

# ELEMENTARY EASY PRINT LUNCH MENU OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>30 HARVEST OF THE MONTH</b> <b>Cabbage</b></p> <p> - Items made from scratch</p> <p> - Contains Pork</p> <p> - Turkey (contains no pork)</p>	<p><b>1</b></p> <p>A: Chicken or Cheese Nachos</p> <p>B: Cheese Quesadilla</p> <p>C: Chicken Caesar Salad</p>	<p><b>2 TASTE WA DAY</b></p> <p>A: Orange Chicken with Rice</p> <p>B: Hawaiian Beef Rice Bowl</p> <p>C: Yogurt Lunch</p> <p style="text-align: center;"><i>Washington Garden Bar</i></p>	<p><b>3</b></p> <p>A: Chili &amp; Cornbread </p> <p>B: Cheese Ripper</p> <p>C: Pizza Stack Pack </p> <p style="text-align: center;"><i>Juicy Sidekick</i></p>	<p><b>4 NAT TACO DAY</b></p> <p>A: 100% Beef Burger</p> <p>B: Wild Alaska Fish Burger</p> <p>C: Vegetarian Burger</p>
<p><b>7</b></p> <p>A: Pepperoni Pizza </p> <p>B: Cheese Pizza</p> <p>C: Yogurt Lunch</p>	<p><b>8</b></p> <p>A: Beef or Cheese Nachos</p> <p>B: Beef &amp; Bean Taco Salad</p> <p>C: Hummus Plate</p>	<p><b>9</b></p> <p>A: French Toast with Eggs</p> <p>B: Ham &amp; Cheese Ripper </p> <p>C: Yogurt Lunch</p>	<p><b>10</b></p> <p>A: Turkey Gravy with Mashed Potato</p> <p>B: Grilled Cheese Sandwich </p> <p>C: Deli Stack Pack </p> <p style="text-align: center;"><i>Dick &amp; Jane Cookies</i></p>	<p><b>11</b></p> <p>A: Chicken Burger</p> <p>B: Wild Alaska Fish Burger</p> <p>C: Vegetarian Burger</p>
<p><b>14 SCHOOL LUNCH WEEK</b></p> <p>A: Pasta and Meatsauce </p> <p>B: Cheesestick with Marinara</p> <p>C: Yogurt Lunch</p>	<p><b>15 SCHOOL LUNCH WEEK</b></p> <p>A: Chicken or Cheese Nachos</p> <p>B: Bean &amp; Cheese Burrito</p> <p>C: Chicken Caesar Salad</p>	<p><b>16 SCHOOL LUNCH WEEK</b></p> <p>A: Curry Chicken with Rice </p> <p>B: Korean BBQ Beef Rice Bowl </p> <p>C: Yogurt Lunch</p>	<p><b>17 SCHOOL LUNCH WEEK</b></p> <p>A: Tomato Soup with French Cheesy Bread</p> <p>B: BBQ Chicken Sandwich with Coleslaw </p> <p>C: Pizza Stack Pack </p> <p style="text-align: center;"><i>Nutrition Themed Cookies</i></p>	<p><b>18 SCHOOL LUNCH WEEK</b></p> <p>A: 100% Beef Burger</p> <p>B: Wild Alaska Fish Burger</p> <p>C: Vegetarian Burger</p>
<p><b>21</b></p> <p>A: Pepperoni Pizza </p> <p>B: Cheese Pizza</p> <p>C: Yogurt Lunch</p>	<p><b>22</b></p> <p>A: Beef or Cheese Nachos</p> <p>B: Beef &amp; Bean Taco Salad</p> <p>C: Hummus Plate</p>	<p><b>23</b></p> <p>A: Dutch Waffle with Eggs</p> <p>B: Cheesy Omelet Breakfast Sandwich</p> <p>C: Yogurt Lunch</p>	<p><b>24</b></p> <p>A: Chicken Drumstick with Roast Potatoes</p> <p>B: Blueberry Yogurt Parfait </p> <p>C: Deli Stack Pack </p> <p style="text-align: center;"><i>Jungle Crackers</i></p>	<p><b>25</b></p> <p>A: Chicken Burger</p> <p>B: Wild Alaska Fish Burger</p> <p>C: Vegetarian Burger</p>
<p><b>28</b></p> <p>A: Chicken Alfredo on Pasta</p> <p>B: Hawaiian Ham, Cheese &amp; Pineapple Bun </p> <p>C: Yogurt Lunch</p>	<p><b>29</b></p> <p>A: Chicken or Cheese Nachos</p> <p>B: Cheese Quesadilla</p> <p>C: Chicken Caesar Salad</p>	<p><b>30</b></p> <p>A: Sweet &amp; Sour Chicken with Rice</p> <p>B: Chicken Teriyaki with Rice</p> <p>C: Yogurt Lunch</p>	<p><b>31 HALLOWEEN</b></p> <p>A: Chicken Nuggets with Rice</p> <p>B: Halloween Pretzel with Cheese Sauce</p> <p>C: Pizza Stack Pack </p> <p style="text-align: center;"><i>EEK! Juicy Sidekick</i></p>	<p><b>Elementary Meal Prices</b></p> <p style="text-align: center;">Breakfast \$2.05 Reduced Breakfast \$0.00 Adult Breakfast \$2.70 Lunch \$3.30 Reduced K-3 Lunch \$0.00 Reduced 4-12 Lunch \$0.40 Adult Lunch \$4.30</p>
<p>Menu selections may change based on product availability, please check website for updates. This institution is an equal opportunity provider and employer</p>				