

# DECEMBER 2019 Happy Holidays!

## Middle Schools



Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Breakfast</b> Banana Bread  <b>Lunch</b> Teriyaki Chicken Dippers & Brown Rice	3 <b>Breakfast</b> Hardboiled Egg & Cereal Bar <i>Hot Chocolate Milk</i> <b>Lunch</b> Nachos Grande With Shredded Lettuce Salsa & Sour Cream	4 Washington Wednesday 5 <b>Breakfast</b> Yogurt and Granola with Blueberries  <b>Lunch</b> Chicken Tenders Biscuit	6 <b>Breakfast</b> Cocoa Cherry Bar & String Cheese <b>Lunch</b> Mac & Cheese w/ Corn Dog <i>or</i> Mac & Cheese with Homemade Roll	7 <b>Breakfast</b> Homemade Cinnamon Roll Sliced Red Pepper & Cucumber <b>Lunch</b> Grill & Pizza Line with Chips Roasted Parsnips
9 <b>Breakfast</b> Confetti Pancakes  <b>Lunch</b> Orange Chicken Brown Rice	10 <b>Breakfast</b> Mini Strawberry Cream Cheese Bar <i>Hot Chocolate Milk</i> <b>Lunch</b> Beef Burrito or Chili Cheese Tamale with Shredded Lettuce & Cilantro	11 Washington Wednesday 12 <b>Breakfast</b> Whole Grain Oatmeal & Sunflower Seeds  <b>Lunch</b> Tomato Soup with Cheese Breadsticks	13 <b>Breakfast</b> Cheese Omelet & Toast  <b>Lunch</b> Homemade Lasagna & French Bread	14 <b>Breakfast</b> Whole Grain Maple Bar Snap Peas & Tomatoes  <b>Lunch</b> Grill & Pizza Line with Chips  Roasted Brussel Sprouts
16 <b>Breakfast</b> Pumpkin Bread  <b>Lunch</b> Chicken Teriyaki & Brown Rice	17 <b>Breakfast</b> Buttermilk Bar <i>Hot Chocolate Milk</i>  <b>Lunch</b> Nachos Grande With Shredded Lettuce Salsa & Sour Cream	18 Washington Wednesday 19 <b>Breakfast</b> Pancake on a Stick  <b>Lunch</b> Beef Ravioli & Garlic Toast  <i>Strawberry Milk</i>	20 <b>Breakfast</b> Bagel and Cream Cheese <b>Lunch</b> White Chicken Chili & Tortilla Chips Homemade Cornbread	21 <b>Breakfast</b> Chef's Choice  <b>Lunch</b> 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**

**Vegetarian Options**  
Monday—Breadsticks & Marinara  
Sauce  
Tuesday—Bean & Cheese Burrito  
Wednesday— Chef's Choice  
Thursday—Cheese Pizza Quesadilla  
Friday—Pizza

**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.

*\*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 11/13/19*

