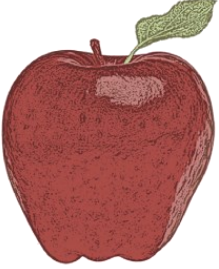






# JANUARY 2020



## Elementary

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
  <b>Winter Break</b>  				
<b>6 Welcome Back!</b>	7	8	9	10
<b>Breakfast</b> Whole Grain Cereal & Cinnamon Crisp <b>Lunch</b> Orange Chicken & Brown Rice or Cheese Breadsticks & Marinara Sauce	<b>Breakfast</b> Banana Bread <b>Lunch</b> Beef Burrito or Bean & Cheese Burrito & Salsa	<b>Breakfast</b> Whole Grain Oatmeal with Diced WA Apples & Sunflower Seeds <b>Lunch</b> Chicken Nuggets or Sunbutter Sandwich & String Cheese All-Sport Crackers	<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>Lunch</b> Hamburger or Veggie Burger Chocolate Chip Cookie
13	14	15	16	17
<b>Breakfast</b> Scrambled Eggs & Toast <b>Lunch</b> Chicken Teriyaki Brown Rice or Veggie Nuggets Cheez-It Crackers	<b>Breakfast</b> Mini Chocolate Chip French Toast <b>Lunch</b> Beef or Bean Nachos	<b>Breakfast</b> Vanilla Greek Yogurt Diced Apples & Granola <b>Lunch</b> Chicken Patty Sandwich or Mozzarella Breadstick Bites	<b>Breakfast</b> Cocoa Cherry Bar Sunflower Seeds <b>Lunch</b> Spaghetti with Meat Sauce or Spaghetti & Marinara Sauce & String Cheese French Bread	<b>Breakfast</b> Homemade Cinnamon Roll <b>Lunch</b> Galaxy Cheese Pizza & Roasted Broccoli
20	21	22	23	24
<b>Martin Luther King Jr. Day</b> <b>No School</b>	<b>Breakfast</b> Whole Grain Cereal & Cinnamon Crisp <b>Breakfast for Lunch</b> Chicken Drumstick & Waffles or Cheese Omelet & Waffles	<b>Breakfast</b> Oatmeal & Sunflower Seeds <b>Lunch</b> Turkey Pepperoni Pizza Pocket or Cheese Pizza Quesadilla	<b>Breakfast</b> Birthday Cake Bar & String Cheese <b>Lunch</b> Tomato Soup Toasted Cheese Sandwich or Mini Chicken Teriyaki Sliders	<b>Breakfast</b> Whole Grain Maple Bar <b>Lunch</b> Chicken Tender Homemade Cornbread or Hummus Meal
27	28	29	30	31
<b>Breakfast</b> Cinnamon French Toast <b>Lunch</b> Sweet & Sour Chicken & Brown Rice or Cheese Quesadilla with Salsa	<b>Breakfast</b> Buttermilk Bar <b>Lunch</b> Chicken Street Tacos or Bean & Cheese Tostada with Shredded Lettuce	<b>Breakfast</b> Lemon Greek Yogurt Parfait with Blueberries & Granola <b>Lunch</b> BBQ Rib Patty Sandwich or Mozzarella Breadstick Bites	<b>Breakfast</b> Egg & Cheese Sandwich <b>Lunch</b> Chicken Alfredo Garlic Toast or Yogurt Meal	<b>Breakfast</b> Homemade Apple Coffee Cake & String Cheese <b>Lunch</b> French Bread Pizza or Chef's Choice 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 12/06/2019

