



OCTOBER 2019

It's Farm to School Month! AM Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breakfast Bagel & Cream Cheese Peaches Milk Snack Animal Crackers Banana	2 Taste Washington Day! 3 Breakfast Scrambled Eggs & Toast & WA Apple Slices Milk Snack Goldfish Pretzels That's It Fruit Bar	4 Breakfast Yogurt Blueberries Milk Snack Assorted Cereal Milk	No School
	7 Breakfast Breakfast Pizza Bagel Orange Slices Milk Snack Graham Crackers Applesauce	8 Breakfast Hardboiled Egg & Cinnamon Toast Mixed Fruit Milk Snack String Cheese Amazin' Raisins	9 Washington Wednesday 10 Breakfast Egg & Cheese Sandwich Pears Milk Snack Cheddar Goldfish Crackers Strawberry Apple Crisps	11 Breakfast French Toast Strawberries Milk Snack Assorted Cereal Milk
14 National School Lunch Week	15 Breakfast Scrambled Eggs & Toast Diced Pears Milk Snack Cheez-It Crackers Mixed Fruit	16 Washington Wednesday 17 Breakfast Confetti Pancakes WA Apple Slices Milk Snack Goldfish Pretzels That's It Fruit Bar	18 Breakfast Cheese Omelet Banana Milk Snack Assorted Cereal Milk	No School
21 Breakfast Egg & Cheese Sandwich Orange Slices Milk Snack Graham Crackers Applesauce	22 Breakfast Mini Strawberry Cream Cheese Bagels Mixed Fruit Milk Snack String Cheese Amazin' Raisins	23 Washington Wednesday 24 Breakfast Hardboiled Egg & Cinnamon Toast Pears Milk Snack Cheddar Goldfish Crackers Strawberry Apple Crisps	25 Breakfast Waffle Sticks String Cheese Strawberry Cup Milk Snack Assorted Cereal Milk	No School
28 Breakfast Cinnamon French Toast Diced Pears Milk Snack Cheez-It Crackers Mixed Fruit	29 Breakfast Cheese Omelet & Toast Blueberries Milk Snack Animal Crackers Banana	30 Breakfast Pumpkin Pie Oatmeal WA Apple Slices Milk Snack Goldfish Pretzels That's It Fruit Bar	31 Happy Halloween! Breakfast Cheese Zombie Banana Milk Snack Assorted Cereal Milk	

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 & a variety of 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 09/18/19

