



# April 2019

## High School

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 <i>Washington Wednesday</i>	4	5
<b>Breakfast</b> Mini Cinnis  <b>Lunch</b> Sweet Chili Thai Brown Rice	<b>Breakfast</b> Egg & Cheese Sandwich  <b>Lunch</b> Nachos Grande with Shredded Lettuce & Salsa	<b>Breakfast</b> Whole Grain Oatmeal & Sunflower Seeds  <b>Lunch</b> Sloppy Joe Baked Potato Wedges	<b>Breakfast</b> Pancake on a Stick  <b>Lunch</b> Turkey Gravy Mashed Potatoes Whole Grain Roll	<b>Breakfast</b> Homemade Banana Bread <i>or</i> Chef's Choice <b>Lunch</b> Chef's Choice <i>or</i> Grill/Pizza Line
8	9	10	11	12
 <h1 style="font-size: 2em;">Spring Break</h1> 				
15	16	17 <i>Washington Wednesday</i>	18	19
<b>Breakfast</b> Cereal & Cinnamon Crisp  <b>Lunch</b> Teriyaki Beef Dippers & Rice Pilaf	<b>Breakfast</b> Chicken and a Biscuit  <b>Lunch</b> Nachos Grande with Shredded Lettuce & Salsa	<b>Breakfast</b> French Toast & Turkey Sausage  <b>Lunch</b> Mini Cheese Ravioli Garlic Toast Kale & Radish Salad	<b>Breakfast</b> Vanilla Greek Yogurt Parfait with Granola  <b>Lunch</b> Sweet & Tangy Tofu with Yakisoba Noodles & Veggies	<b>Breakfast</b> Whole Grain Maple Bar  <b>Lunch</b> Grill/Pizza Line
22	23	24 <i>Washington Wednesday</i>	25	26
<b>Breakfast</b> Egg & Cheese Sandwich  <b>Lunch</b> Meatball Sub Sandwich Baked Chips	<b>Breakfast</b> Bagel & Cream Cheese  <b>Lunch</b> Nachos Grande with Shredded Lettuce & Salsa	<b>Breakfast</b> Cocoa Cherry Bar & String Cheese  <b>Lunch</b> Chicken Banh Mi Sandwich with Pickled Veggies	<b>Breakfast</b> Omelet & Cinnamon Toast  <b>Lunch</b> Chicken Alfredo Garlic Toast	<b>Breakfast</b> Homemade Cinnamon Roll  <b>Lunch</b> Grill/Pizza Line <i>or</i> BBQ Rib Patty Sandwich
29	30	<b>Available Daily (depending on location):</b> <b>Grill Line</b> — Cheeseburger, Veggie Burger, Chicken Patty, Spicy Chicken Patty, Fish Patty <b>Pizza Line</b> — Cheese, Pepperoni, Buffalo, French Bread <b>Main Line</b> — Featured Entrée on Monthly Menu <b>Entrée Salads</b> — Chicken Caesar, Garden, Taco, Summery Berry <b>Sandwiches (M-TH w/Baked Chips)</b> — Turkey, Turkey-Ham, Roast Beef, Egg Salad, or Tuna Salad <b>PB&amp;J and Yogurt Meals</b>		
<b>Breakfast</b> Mini Cinnis  <b>Lunch</b> Garlic Ginger Glazed Pork Steamed Veggies Jasmine Rice	<b>Breakfast</b> Buttermilk Bar & String Cheese  <b>Lunch</b> Nachos Grande with Shredded Lettuce & Salsa			

**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*

