


May 2019

Elementary

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
	<p>Eat Local</p> <p>Asparagus</p>	<p>1 Washington Wednesday</p> <p>Breakfast Strawberries & Cream Oatmeal & Sunflower Seeds</p> <p>Lunch Sloppy Joe or French Bread Pizza</p>	<p>2</p> <p>Breakfast Yogurt & Granola</p> <p>Lunch Mac & Cheese & Corndog or Mac & Cheese, Sunflower Seeds & Homemade Roll</p>	<p>3 School Lunch Hero Day</p> <p>Breakfast Homemade Banana Bread</p> <p>Lunch Beef Soft Taco or Bean & Cheese Tostada Shredded Lettuce & Salsa Spiced Ice</p>
		<p>6</p> <p>Breakfast Cereal & Cinnamon Crisp</p> <p>Lunch Orange Chicken Brown Rice with Ginger & Scallions or Sunbutter Sandwich & String Cheese</p>	<p>7</p> <p>Breakfast Egg & Cheese Sandwich Fresh Fruit & Veggies</p> <p>Lunch Beef Burrito or Bean and Cheese Burrito With Shredded Lettuce & Salsa</p>	<p>8 Washington Wednesday</p> <p>Breakfast Confetti Pancakes</p> <p>Lunch Chicken Nuggets & Homemade Roll or Caprese Panini</p> <p><i>Roasted Asparagus</i></p>
<p>13</p> <p>Breakfast Mini Cinnis</p> <p>Lunch Chicken or Beef Teriyaki Dippers Brown Rice or Cheese Breadsticks Marinara Sauce</p>	<p>14</p> <p>Breakfast Scrambled Eggs & Toast</p> <p>Breakfast for Lunch Dutch Waffle with Turkey Sausage Patties or Sunflower Seeds & String Cheese Strawberry Cup</p>	<p>15 Washington Wednesday</p> <p>Breakfast Vanilla Greek Yogurt Parfait & Graham Cracker</p> <p>Lunch Chicken Drumstick Or Chicken-less Nuggets Either with Caribbean Rice & Beans</p>	<p>16</p> <p>Breakfast Oatmeal & Cocoa Chip Bar</p> <p>Lunch Turkey & Cheese Hoagie or Cheese Pizza Rippers</p>	<p>17</p> <p>Breakfast Whole Grain Maple Bar Red Grapefruit Wedges</p> <p>Lunch School's Best Pizza or Hamburger</p> <p>Apple & Broccoli Salad</p>
<p>20</p> <p>Breakfast Cheese Quesadilla & Salsa</p> <p>Lunch Teriyaki Chicken Oven Fried Rice or Yogurt Meal</p>	<p>21</p> <p>Breakfast Bagel & Cream Cheese</p> <p>Lunch Crispy Chicken Taco Bowl or Cheese Pizza Quesadilla with Salsa & Sour Cream</p>	<p>22 Washington Wednesday</p> <p>Breakfast Whole Grain Oatmeal & Sunflower Seeds</p> <p>Lunch Chicken Tenders or Mini Cheese Ravioli with Marinara Either with Garlic Toast</p> <p><i>Asparagus</i></p>	<p>23</p> <p>Breakfast Hardboiled Egg & Cereal Bar</p> <p>Lunch Beef or Bean Nachos With Homemade Nacho Cheese Sauce</p>	<p>24</p> <p>Breakfast Homemade Cinnamon Roll</p> <p>Lunch Chef's Choice Fresh Fruit & Veggies</p>
<p>27</p> <p>No School - Memorial Day</p>	<p>28</p> <p>No School</p>	<p>29 Washington Wednesday</p> <p>Breakfast S'mores Bar & Sunflower Seeds</p> <p>Lunch Chicken Patty Sandwich or Veggie Burger Tater Tots</p>	<p>30</p> <p>Breakfast Egg & Cheese Sandwich</p> <p>Lunch Galaxy Cheese Pizza or Mini Cheeseburger Sliders Homemade Brownie</p>	<p>31</p> <p>Breakfast Confetti Pancakes</p> <p>Lunch Hot Dog or Toasted Cheese Sandwich Baked Beans</p>

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

