



# OCTOBER 2019

## BIC and Grab & Go



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>Breakfast</b> Confetti Pancakes  <b>Lunch</b> Bean & Cheese Burrito or Beef Burrito Steamed Corn	<b>2 Taste Washington Day! 3</b> <b>Breakfast</b> Egg and Cheese Sandwich WA Apple Slices <b>Lunch</b> Chicken Patty Sandwich or Cheese Breadsticks Marinara Sauce WA Apples	<b>4</b> <b>Breakfast</b> Birthday Cake Breakfast Bar & String Cheese <b>Lunch</b> Somali Spaghetti or Spaghetti with Marinara Sauce & String Cheese & French Bread	<b>5</b> <b>Breakfast</b> Chef's Choice <b>Lunch</b> French Bread Pizza or Mini Cheeseburger Sliders Oatmeal Cookie
	<b>7</b> <b>Breakfast</b> Breakfast Pizza Bagel <b>Lunch</b> Orange Chicken Brown Rice or Chicken-less Nuggets Cheez-It Crackers	<b>8</b> <b>Breakfast</b> Cereal Bar & String Cheese  <b>Lunch</b> Beef Soft Taco or Cheese Pizza Quesadilla	<b>9 Washington Wednesday 10</b> <b>Breakfast</b> Mini Cinnis <b>Lunch</b> Popcorn Chicken & Homemade Roll or Bean & Cheese Tostada With Shredded Lettuce	<b>11</b> <b>Breakfast</b> Chef's Choice  <b>Lunch</b> School's Best Pizza or Chef's Choice
<b>14 National School Lunch Week</b>	<b>15</b> <b>Breakfast</b> Yogurt & Granola <b>Breakfast for Lunch</b> Chicken Tenders & Waffles or Waffle and Cheese Omelet Strawberry cup	<b>16 Washington Wednesday 17</b> <b>Breakfast</b> Confetti Pancakes  <b>Lunch</b> BBQ Chicken Drumstick or Vegetarian Meatballs Homemade Cornbread with Honey Butter	<b>18</b> <b>Breakfast</b> Egg & Cheese Sandwich  <b>Lunch</b> Beef Nachos with Homemade Nacho Cheese Sauce	<b>Breakfast</b> Chef's Choice <b>Lunch</b> Hamburger or Veggie Burger with Fresh Topping Bar & Spicy Watermelon Applesauce
<b>21</b> <b>Breakfast</b> Breakfast Pizza Bagel  <b>Lunch</b> Sweet & Sour Chicken Brown Rice or Cheese Breadsticks & Marinara Sauce	<b>22</b> <b>Breakfast</b> Mini Strawberry Cream Cheese Bagels <b>Lunch</b> Chicken Street Tacos with Pickled Veggies Cilantro & Avocado or Bean & Cheese Burrito	<b>23 Washington Wednesday 24</b> <b>Breakfast</b> Cereal Bar & String Cheese  <b>Lunch</b> Cheese Lasagna Roll-Up Garlic Toast or Chicken Patty Sandwich	<b>25</b> <b>Breakfast</b> Cocoa Cherry Bar & Sunflower Seeds  <b>Lunch</b> Chicken Alfredo French Bread or Yogurt Meal	<b>Breakfast</b> Chef's Choice  <b>Lunch</b> BBQ Rib Patty Sandwich or Veggie Sliders  Emoji Fries
<b>28</b> <b>Breakfast</b> Cinnamon French Toast  <b>Lunch</b> Teriyaki Chicken Dippers & Brown Rice or Chicken-Less Nuggets Goldfish Crackers	<b>29</b> <b>Breakfast</b> Yogurt & Granola  <b>Lunch</b> Chicken Nugget Garlic Toast or Cheese Pizza Quesadilla	<b>30</b> <b>Breakfast</b> Mini Cinnis  <b>Lunch</b> Hamburger or Veggie Burger Pumpkin Snickerdoodle	<b>31 Happy Halloween!</b> <b>Breakfast</b> Pumpkin Bread  <b>Lunch</b> Mac & Cheese with Corn Dog or Mac & Cheese with Homemade Roll & Sunflower Seeds	

**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

