

NOVEMBER 2019



Middle School

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

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 10/18/19

