

May 2019

High School



Free Summer Meals for Kids and Teens!
Summer meals start July 1, 2019 and are available at various school locations and community sites. To find a nearby meal site call 1-866-348-6479



Monday	Tuesday	Wednesday	Thursday	Friday
Available Daily (depending on location): Grill Line — Cheeseburger, Veggie Burger, Chicken Patty, Spicy Chicken Patty, Fish Patty Pizza Line — Cheese, Pepperoni, Buffalo, French Bread Main Line — Featured Entrée on Monthly Menu Entrée Salads — Chicken Caesar, Garden, Taco, Summery Berry Sandwiches (M-TH w/Baked Chips) — Turkey, Turkey-Ham, Roast Beef, Egg Salad, or Tuna Salad PB&J and Yogurt Meals		1 Washington Wednesday Breakfast Strawberries & Cream Oatmeal & Sunflower Seeds Lunch Sloppy Joe & Baby Bakers	2 Breakfast Yogurt & Granola Lunch Mac & Cheese & Corndog <i>or</i> Mac & Cheese, Sunflower Seeds & Homemade Roll	3 School Lunch Hero Day Breakfast Homemade Banana Bread Lunch Beef Soft Taco Shredded Lettuce & Salsa Spiced Ice
6 Breakfast Cereal & Cinnamon Crisp Lunch Sweet Chili Thai & Brown Rice	7 Breakfast Egg & Cheese Sandwich Fresh Fruit & Veggies Lunch Nachos Grande with Shredded Lettuce & Salsa	8 Washington Wednesday Breakfast Confetti Pancakes Lunch BBQ Rib Patty Sandwich Baked Chips <i>Roasted Asparagus</i>	9 Breakfast Hardboiled Egg & Cereal Bar Lunch Chicken Pho with Fresh Toppings (Lime, Basil & Cilantro) & Egg Roll Vietnamese Quinoa Salad	10 Breakfast French Toast Lunch Grill/Pizza Line
13 Breakfast Mini Cinnis Lunch Philly Beef Sandwich Baked Potato Wedges	14 Breakfast Scrambled Eggs & Toast Lunch Nachos Grande with Shredded Lettuce & Salsa	15 Washington Wednesday Breakfast Vanilla Greek Yogurt Parfait & Graham Cracker Lunch Chicken Drumstick Caribbean Rice & Beans	16 Breakfast Oatmeal & Cocoa Chip Bar Lunch School's Best Pizza	17 Breakfast Whole Grain Maple Bar Red Grapefruit Wedges Lunch Grill/Pizza Line Apple & Broccoli Salad
20 Breakfast Cheese Quesadilla & Salsa Lunch Garlic Ginger Glazed Pork Steamed Veggies Jasmine Rice	21 Breakfast Bagel & Cream Cheese Lunch Meatball Sub Sandwich Baked Chips	22 Washington Wednesday Breakfast Whole Grain Oatmeal & Sunflower Seeds Lunch Mini Cheese Ravioli with Marinara Sauce & Garlic Toast <i>Asparagus</i>	23 Breakfast Hardboiled Egg & Cereal Bar Lunch Nachos Grande with Homemade Nacho Cheese Sauce & Shredded Lettuce & Salsa	24 Breakfast Homemade Cinnamon Roll Lunch Grill/Pizza Line <i>or</i> Chef's Choice Fresh Fruit & Veggies
27 No School - Memorial Day	28 No School	29 Washington Wednesday Breakfast S'mores Bar & Sunflower Seeds Breakfast for Lunch Chicken & Waffles Strawberry Fruit Cup	30 Breakfast Egg & Cheese Sandwich Lunch Grill/Pizza Line with Homemade Brownie	31 Breakfast Confetti Pancakes Lunch Mariner Hot Dog & Baked Beans

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 04/22/2019

