




SEPTEMBER 2019

PM and Snack

Monday	Tuesday	Wednesday	Thursday	Friday		
Harvest of the Month STONE FRUIT Stone fruits include plums, peaches, cherries, and apricots. These pitted fruits are packed with fiber, vitamin C, and lots of flavor! 		4	5	6		
———— Summer Break ————						
9	10	11	12	13		
———— Summer Break ————						
16 First Day of School		17	18 Washington Wednesday	19		
Lunch Cheese Breadsticks & Marinara Sauce Diced Pears Milk Snack Cheez-It Crackers Mixed Fruit		Lunch Bean Nachos with Homemade Nacho Cheese Sauce Diced Peaches Spinach & Milk Snack Animal Crackers Fresh Plum	Lunch Veggie Burger Orange Slices Tater Tots & Milk Snack Goldfish Pretzels That's It Fruit Bar	Lunch White Bean Chicken Chili with Homemade Cornbread, Apple Slices Roasted Broccoli & Milk Snack Assorted Cereal Milk No School		
23	24	25 Washington Wednesday		26		
Lunch Chicken-less Nuggets Oven Fried Rice Fresh Apricots Spinach & Milk Snack Graham Crackers Applesauce	Breakfast for Lunch Apple Cinnamon Texas Toast with Hardboiled Egg Banana Sliced Red Bell Pepper Milk Snack String Cheese Amazon' Raisins	Lunch Sunbutter Sandwich & String Cheese Diced Peaches Spinach & Milk Snack Cheddar Goldfish Crackers Strawberry Apple Crisps	Lunch Chicken Pho with Vietnamese Quinoa Salad Blueberries Cucumber Coins & Milk Snack Assorted Cereal Milk No School			
30				Meal Prices	Breakfast	Lunch
Lunch Quarterback Quesadilla with Salsa Diced Pears Milk Snack Cheez-It Crackers Mixed Fruit				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

