

FEBRUARY 2020

Middle School

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 3 Breakfast Whole Grain Cereal & Cinnamon Crisp Lunch Orange Chicken & Brown Rice | 4 Breakfast Banana Bread Lunch Nachos Grande with Shredded Lettuce Salsa & Sour Cream | 5 Washington Wednesday Breakfast Whole Grain Oatmeal & Sunflower Seeds Breakfast for Lunch Chicken Drumstick & Waffles | 6 Breakfast Confetti Pancakes Lunch Mac & Cheese & Corn Dog <i>or</i> Mac & Cheese with Homemade Roll & Sunflower Seeds | 7 Breakfast Bagel & Cream Cheese Hot Chocolate Milk Lunch Grill & Pizza Line with Chips Vanilla Cake with Strawberry Sauce |
| 10 Breakfast Scrambled Eggs & Toast Lunch Chicken Teriyaki Brown Rice | 11 Breakfast Mini Chocolate Chip French Toast Lunch Nachos Grande with Shredded Lettuce Salsa & Sour Cream | 12 Washington Wednesday Breakfast Vanilla Greek Yogurt & Granola Lunch Mozzarella Breadstick Bites *Strawberry Milk* | 13 Breakfast Cocoa Cherry Bar Sunflower Seeds Lunch Chicken Noodle Soup Cheese Pizza Ripper Cherry Smooth 'n Good | 14 Valentine's Day Mid Winter Break No School |
| 17 Presidents' Day Mid Winter Break No School | 18 Breakfast Whole Grain Cereal & Presidents' Day Crackers Lunch Nachos Grande with Shredded Lettuce Salsa & Sour Cream | 19 Washington Wednesday Breakfast Hash Brown Casserole & Toast Lunch Chicken Wings & Homemade Cornbread | 20 Breakfast Birthday Cake Bar & String Cheese Lunch Curried Lentils & Brown Rice with Cheese Breadstick | 21 Breakfast Whole Grain Maple Bar Lunch Grill & Pizza Line with Chips |
| 24 Breakfast Cinnamon French Toast Lunch Sweet & Sour Chicken & Brown Rice | 25 Breakfast Buttermilk Bar & String Cheese Hot Chocolate Milk Lunch Nachos Grande with Shredded Lettuce Salsa & Sour Cream | 26 Washington Wednesday Breakfast Lemon Greek Yogurt Parfait with Blueberries & Granola Lunch BBQ Rib Patty Sandwich Potato Wedges | 27 Breakfast Egg & Cheese Sandwich Lunch Turkey Gravy Mashed Potatoes & Whole Grain Roll | 28 Breakfast Pancake on a Stick Lunch Grill & Pizza Line with Chips Roasted Cauliflower Vanilla Ice Cream |

Harvest of the Month: DAIRY

There are approximately 460 dairy farms in Washington, making it the 10th largest dairy-producing state in the US! Grab a locally-sourced milk every day to balance out your meals at school.



Vegetarian Options

Monday—Breadsticks & Marinara Sauce
Tuesday—Bean & Cheese Burrito
Wednesday—Veggie Nuggets & Crackers
Thursday—Cheese Pizza Quesadilla
Friday—Pizza

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. Pork is served occasionally at Middle and High School and will be clearly marked.

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 1/17/2020

