

# FEBRUARY 2020

## BIC and Grab & Go

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Breakfast</b> Whole Grain Cereal & Cinnamon Crisp <b>Lunch</b> Orange Chicken & Brown Rice or Cheese Breadsticks & Marinara Sauce	<b>4</b> <b>Breakfast</b> Banana Bread <b>Lunch</b> Beef Burrito or Bean & Cheese Burrito & Salsa	<b>5 Washington Wednesday</b> <b>Breakfast</b> Bagel & Cream Cheese <b>Lunch</b> Chicken Nuggets or Sunbutter Sandwich & String Cheese All-Sport Crackers	<b>6</b> <b>Breakfast</b> Confetti Pancakes <b>Lunch</b> Mac & Cheese & Corn Dog or Mac & Cheese with Homemade Roll & Sunflower Seeds	<b>7</b> <b>Breakfast</b> Chef's Choice <b>Lunch</b> Hamburger or Veggie Burger Vanilla Cake with Strawberry Sauce
<b>10</b> <b>Breakfast</b> Egg & Cheese Sandwich <b>Lunch</b> Chicken Teriyaki Brown Rice or Veggie Nuggets Cheez-It Crackers	<b>11</b> <b>Breakfast</b> Mini Chocolate Chip French Toast <b>Lunch</b> Beef or Bean Nachos	<b>12 Washington Wednesday</b> <b>Breakfast</b> Yogurt & Granola <b>Lunch</b> Chicken Patty Sandwich or Mozzarella Breadstick Bites *Strawberry Milk*	<b>13</b> <b>Breakfast</b> Cocoa Cherry Bar Sunflower Seeds <b>Lunch</b> Chicken Noodle Soup Cheese Pizza Ripper Cherry Smooth 'n Good	<b>14 Valentine's Day</b>  <b>Mid Winter Break No School</b>
<b>17 Presidents' Day</b>  <b>Mid Winter Break No School</b>	<b>18</b> <b>Breakfast</b> Whole Grain Cereal & Presidents' Day Crackers <b>Breakfast for Lunch</b> Chicken Drumstick & Waffles or Cheese Omelet & Waffles	<b>19 Washington Wednesday</b> <b>Breakfast</b> Bagel & Cream Cheese <b>Lunch</b> Beef Ravioli Garlic Toast or Cheese Pizza Quesadilla	<b>20</b> <b>Breakfast</b> Birthday Cake Bar & String Cheese <b>Lunch</b> Curried Lentils & Brown Rice or Cheese Breadsticks Marinara Sauce	<b>21</b> <b>Breakfast</b> Chef's Choice <b>Lunch</b> Chicken Tender Homemade Cornbread or Hummus Meal
<b>24</b> <b>Breakfast</b> Cinnamon French Toast <b>Lunch</b> Sweet & Sour Chicken & Brown Rice or Quesadilla with Salsa	<b>25</b> <b>Breakfast</b> Buttermilk Bar <b>Lunch</b> Chicken Street Tacos or Bean & Cheese Tostada with Shredded Lettuce	<b>26 Washington Wednesday</b> <b>Breakfast</b> Yogurt & Granola <b>Lunch</b> BBQ Rib Patty Sandwich or Mozzarella Breadstick Bites	<b>27</b> <b>Breakfast</b> Egg & Cheese Sandwich <b>Lunch</b> Turkey Gravy Mashed Potatoes & Whole Grain Roll or Yogurt Meal	<b>28</b> <b>Breakfast</b> Chef's Choice <b>Lunch</b> French Bread Pizza & 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.



**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 1/17/2020

