

DECEMBER 2019 Happy Holidays!

High School



Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast Banana Bread Lunch Teriyaki Chicken Dippers & Brown Rice	3 Breakfast Hardboiled Egg & Cereal Bar <i>Hot Chocolate Milk</i> Lunch Nachos Grande With Shredded Lettuce Salsa & Sour Cream	4 Washington Wednesday 5 Breakfast Yogurt and Granola Blueberries Lunch Chicken Tenders Biscuit	Breakfast Cocoa Cherry Bar & String Cheese Lunch Mac & Cheese w/ Corn Dog <i>or</i> Mac & Cheese with Homemade Roll	6 Breakfast Homemade Cinnamon Roll Sliced Red Pepper & Cucumber Lunch Grill & Pizza Line with Chips Roasted Parsnips
9 Breakfast Confetti Pancakes Lunch Orange Chicken Brown Rice	10 Breakfast Mini Strawberry Cream Cheese Bar <i>Hot Chocolate Milk</i> Lunch Beef Burrito or Chili Cheese Tamale with Shredded Lettuce & Cilantro	11 Washington Wednesday Breakfast Whole Grain Oatmeal & Sunflower Seeds Lunch Tomato Soup with Cheese Breadsticks	12 Breakfast Cheese Omelet & Toast Lunch Homemade Lasagna & French Bread	13 Breakfast Whole Grain Maple Bar Snap Peas & Tomatoes Lunch Grill & Pizza Line with Chips Roasted Brussel Sprouts
16 Breakfast Pumpkin Bread Lunch Chicken Teriyaki & Brown Rice	17 Breakfast Buttermilk Bar <i>Hot Chocolate Milk</i> Lunch Nachos Grande With Shredded Lettuce Salsa & Sour Cream	18 Washington Wednesday Breakfast Pancake on a Stick Lunch Beef Ravioli & Garlic Toast <i>Strawberry Milk</i>	19 Breakfast Bagel and Cream Cheese Lunch White Chicken Chili & Tortilla Chips Homemade Cornbread	20 Breakfast Chef's Choice Lunch Chefs Choice
23 No School	24 No School	25 No School	26 No School	27 No School



Have a Safe and Relaxing Winter Break!



30 No School

31 No School

No School

No School



Harvest of the Month BEANS AND LENTILS

Beans & Lentils are a good source of protein, low in fat and high in dietary fiber. We have our White Chicken Chili this month featuring Pinto Beans!

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 11/13/19

