza
Option 3	PB & J Or Yogurt Meal	Cheese Pizza Quesadilla	PB & J Or Yogurt Meal	PB & J Or Yogurt Meal	PB & J Or Yogurt Meal
	Monday	Tuesday	<p align="center">Harvest of the Month: Radishes</p> <p align="center">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 align="center">Enjoy the fresh crunch of spring veggies!</p> 		
	April 29	April 30			
Breakfast	Mini Cinnis	Buttermilk Bar & String Cheese			
Main Entrée	Garlic Ginger Glazed Pork Steamed Veggies Jasmine Rice	Nachos Grande			
Option 2	Cheese Breadsticks Marinara Sauce	Bean and Cheese or Beef Burrito			
Option 3	PB & J Or Yogurt Meal	Cheese Pizza Quesadilla			

Eat School Breakfast

Breakfast is served every morning before school. Students have a choice of cereal or yogurt with a cinnamon crisp granola bar offered daily in addition to a hot entrée choice. The meal is served with fruit, 100% juice & milk.

Salads, fresh fruit & vegetables, & milk offered daily with lunch. A vegetarian choice is also available every day. Pork is rarely served and is always clearly marked in Secondary Schools.

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

