


NOVEMBER 2019

ELEMENTARY



Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Harvest of the Month SQUASH</p> <p>Winter squash are loaded with vitamins A and C and provide about the same amount of potassium as bananas! There are over 15 different types of nutritious winter squash!</p>				<p align="center">1</p> <p align="center">Breakfast Egg & Cheese Sandwich</p> <p align="center">Lunch Galaxy Cheese Pizza</p> <p align="center">Roasted Butternut Squash</p>
4	5	6 Washington Wednesday	7	8
<p align="center">Breakfast Breakfast Pizza Bagel</p> <p align="center">Lunch Orange Chicken Brown Rice <i>or</i> Cheese Quesadilla With Salsa</p>	<p align="center">Breakfast Hardboiled Egg & Cereal Bar</p> <p align="center">Lunch Bean & Cheese Burrito <i>or</i> Beef Burrito Fresh Black Bean & Corn Salsa</p>	<p align="center">Breakfast Vanilla Greek Yogurt Parfait with Peaches & Granola</p> <p align="center">Lunch Popcorn Chicken <i>or</i> Lasagna Roll-Up Either with Garlic Toast</p>	<p align="center">Breakfast Breakfast Bar & String Cheese</p> <p align="center">Lunch School's Best Pizza <i>or</i> Mini Cheeseburger Slider</p>	<p align="center">Breakfast Cinnamon French Toast</p> <p align="center">Lunch Corndog <i>or</i> Veggie Sliders</p> <p align="center">Emoji Fries</p>
11	12	13 Washington Wednesday	14	15
<p align="center">No School</p>	<p align="center">Breakfast Mini Strawberry Cream Cheese Bagels</p> <p align="center">Breakfast for Lunch Chicken Drumstick & Waffles <i>or</i> Waffle and Cheese Omelet Strawberry cup</p>	<p align="center">Breakfast Whole Grain Oatmeal With Berries & Sunflower Seeds</p> <p align="center">Lunch Chicken Patty Sandwich <i>or</i> Mini Cheese Ravioli & Roll</p>	<p align="center">Breakfast Hardboiled Egg & Cereal Bar</p> <p align="center">Lunch Chicken Butternut Squash Curry Stew with Rice <i>or</i> French Bread Pizza</p>	<p align="center">Breakfast Homemade Cinnamon Roll</p> <p align="center">Lunch Hamburger <i>or</i> Veggie Burger & Potato Wedges</p>
18	19	20 Washington Wednesday	21	22
<p align="center">Breakfast Buttermilk Bar</p> <p align="center">Lunch Sweet & Sour Chicken Brown Rice <i>or</i> Cheese Breadsticks & Marinara Sauce</p>	<p align="center">Breakfast Lemon Greek Yogurt Parfait with Blueberries & Granola</p> <p align="center">Lunch Beef Soft Taco <i>or</i> Bean & Cheese Tostada With Shredded Lettuce</p>	<p align="center">Breakfast Pancake on a Stick</p> <p align="center">Lunch BBQ Rib Patty Sandwich <i>or</i> Cheese Pizza Quesadilla</p>	<p align="center">Breakfast Pumpkin Bread</p> <p align="center">Lunch Turkey Gravy Mashed Potatoes Whole Grain Roll & Cranberry Sauce <i>or</i> Yogurt Meal</p>	<p align="center">Breakfast Whole Grain Cereal & Cinnamon Crisp</p> <p align="center">Lunch Chef's Choice</p>
25 No School K-5	26 No School K-5	27 No School K-12	28 Thanksgiving	29

— **Conferences** —



**Happy
Thanksgiving!**



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 & 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 10/15/19

