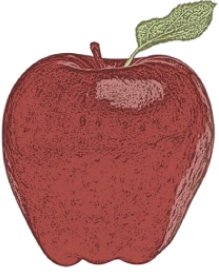



# JANUARY 2020

## High School



Monday	Tuesday	Wednesday	Thursday	Friday
	 <h3>WINTER BREAK</h3>		<p><b>Harvest of the Month: APPLES</b>                      An apple a day keeps the doctor away!                      These healthy snacks are locally grown in Washington and available throughout the year. Pick up these sweet crisp snacks from the salad bar at lunch!</p>	
<b>6 Welcome Back!</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Breakfast</b> Whole Grain Cereal & Cinnamon Crisp  <b>Lunch</b> Orange Chicken & Brown Rice	<b>Breakfast</b> Banana Bread  <b>Lunch</b> Nachos Grande With Shredded Lettuce Salsa & Sour Cream	<b>Breakfast</b> Whole Grain Oatmeal with Diced WA Apples & Sunflower Seeds  <b>Lunch</b> Lasagna Roll-Up with Garlic Toast	<b>Breakfast</b> Confetti Pancakes <b>Lunch</b> Chicken Pozole Soup with Fresh Toppings (Radishes, Cabbage, Cilantro) and Cheese Pizza Ripper	<b>Breakfast</b> Bagel & Cream Cheese <b>Hot Chocolate Milk</b> <b>Lunch</b> Grill & Pizza Line with Chips  Chocolate Chip Cookie
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Breakfast</b> Scrambled Eggs & Toast  <b>Lunch</b> Chicken Teriyaki Brown Rice	<b>Breakfast</b> Mini Chocolate Chip French Toast  <b>Lunch</b> Nachos Grande With Shredded Lettuce Salsa & Sour Cream	<b>Breakfast</b> Vanilla Greek Yogurt Diced Apples & Granola  <b>Lunch</b> Chicken Tenders Biscuit	<b>Breakfast</b> Cocoa Cherry Bar Sunflower Seeds  <b>Lunch</b> Spaghetti with Meat Sauce French Bread	<b>Breakfast</b> Homemade Cinnamon Roll  <b>Lunch</b> Grill & Pizza Line with Chips  & Roasted Broccoli
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>Martin Luther King Jr. Day</b>  <b>No School</b>	<b>Breakfast</b> Whole Grain Cereal & Cinnamon Crisp  <b>Lunch</b> Nachos Grande With Shredded Lettuce Salsa & Sour Cream	<b>Breakfast</b> Oatmeal & Sunflower Seeds  <b>Lunch</b> Meatball Sub & Tater Tots	<b>Breakfast</b> Birthday Cake Bar & String Cheese  <b>Lunch</b> Tomato Soup Toasted Cheese Sandwich	<b>Breakfast</b> Whole Grain Maple Bar  <b>Lunch</b> Grill & Pizza Line with Chips
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>No School</b>	<b>Breakfast</b> Buttermilk Bar <b>Hot Chocolate Milk</b>  <b>Lunch</b> Nachos Grande With Shredded Lettuce Salsa & Sour Cream	<b>Breakfast</b> Lemon Greek Yogurt Parfait with Blueberries & Granola <b>Lunch</b> <i>*New Menu Item*</i> Chicken Wings & Cornbread	<b>Breakfast</b> Egg & Cheese Sandwich  <b>Lunch</b> Chicken Alfredo Garlic Toast	<b>Breakfast</b> Homemade Apple Coffee Cake & String Cheese  <b>Lunch</b> Grill & Pizza Line with Chips Roasted Cauliflower

**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

