

# FEBRUARY 2020

## High School

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Breakfast</b> Whole Grain Cereal & Cinnamon Crisp  <b>Lunch</b> Orange Chicken & Brown Rice	<b>4</b> <b>Breakfast</b> Banana Bread  <b>Lunch</b> Nachos Grande With Shredded Lettuce Salsa & Sour Cream	<b>5 Washington Wednesday</b> <b>Breakfast</b> Whole Grain Oatmeal & Sunflower Seeds  <b>Breakfast for Lunch</b> Chicken Drumstick & Waffles	<b>6</b> <b>Breakfast</b> Confetti Pancakes <b>Lunch</b> Mac & Cheese & Corn Dog <i>or</i> Mac & Cheese with Homemade Roll & Sunflower Seeds	<b>7</b> <b>Breakfast</b> Bagel & Cream Cheese <b>Hot Chocolate Milk</b> <b>Lunch</b> Grill & Pizza Line with Chips Vanilla Cake with Strawberry Sauce
<b>10</b> <b>Breakfast</b> Scrambled Eggs & Toast  <b>Lunch</b> Chicken Teriyaki Brown Rice	<b>11</b> <b>Breakfast</b> Mini Chocolate Chip French Toast  <b>Lunch</b> Nachos Grande With Shredded Lettuce Salsa & Sour Cream	<b>12 Washington Wednesday</b> <b>Breakfast</b> Vanilla Greek Yogurt & Granola  <b>Lunch</b> 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>Lunch</b> Nachos Grande With Shredded Lettuce Salsa & Sour Cream	<b>19 Washington Wednesday</b> <b>Breakfast</b> Hash Brown Casserole & Toast  <b>Lunch</b> Chicken Wings & Homemade Cornbread	<b>20</b> <b>Breakfast</b> Birthday Cake Bar & String Cheese  <b>Lunch</b> Curried Lentils & Brown Rice with Cheese Breadstick	<b>21</b> <b>Breakfast</b> Whole Grain Maple Bar  <b>Lunch</b> Grill & Pizza Line with Chips
<b>24</b> <b>Breakfast</b> Cinnamon French Toast  <b>Lunch</b> Sweet & Sour Chicken & Brown Rice	<b>25</b> <b>Breakfast</b> Buttermilk Bar & String Cheese <b>Hot Chocolate Milk</b>  <b>Lunch</b> Nachos Grande With Shredded Lettuce Salsa & Sour Cream	<b>26 Washington Wednesday</b> <b>Breakfast</b> Lemon Greek Yogurt Parfait with Blueberries & Granola  <b>Lunch</b> BBQ Rib Patty Sandwich Potato Wedges	<b>27</b> <b>Breakfast</b> Egg & Cheese Sandwich  <b>Lunch</b> Turkey Gravy Mashed Potatoes & Whole Grain Roll	<b>28</b> <b>Breakfast</b> Pancake on a Stick  <b>Lunch</b> 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.



### Available Daily (depending on location):

**Entrée Salads:** Garden, Chicken Caesar, Seasonal Salad  
**Sandwiches with Chips:** Turkey, Turkey-Ham, Seasonal Sandwich  
**Protein Packs:** PB&J Meal, Yogurt Meal

### A weekly rotation of assorted Pizzas and Burgers:

**Burgers served with potatoes (M/W Wedge Fries, T/TH Tots, Friday Chips):** Cheeseburger, Spicy or Regular Chicken Patty Sandwich, Veggie Burger  
**Rotating Pizza:** Cheese or Turkey-Pepperoni 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

