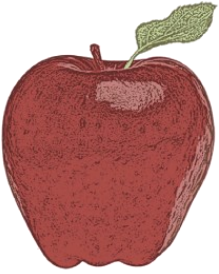






JANUARY 2020

BIC and Grab & Go



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
  Winter Break  				
6 Welcome Back!	7	8	9	10
Breakfast Whole Grain Cereal & Cinnamon Crisp Lunch Orange Chicken & Brown Rice or Cheese Breadsticks & Marinara Sauce	Breakfast Banana Bread Lunch Beef Burrito or Bean & Cheese Burrito & Salsa	Breakfast Bagel & Cream Cheese Lunch Chicken Nuggets or Sunbutter Sandwich & String Cheese	Breakfast Confetti Pancakes Lunch Chicken Pozole Soup with Fresh Toppings (Radishes, Cabbage, Cilantro) and Cheese Pizza Ripper	Breakfast Chef's Choice Lunch Hamburger or Veggie Burger Chocolate Chip Cookie
13	14	15	16	17
Breakfast Egg & Cheese Sandwich Lunch Chicken Teriyaki Brown Rice or Veggie Nuggets Cheez-It Crackers	Breakfast Mini Chocolate Chip French Toast Lunch Beef or Bean Nachos	Breakfast Yogurt & Granola Lunch Chicken Patty Sandwich or Mozzarella Breadstick Bites	Breakfast Cocoa Cherry Bar Sunflower Seeds Lunch Spaghetti with Meat Sauce or Spaghetti & Marinara Sauce & String Cheese French Bread	Breakfast Chef's Choice Lunch Galaxy Cheese Pizza & Roasted Broccoli
20	21	22	23	24
Martin Luther King Jr. Day No School	Breakfast Whole Grain Cereal & Cinnamon Crisp Breakfast for Lunch Chicken Drumstick & Waffles or Cheese Omelet & Waffles	Breakfast Mini Strawberry Cream Cheese Bagel Lunch Turkey Pepperoni Pizza Pocket or Cheese Pizza Quesadilla	Breakfast Birthday Cake Bar & String Cheese Lunch Tomato Soup Toasted Cheese Sandwich or Mini Chicken Teriyaki Sliders	Breakfast Chef's Choice Lunch Chicken Tender Homemade Cornbread or Hummus Meal
27	28	29	30	31
Breakfast Cereal Bar & String Cheese Lunch Sweet & Sour Chicken & Brown Rice or Cheese Quesadilla	Breakfast Buttermilk Bar Lunch Chicken Street Tacos or Bean & Cheese Tostada with Shredded Lettuce	Breakfast Yogurt & Granola Lunch BBQ Rib Patty Sandwich or Mozzarella Breadstick Bites	Breakfast Egg & Cheese Sandwich Lunch Chicken Alfredo Garlic Toast or Yogurt Meal	Breakfast Chef's Choice Lunch French Bread Pizza or Chef's Choice Roasted Cauliflower

BREAKFAST: Served every morning before school with fruit, 100% juice and milk.

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 12/04/2019

