

NOVEMBER 2019



High School

Monday	Tuesday	Wednesday	Thursday	Friday
Harvest of the Month SQUASH				1 Breakfast Egg & Cheese Sandwich Lunch Grill & Pizza Line with Chips Roasted Butternut Squash
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!				
4	5	6 Washington Wednesday	7	8
Breakfast Breakfast Pizza Bagel Lunch Orange Chicken Brown Rice	Breakfast Hardboiled Egg & Cereal Bar Lunch Nachos Grande Fresh Black Bean & Corn Salsa	Breakfast Vanilla Greek Yogurt Parfait with Peaches & Granola Lunch Lasagna Roll-Up with Garlic Toast	Breakfast Breakfast Bar & String Cheese Lunch School's Best Pizza	Breakfast Cinnamon French Toast Lunch Grill & Pizza Line with Chips
11	12	13 Washington Wednesday	14	15
No School	Breakfast Mini Strawberry Cream Cheese Bagels Lunch Nachos Grande with Shredded Lettuce Salsa & Sour Cream	Breakfast Whole Grain Oatmeal With Berries & Sunflower Seeds Lunch Mini Cheese Ravioli & Roll	Breakfast Hardboiled Egg & Cereal Bar Lunch Chicken Butternut Squash Curry Stew with Rice	Breakfast Homemade Cinnamon Roll Lunch Grill & Pizza Line with Chips
18	19	20 Washington Wednesday	21	22
Breakfast Buttermilk Bar Lunch Sweet & Sour Chicken Brown Rice	Breakfast Lemon Greek Yogurt Parfait with Blueberries & Granola Lunch Nachos Grande with Shredded Lettuce Salsa & Sour Cream	Breakfast Pancake on a Stick Lunch Beef Gyro with Tzatziki & Chips	Breakfast Pumpkin Bread Lunch Turkey Gravy Mashed Potatoes Whole Grain Roll & Cranberry Sauce	Breakfast Whole Grain Cereal & Cinnamon Crisp Lunch Chef's Choice
25 No School K-5	26 No School K-5	27 No School K-12	28 Thanksgiving	29
Breakfast Whole Grain Cereal & Cinnamon Crisp or Chef's Choice Lunch Chef's Choice	Breakfast Whole Grain Cereal & Cinnamon Crisp or Chef's Choice Lunch Chef's Choice	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.

Available daily: Entrée salads, sandwiches & chips, 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 10/18/19

