


May 2019

AM & Snack

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
		1 Washington Wednesday	2	3 School Lunch Hero Day
	Eat Local Asparagus	Breakfast Strawberries & Cream Oatmeal Apple Slices Milk Snack Cheddar Chex Mix Cucumber Coins	Breakfast Vanilla Greek Yogurt & Granola Blueberries Milk Snack Assorted Cereal Milk	No School
6	7	8 Washington Wednesday	9	10
Breakfast Cereal & Graham Cracker Diced Peaches Milk Snack Cheez-It Crackers Mixed Fruit Cup	Breakfast Egg & Cheese Sandwich Applesauce Milk Snack Animal Crackers Orange Wedges	Breakfast Confetti Pancakes Sliced Strawberries Milk Snack Goldfish Pretzels That's It Fruit Bar	No School	No School
13	14	15 Washington Wednesday	16	17
Breakfast Cinnamon French Toast Diced Pears Milk Snack Graham Crackers Applesauce	Breakfast Scrambled Eggs & Toast Apple Slices Milk Snack String Cheese Amazin' Raisins	Breakfast Cheese Quesadilla & Salsa Diced Peaches Milk Snack Cheddar Chex Mix Cucumber Coins	Breakfast Blueberry Muffin Sliced Oranges Milk Snack Assorted Cereal Milk	No School
20	21	22 Washington Wednesday	23	24
Breakfast Vanilla Greek Yogurt & Graham Cracker Blueberries Milk Snack Goldfish Crackers Banana	Breakfast Bagel & Cream Cheese Applesauce Cucumber Coins Milk Snack Animal Crackers Orange Wedges	No School	No School	No School
27	28	29 Washington Wednesday	30	31
No School - Memorial Day	No School	Breakfast Hardboiled Egg & Graham Crackers Diced Pears Milk Snack Cheez-It Crackers Mixed Fruit Cup	Breakfast Egg & Cheese Sandwich Applesauce Milk Snack Assorted Cereal Milk	No School

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 04/12/19

