




SEPTEMBER 2019

BIC and Grab & Go

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 Cereal & Touchdown Toast Lunch Seahawk Chicken Nuggets Cheez-It Crackers <u>or</u> Cheese Breadsticks Marinara Sauce</p>	<p>6</p> <p>Breakfast Cocoa Cherry Bar & String Cheese Lunch BlitzBurger <u>or</u> Griffin Twin Veggie Sliders</p>	<p>Breakfast Chef's Choice Lunch French Bread Pizza Homemade Chocolate Chip Cookie</p>															
<p>9 First Day Kindergarten</p> <p>Breakfast Buttermilk Bar Lunch Orange Chicken Brown Rice <u>or</u> Quarterback Quesadilla with Salsa</p>	<p>10</p> <p>Breakfast Pancake on a Stick Lunch Bean & Cheese Burrito <u>or</u> Beef Burrito</p>	<p>11 Washington Wednesday 12</p> <p>Breakfast Mini Cinnis Lunch Chicken Drumstick <u>or</u> Chicken-less Nuggets <i>Either with Caribbean Rice</i></p>	<p>13</p> <p>Breakfast Cereal Bar & Sunflower Seeds Lunch Galaxy Cheese Pizza with Fresh Topping Bar Russell Sprout Salad</p>	<p>Breakfast Chef's Choice Lunch Chicken Banh Mi Sandwich & Pickled Veggies <u>or</u> Yogurt Meal</p>															
<p>16</p> <p>Breakfast Bagel & Cream Cheese Lunch Teriyaki Chicken Dippers Rice Pilaf <u>or</u> Cheese Breadsticks & Marinara Sauce</p>	<p>17</p> <p>Breakfast Yogurt & Granola Peach Cup Lunch Beef Nachos with Homemade Nacho Cheese Sauce</p>	<p>18 Washington Wednesday 19</p> <p>Breakfast Confetti Pancakes Lunch Chicken & Wagner Waffles <u>or</u> Veggie Burger</p>	<p>20</p> <p>Breakfast Egg & Cheese Sandwich Lunch White Bean Chicken Chili with Tortilla Chips & Homemade Cornbread <u>or</u> Cheese Pizza Quesadilla</p>	<p>Breakfast Chef's Choice Fresh Veggies Lunch Chicken Patty Sandwich <u>or</u> Cheese Lasagna Roll Up & Garlic Toast</p>															
<p>23</p> <p>Breakfast Buttermilk Bar Lunch Sweet & Sour Chicken or Chicken-less Nuggets Oven Fried Rice</p>	<p>24</p> <p>Breakfast Breakfast Pizza Bagel Breakfast for Lunch Apple Cinnamon Texas Toast with Hardboiled Eggs & Sunflower Seeds</p>	<p>25 Washington Wednesday 26</p> <p>Breakfast Cereal & Cinnamon Crisp Lunch Popcorn Chicken & Biscuit <u>or</u> Sunbutter Sandwich & String Cheese</p>	<p>27</p> <p>Breakfast Cocoa Cherry Bar & String Cheese Lunch Chicken Pho with Fresh Toppings (Basil, Cilantro, Lime) <u>or</u> French Bread Pizza Vietnamese Quinoa Salad</p>	<p>Breakfast Chef's Choice Lunch BlitzBurger <u>or</u> Griffin Twin Veggie Sliders Oreo Cookie Crunch Cake</p>															
<p>30</p> <p>Breakfast Bagel & Cream Cheese Lunch Teriyaki Beef Dippers Brown Rice or Quarterback Quesadilla with Salsa</p>			<p>Meal Prices</p> <table border="1"> <thead> <tr> <th></th> <th>Breakfast</th> <th>Lunch</th> </tr> </thead> <tbody> <tr> <td>Elementary</td> <td>\$1.75</td> <td>\$3.00</td> </tr> <tr> <td>Secondary</td> <td>\$1.75</td> <td>\$3.25</td> </tr> <tr> <td>Reduced (K-12)</td> <td>No Charge</td> <td>No Charge</td> </tr> <tr> <td>Adult (includes milk)</td> <td>\$2.75</td> <td>\$4.00</td> </tr> </tbody> </table>		Breakfast	Lunch	Elementary	\$1.75	\$3.00	Secondary	\$1.75	\$3.25	Reduced (K-12)	No Charge	No Charge	Adult (includes milk)	\$2.75	\$4.00	
	Breakfast	Lunch																	
Elementary	\$1.75	\$3.00																	
Secondary	\$1.75	\$3.25																	
Reduced (K-12)	No Charge	No Charge																	
Adult (includes milk)	\$2.75	\$4.00																	

BREAKFAST: Served every morning before school with fruit, 100% juice and milk.

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 07/31/2019

