



# OCTOBER 2019

## It's Farm to School Month! PM Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>Lunch</b> Bean & Cheese Burrito Green Beans Peaches Milk <b>Snack</b> Animal Crackers Banana	<b>2 Taste Washington Day! 3</b> <b>Lunch</b> Cheese Breadsticks Marinara Sauce WA Apple Slices Milk <b>Snack</b> Goldfish Pretzels That's It Fruit Bar	<b>4</b> <b>Lunch</b> Spaghetti with Marinara Sauce & String Cheese French Bread Spinach & Blueberries Milk <b>Snack</b> Assorted Cereal & Milk	No School
	<b>7</b> <b>Lunch</b> Chicken-less Nuggets Cheez-It Crackers Orange Slices Spinach & Milk <b>Snack</b> Graham Cracker Applesauce	<b>8</b> <b>Lunch</b> Cheese Pizza Quesadilla Mixed Fruit Sliced Red Bell Pepper Milk <b>Snack</b> String Cheese Amazin' Raisins	<b>9 Washington Wednesday 10</b> <b>Lunch</b> Bean & Cheese Tostada With Shredded Lettuce Pears Milk <b>Snack</b> Cheddar Goldfish Crackers	<b>11</b> <b>Lunch</b> School's Best Pizza Cucumber Coins Strawberries Milk <b>Snack</b> Assorted Cereal & Milk
<b>14 National School Lunch Week</b>	<b>15</b> <b>Breakfast for Lunch</b> Waffle & Cheese Omelet Strawberry cup Cucumber Coins Milk <b>Snack</b> Animal Crackers	<b>16 Washington Wednesday 17</b> <b>Lunch</b> Vegetarian Meatballs Homemade Cornbread with Honey Butter WA Apple Slices Spinach Milk <b>Snack</b>	<b>18</b> <b>Lunch</b> Bean Nachos with Homemade Nacho Cheese Sauce Salsa Banana Milk <b>Snack</b>	No School
<b>21</b> <b>Lunch</b> Cheese Breadsticks & Marinara Sauce Spinach & Orange Slices Milk <b>Snack</b> Graham Crackers Applesauce	<b>22</b> <b>Lunch</b> Bean & Cheese Burrito Mixed Fruit Salsa Milk <b>Snack</b> String Cheese Amazin' Raisins	<b>23 Washington Wednesday 24</b> <b>Lunch</b> Cheese Lasagna Roll-Up Garlic Toast, Pears & Sliced Red Bell Pepper Milk <b>Snack</b> Cheddar Goldfish Crackers Strawberry Apple Crisps	<b>25</b> <b>Lunch</b> Chicken Alfredo French Bread Strawberry Cup Green Beans Milk <b>Snack</b> Assorted Cereal Milk	No School
<b>28</b> <b>Lunch</b> Chicken-Less Nuggets Goldfish Crackers Diced Pears & Cucumber Coins Milk <b>Snack</b> Cheez-It Crackers Mixed Fruit	<b>29</b> <b>Lunch</b> Cheese Pizza Quesadilla Blueberries Corn Milk <b>Snack</b> Animal Crackers Banana	<b>30 Washington Wednesday 31 Happy Halloween!</b> <b>Lunch</b> Veggie Burger Broccoli WA Apple Slices Milk <b>Snack</b> Goldfish Pretzels That's It Fruit Bar	<b>Lunch</b> Mac & Cheese with Homemade Roll String Cheese Banana & Sliced Red Bell Pepper & Milk <b>Snack</b> 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 09/20/19

