



June 2019

BIC and Grab & Go

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 Washington Wednesday	6	7
Breakfast French Toast & Applesauce Cup Lunch Orange Chicken Brown Rice <i>with Ginger & Scallions</i> or Cheese Quesadilla	Breakfast Buttermilk Bar Breakfast for Lunch Apple Cinnamon Texas Toast & Colby Cheese Omelet	Breakfast Yogurt & Granola Lunch Fish Patty Sandwich or Garlic Cheese Toast & Baby Bakers	Breakfast Breakfast Pizza Bagel Lunch Spaghetti & Meat Sauce or Spaghetti & Marinara Sauce & String Cheese <i>either with French Bread</i> Fresh Apricot	Breakfast Whole Grain Maple Bar Fresh Veggies Lunch Chicken Patty Sandwich or Yogurt Meal Baked Potato Wedges
10	11	12 Washington Wednesday	13	14
Breakfast Confetti Pancakes Lunch Teriyaki Beef Dippers Brown Rice or Cheese Breadsticks Marinara Sauce	Breakfast Mini Cinnis Lunch Beef or Bean Nachos Shredded Lettuce & Salsa	Breakfast Whole Grain Cereal & Cinnamon Crisp Lunch Chicken Drumstick & Biscuit or Sunbutter Sandwich String Cheese <i>Either with Corn on the Cob</i>	Breakfast Egg & Cheese Sandwich Lunch Mac & Cheese and Corn Dog or Mac & Cheese with Sunflower Seeds & Roll Fresh Nectarine	Breakfast Chef's Choice Mini Carrots Lunch Hamburger or Veggie Burger Potato Salad Chocolate Chip Cookie
17	18	19 Washington Wednesday	20	21
Breakfast Cereal Bar & Sunflower Seeds Lunch Sweet Chili Thai Chicken & Brown Rice or Veggie Sliders	Breakfast Bagel & Cream Cheese Lunch Beef Burrito or Bean and Cheese Burrito with Shredded Lettuce & Fresh Cilantro	Breakfast Yogurt & Granola Lunch BBQ Chicken Drumstick Cornbread Muffin or Veggie Burger Ice Cream Cup	Breakfast Chef's Choice Lunch Cheese Lasagna Roll up & Garlic Toast or Chef's Choice	Breakfast Chef's Choice Lunch Chef's Choice Vanilla Cake with Fresh Strawberry Sauce
24	25 Last Day of School!	 		
Breakfast Cocoa Cherry Bar & String Cheese Lunch Galaxy Cheese Pizza or Chef's Choice	Breakfast Chef's Choice No Lunch Served			

Have a Safe and Relaxing Summer!

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 or check our website.

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 & a variety of 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 05/16/2019

