



SEPTEMBER 2019

AM and Snack

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> 		4	5	6		
<p>———— Summer Break ————</p>						
9	10	11	12	13		
<p>———— Summer Break ————</p>						
16 First Day of School 17		18 Washington Wednesday 19		20		
<p>Breakfast Whole Grain Cereal Diced Pears Milk</p> <p>Snack Cheez-It Crackers Mixed Fruit</p>		<p>Breakfast Yogurt with Peaches Milk</p> <p>Snack Animal Crackers Fresh Plum</p>		<p>Breakfast Confetti Pancakes Orange Slices Milk</p> <p>Snack Goldfish Pretzels That's It Fruit Bar</p>		
				No School		
23	24	25 Washington Wednesday 26		27		
<p>Breakfast Egg & Cheese Sandwich Fresh Apricots Milk</p> <p>Snack Graham Crackers Applesauce</p>		<p>Breakfast Mini Strawberry Cream Cheese Bagels Banana Milk</p> <p>Snack String Cheese Amazin' Raisins</p>		<p>Breakfast Oatmeal with Diced Peaches Milk</p> <p>Snack Cheddar Goldfish Crackers Strawberry Apple Crisps</p>		
				No School		
30			<p>Meal Prices Breakfast Lunch</p>			
<p>Breakfast Cheese Omelet Diced Pears Milk</p> <p>Snack Cheez-It Crackers Mixed Fruit</p>			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 08/01/2019

