


SEPTEMBER 2019

Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Harvest of the Month STONE FRUIT</p> <p>Stone fruits include plums, peaches, cherries, and apricots. These pitted fruits are packed with fiber, vitamin C, and lots of flavor!</p> 		<p>4 Washington Wednesday 5</p> <p>Breakfast Whole Grain Cereal & Toast</p> <p>Lunch Chicken Tenders Whole Grain Biscuit</p>	<p>6</p> <p>Breakfast Cocoa Cherry Bar & String Cheese</p> <p>Lunch Corn Dog & Tater Tots</p>	<p>Breakfast Egg & Cheese Sandwich</p> <p>Lunch Grill & Pizza Line Homemade Chocolate Chip Cookie</p>
<p>9 First Day Kindergarten</p> <p>Breakfast Buttermilk Bar</p> <p>Lunch Orange Chicken & Brown Rice</p>	<p>10</p> <p>Breakfast Hard Boiled Egg & Cereal Bar</p> <p>Lunch Nachos Grande With Shredded Lettuce Salsa & Sour Cream</p>	<p>11 Washington Wednesday 12</p> <p>Breakfast Mini Cinnis</p> <p>Lunch Chicken Drumstick & Caribbean Rice and Beans</p>	<p>13</p> <p>Breakfast Pancake on a Stick</p> <p>Lunch Chicken Banh Mi Sandwich & Pickled Veggies Russell Sprout Salad</p>	<p>Breakfast Whole Grain Maple Bar</p> <p>Lunch Grill & Pizza Line with Chips</p>
<p>16</p> <p>Breakfast Scrambled Eggs & Touchdown Toast</p> <p>Lunch Teriyaki Chicken Dippers Rice Pilaf</p>	<p>17</p> <p>Breakfast Yogurt Parfait with Peaches and Granola</p> <p>Lunch Nachos Grande With Homemade Nacho Cheese Sauce</p>	<p>18 Washington Wednesday 19</p> <p>Breakfast Confetti Pancakes</p> <p>Lunch Chicken & Waffles</p>	<p>20</p> <p>Breakfast Egg & Cheese Sandwich</p> <p>Lunch White Bean Chicken Chili with Tortilla Chips & Homemade Cornbread</p>	<p>Breakfast Homemade Cinnamon Roll</p> <p>Lunch Grill & Pizza Line with Chips</p>
<p>23</p> <p>Breakfast Buttermilk Bar</p> <p>Lunch Sweet & Sour Chicken Oven Fried Rice</p>	<p>24</p> <p>Breakfast Mini Strawberry Cream Cheese Bagels</p> <p>Lunch Nachos Grande With Shredded Lettuce Salsa & Sour Cream</p>	<p>25 Washington Wednesday 26</p> <p>Breakfast Oatmeal with Diced Peaches & Cinnamon Crisp</p> <p>Lunch Philly Beef Sandwich Chips</p>	<p>27</p> <p>Breakfast Cocoa Cherry Bar & String Cheese</p> <p>Lunch Chicken Pho <i>with</i> Fresh Toppings (Basil, Cilantro, Lime) & Eggroll Vietnamese Quinoa Salad</p>	<p>Breakfast Breakfast Pizza Bagel</p> <p>Lunch Grill & Pizza Line with Chips Oreo Cookie Crunch Cake</p>
<p>30</p> <p>Breakfast Cheese Omelet & Toast</p> <p>Lunch Teriyaki Beef Dippers Brown Rice</p>	<p>Offered Daily—Protein Packs PB & J Meal (Uncrustable, Crackers, String Cheese) Yogurt Meal (Yogurt, String Cheese, Muffin)</p> <p>Friday - A weekly rotation of assorted Pizzas and Burgers Burgers: Cheeseburger, Spicy or Regular Chicken Patty Sandwich, Veggie Burger Rotating Pizza: Cheese or Turkey-Pepperoni</p>		<p>Vegetarian Options</p> <p>Monday—Breadsticks & Marinara Sauce Tuesday—Bean & Cheese Burrito Wednesday—Soft Pretzel, Cheese Cup & Sunflower Seeds Thursday—Cheese Pizza Quesadilla Friday—Pizza</p>	

BREAKFAST: Served every morning before school with fruit, 100% juice and milk. Choice of cereal & graham crackers 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. Pork is rarely served and is always clearly marked in Secondary 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 08/12/2019

