

# SEPTEMBER 2019

## High School

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Harvest of the Month</b> <b>STONE FRUIT</b></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><b>4 Washington Wednesday 5</b></p> <p><b>Breakfast</b> Whole Grain Cereal &amp; Toast</p> <p><b>Lunch</b> Chicken Tenders Whole Grain Biscuit</p>	<p><b>6</b></p> <p><b>Breakfast</b> Cocoa Cherry Bar &amp; String Cheese</p> <p><b>Lunch</b> Corn Dog &amp; Tater Tots</p>	<p><b>Breakfast</b> Egg &amp; Cheese Sandwich</p> <p><b>Lunch</b> Grill &amp; Pizza Line Homemade Chocolate Chip Cookie</p>
<p><b>9</b> First Day Kindergarten</p> <p><b>Breakfast</b> Buttermilk Bar</p> <p><b>Lunch</b> Orange Chicken &amp; Brown Rice</p>	<p><b>10</b></p> <p><b>Breakfast</b> Hard Boiled Egg &amp; Cereal Bar</p> <p><b>Lunch</b> Nachos Grande with Shredded Lettuce Salsa &amp; Sour Cream</p>	<p><b>11 Washington Wednesday 12</b></p> <p><b>Breakfast</b> Mini Cinnis</p> <p><b>Lunch</b> Chicken Drumstick &amp; Caribbean Rice and Beans</p>	<p><b>13</b></p> <p><b>Breakfast</b> Pancake on a Stick</p> <p><b>Lunch</b> Chicken Banh Mi Sandwich &amp; Pickled Veggies Russell Sprout Salad</p>	<p><b>Breakfast</b> Whole Grain Maple Bar</p> <p><b>Lunch</b> Grill &amp; Pizza Line with Chips</p>
<p><b>16</b></p> <p><b>Breakfast</b> Scrambled Eggs &amp; Toast</p> <p><b>Lunch</b> Teriyaki Chicken Dippers Rice Pilaf</p>	<p><b>17</b></p> <p><b>Breakfast</b> Yogurt Parfait with Peaches and Granola</p> <p><b>Lunch</b> Nachos Grande with Homemade Nacho Cheese Sauce</p>	<p><b>18 Washington Wednesday 19</b></p> <p><b>Breakfast</b> Confetti Pancakes</p> <p><b>Lunch</b> Chicken &amp; Waffles</p>	<p><b>20</b></p> <p><b>Breakfast</b> Egg &amp; Cheese Sandwich</p> <p><b>Lunch</b> White Bean Chicken Chili with Tortilla Chips &amp; Homemade Cornbread</p>	<p><b>Breakfast</b> Homemade Cinnamon Roll</p> <p><b>Lunch</b> Grill &amp; Pizza Line with Chips</p>
<p><b>23</b></p> <p><b>Breakfast</b> Buttermilk Bar</p> <p><b>Lunch</b> Sweet &amp; Sour Chicken Oven Fried Rice</p>	<p><b>24</b></p> <p><b>Breakfast</b> Mini Strawberry Cream Cheese Bagels</p> <p><b>Lunch</b> Nachos Grande with Shredded Lettuce Salsa &amp; Sour Cream</p>	<p><b>25 Washington Wednesday 26</b></p> <p><b>Breakfast</b> Oatmeal with Diced Peaches &amp; Cinnamon Crisp</p> <p><b>Lunch</b> Philly Beef Sandwich Chips</p>	<p><b>27</b></p> <p><b>Breakfast</b> Cocoa Cherry Bar &amp; String Cheese</p> <p><b>Lunch</b> Chicken Pho with Fresh Toppings (Basil, Cilantro, Lime) &amp; Eggroll Vietnamese Quinoa Salad</p>	<p><b>Breakfast</b> Breakfast Pizza Bagel</p> <p><b>Lunch</b> Grill &amp; Pizza Line with Chips Oreo Cookie Crunch Cake</p>
<p><b>30</b></p> <p><b>Breakfast</b> Cheese Omelet &amp; Toast</p> <p><b>Lunch</b> Teriyaki Beef Dippers Brown Rice</p>	<p><b>Available Daily (depending on location):</b>  <b>Entrée Salads:</b> Garden, Chicken Caesar, Seasonal Salad  <b>Sandwiches with Chips:</b> Turkey, Turkey-Ham, Seasonal Sandwich  <b>Protein Packs:</b> PB&amp;J Meal, Yogurt Meal</p> <p><b>A weekly rotation of assorted Pizzas and Burgers:</b>  <b>Burgers served with potatoes (M/W Wedge Fries, T/TH Tots, Friday Chips):</b>            Cheeseburger, Spicy or Regular Chicken Patty Sandwich, Veggie Burger  <b>Rotating Pizza:</b> Cheese or Turkey-Pepperoni Pizza</p>			

#12 Kids!

**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*

