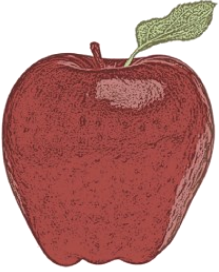



JANUARY 2020

Middle School



Monday	Tuesday	Wednesday	Thursday	Friday
	 <h3 style="font-size: 2em; margin: 0;">WINTER BREAK</h3>		<p style="text-align: center;">Vegetarian Options</p> <p>Monday—Breadsticks & Marinara Sauce Tuesday—Bean & Cheese Burrito Wednesday—Veggie Nuggets & Crackers Thursday—Cheese Pizza Quesadilla Friday—Pizza</p>	
6 Welcome Back!	7	8	9	10
<p>Breakfast Whole Grain Cereal & Cinnamon Crisp</p> <p>Lunch Orange Chicken & Brown Rice</p>	<p>Breakfast Banana Bread</p> <p>Lunch Nachos Grande With Shredded Lettuce Salsa & Sour Cream</p>	<p>Breakfast Whole Grain Oatmeal with Diced WA Apples & Sunflower Seeds</p> <p>Lunch Lasagna Roll-Up with Garlic Toast</p>	<p>Breakfast Confetti Pancakes</p> <p>Lunch Chicken Pozole Soup with Fresh Toppings (Radishes, Cabbage, Cilantro) and Cheese Pizza Ripper</p>	<p>Breakfast Bagel & Cream Cheese Hot Chocolate Milk</p> <p>Lunch Grill & Pizza Line with Chips Chocolate Chip Cookie</p>
13	14	15	16	17
<p>Breakfast Scrambled Eggs & Toast</p> <p>Lunch Chicken Teriyaki Brown Rice</p>	<p>Breakfast Mini Chocolate Chip French Toast</p> <p>Lunch Nachos Grande With Shredded Lettuce Salsa & Sour Cream</p>	<p>Breakfast Vanilla Greek Yogurt Diced Apples & Granola</p> <p>Lunch Chicken Tenders Biscuit</p>	<p>Breakfast Cocoa Cherry Bar Sunflower Seeds</p> <p>Lunch Spaghetti with Meat Sauce French Bread</p>	<p>Breakfast Homemade Cinnamon Roll</p> <p>Lunch Grill & Pizza Line with Chips & Roasted Broccoli</p>
20	21	22	23	24
<p style="text-align: center;">Martin Luther King Jr. Day</p> <p style="text-align: center;">No School</p>	<p>Breakfast Whole Grain Cereal & Cinnamon Crisp</p> <p>Lunch Nachos Grande With Shredded Lettuce Salsa & Sour Cream</p>	<p>Breakfast Oatmeal & Sunflower Seeds</p> <p>Lunch Meatball Sub & Tater Tots</p>	<p>Breakfast Birthday Cake Bar & String Cheese</p> <p>Lunch Tomato Soup Toasted Cheese Sandwich</p>	<p>Breakfast Whole Grain Maple Bar</p> <p>Lunch Grill & Pizza Line with Chips</p>
27	28	29	30	31
<p style="text-align: center;">No School</p>	<p>Breakfast Buttermilk Bar Hot Chocolate Milk</p> <p>Lunch Nachos Grande With Shredded Lettuce Salsa & Sour Cream</p>	<p>Breakfast Lemon Greek Yogurt Parfait with Blueberries & Granola</p> <p>Lunch <i>*New Menu Item*</i> Chicken Wings & Cornbread</p>	<p>Breakfast Egg & Cheese Sandwich</p> <p>Lunch Chicken Alfredo Garlic Toast</p>	<p>Breakfast Homemade Apple Coffee Cake & String Cheese</p> <p>Lunch Grill & Pizza Line with Chips Roasted Cauliflower</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 12/04/2019

