

# June 2019

## PM & Snack

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5 Washington Wednesday	6	7
<b>Lunch</b> Cheese Quesadilla & Salsa, Apple Slices Cucumber Coins Milk <b>Snack</b> Goldfish Crackers Banana	<b>Breakfast for Lunch</b> Apple Cinnamon Texas Toast & Cheese Omelet, Diced Peaches, Snap Peas, Milk <b>Snack</b> Animal Crackers Orange Wedges	<b>Lunch</b> Garlic Cheese Toast Blueberries Baby Bakers Milk <b>Snack</b> Cheddar Chex Mix Cucumber Coins	<b>Lunch</b> Spaghetti & Marinara Sauce & String Cheese with French Bread, Manda- rin Orange & Spinach <b>Snack</b> Assorted Cereal Milk	<b>No School</b>
10	11	12 Washington Wednesday	13	14
<b>Lunch</b> Cheese Breadsticks Marinara Sauce Diced Pears Spinach Milk <b>Snack</b> Cheez-It Crackers Mixed Fruit Cup	<b>Lunch</b> Bean Nachos Shredded Lettuce & Salsa Applesauce Milk <b>Snack</b> String Cheese Amazin' Raisins	<b>Lunch</b> Sunbutter Sandwich String Cheese Apples Slices Roasted Broccoli Milk <b>Snack</b> Goldfish Pretzels That's It Fruit Bar	<b>Lunch</b> Mac & Cheese & Roll Sliced Oranges Cucumber Coins Milk <b>Snack</b> Assorted Cereal Milk	<b>No School</b>
17	18	19 Washington Wednesday	20 Last Day of School!	
<b>Lunch</b> Veggie Sliders Diced Peaches Sliced Red Bell Pepper Milk <b>Snack</b> Goldfish Crackers Banana	<b>Lunch</b> Bean and Cheese Burrito with Shredded Lettuce & Fresh Cilantro Applesauce Milk <b>Snack</b> Animal Crackers Orange Wedges	<b>Lunch</b> Chef's Choice <b>Snack</b> Chef's Choice	<b>Lunch</b> Chef's Choice <b>Snack</b> Chef's Choice	<b>No School</b>

### Harvest of the Month: Berries

Berries grow from all over our state. Marysville, in Snohomish County is known as "the Strawberry City". Berries are a great source of antioxidants. They are loaded with Vitamin C which helps our skin, bones, teeth and gums stay healthy. Try fresh berries in a smoothie, top your favorite breakfast item or salad, or make homemade jam! Don't forget, berries are a healthy snack all by themselves!



## 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.

**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 05/20/2019

