



OCTOBER 2019

Middle School



Vegetarian Options

Monday—Breadsticks & Marinara Sauce
 Tuesday—Bean & Cheese Burrito
 Wednesday—Soft Pretzel, Cheese Cup & Sunflower Seeds
 Thursday—Cheese Pizza Quesadilla
 Friday—Pizza

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breakfast Bagel & Cream Cheese Lunch Nachos Grande With Shredded Lettuce Salsa & Sour Cream	2 Taste Washington Day! 3 Breakfast Hash Brown Casserole Toast & WA Apple Slices Lunch Chicken Tenders Whole Grain Biscuit WA Apples	4 Breakfast Birthday Cake Breakfast Bar & String Cheese Lunch Somali Spaghetti or Spaghetti with Marinara Sauce & String Cheese & French Bread	5 Breakfast Egg and Cheese Sandwich Lunch Grill & Pizza Line with Chips Oatmeal Cookie
	7 Breakfast Breakfast Pizza Bagel Lunch Orange Chicken Brown Rice	8 Breakfast Hardboiled Egg & Cereal Bar Lunch Nachos Grande With Shredded Lettuce Salsa & Sour Cream	9 Washington Wednesday 10 Breakfast Mini Cinnis Lunch Popcorn Chicken & Homemade Roll	11 Breakfast Pancake on a Stick Lunch School's Best Pizza or Chef's Choice
14 National School Lunch Week	15 Breakfast Scrambled Eggs & Toast Lunch Teriyaki Beef Dippers Topped with Fresh Ginger and Scallions & Brown Rice	16 Washington Wednesday 17 Breakfast Confetti Pancakes Lunch BBQ Chicken Drumstick Homemade Cornbread with Honey Butter	18 Breakfast Egg & Cheese Sandwich Lunch Beef Nachos with Homemade Nacho Cheese Sauce	19 Breakfast Homemade Cinnamon Roll Lunch Grill & Pizza Line with Chips Spicy Watermelon Applesauce
21 Breakfast Pumpkin Bread Lunch Sweet & Sour Chicken Brown Rice	22 Breakfast Mini Strawberry Cream Cheese Bagels Lunch Nachos Grande With Shredded Lettuce Salsa & Sour Cream	23 Washington Wednesday 24 Breakfast Hardboiled Egg & Cereal Bar Lunch Cheese Lasagna Roll-Up Garlic Toast	25 Breakfast Cocoa Cherry Bar & String Cheese Lunch Chicken Alfredo French Bread	26 Breakfast Breakfast Pizza Bagel Lunch Grill & Pizza Line with Chips Emoji Fries
28 Breakfast Cinnamon French Toast Lunch Teriyaki Chicken Dippers & Brown Rice	29 Breakfast Cheese Omelet & Toast Lunch Nachos Grande With Shredded Lettuce Salsa & Sour Cream	30 Breakfast Pumpkin Pie Oatmeal & Sunflower Seeds Lunch Philly Beef Sandwich Chips Pumpkin Snickerdoodle	31 Happy Halloween! Breakfast Cheese Zombie Lunch Mac & Cheese with Corn Dog	

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.

Offered Daily: Pb & J Meal and Yogurt Meal

QUESTIONS? Call the Nutrition Services Office at 206-631-3010. Menu subject to change.

This institution is an equal opportunity provider. Updated 09/24/19

