

DECEMBER 2019 Happy Holidays!

BIC and Grab & Go



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 Washington Wednesday	5	6
Breakfast Banana Bread Lunch Teriyaki Chicken Dippers & Brown Rice <i>or</i> Quesadilla with Salsa	Breakfast Cereal Bar & Sunflower Seeds Lunch Beef <i>or</i> Bean Nachos	Breakfast Yogurt and Cinnamon Crisp Lunch Chicken Nuggets <i>or</i> Mini Cheese Bites All-Sports Crackers	Breakfast Cocoa Cherry Bar & String Cheese Lunch Mac & Cheese w/ Corn Dog <i>or</i> Mac & Cheese with Homemade Roll & Sunflower Seeds	Breakfast Chef's Choice Lunch Cheese Pizza Ripper With Fresh Toppings & Roasted Parsnips
9	10	11 Washington Wednesday	12	13
Breakfast Confetti Pancakes Lunch Orange Chicken Brown Rice <i>or</i> Bean & Cheese Tostada	Breakfast Mini Strawberry Cream Cheese Bar Lunch Beef Burrito <i>or</i> Chili Cheese Tamale with Shredded Lettuce & Cilantro	Breakfast Egg & Cheese Sandwich Lunch Chicken Patty Sandwich <i>or</i> Tomato Soup with Cheese Breadsticks	Breakfast Buttermilk Bar Lunch Homemade Lasagna & French Bread <i>or</i> Yogurt Meal	Breakfast Chef's Choice Lunch Chicken Tenders Whole Grain Roll <i>or</i> Sunbutter Sandwich & String Cheese Roasted Brussel Sprouts
16	17	18 Washington Wednesday	19	20
Breakfast Pumpkin Bread Lunch Chicken Teriyaki & Brown Rice <i>or</i> Veggie Nuggets Cheez-It Crackers	Breakfast Cereal Bar & String Cheese Breakfast for Lunch Apple Cinnamon Texas Toast, Turkey Sausage Patty & String Cheese With Baked Apples	Breakfast Yogurt & Cinnamon Crisp Lunch Hamburger <i>or</i> Veggie Burger & Tater Tots Strawberry Milk	Breakfast Bagel and Cream Cheese Lunch White Chicken Chili & Tortilla Chips Homemade Cornbread <i>or</i> Chef's Choice	Breakfast Chef's Choice Lunch Galaxy Cheese Pizza <i>or</i> 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.

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

