

# March 2020

## BIC and Grab & Go

Monday	Tuesday	Wednesday	Thursday	Friday
2 National Breakfast Wk 3		4 Washington Wednesday 5		6
<b>Breakfast</b> Mini Cinnis	<b>Breakfast</b> Confetti Pancakes	<b>Breakfast</b> Bagel & Cream Cheese	<b>Breakfast</b> Cocoa Cherry Bar Sunflower Seeds	<b>Breakfast</b> Chef's Choice
<b>Lunch</b> Orange Chicken & Brown Rice <u>or</u> Cheese Breadsticks & Marinara Sauce	<b>Lunch</b> Beef Burrito <u>or</u> Bean & Cheese Burrito & Salsa	<b>Lunch</b> Chicken Nuggets <u>or</u> WowButter & Grape Jelly Sandwich Either with All-Sport Crackers	<b>Lunch</b> Chicken Alfredo French Bread <u>or</u> Cheese Pizza Ripper	<b>Lunch</b> Hamburger <u>or</u> Veggie Burger
9	10	11 Washington Wednesday 12		13
<b>Breakfast</b> Egg & Cheese Sandwich	<b>Breakfast</b> Mini Chocolate Chip French Toast	<b>Breakfast</b> Yogurt & Granola	<b>Breakfast</b> Cereal Bar & String Cheese	<b>No School K-12</b>
<b>Lunch</b> Chicken Teriyaki Brown Rice <u>or</u> Veggie Nuggets Cheez-It Crackers	<b>Lunch</b> Beef <u>or</u> Bean Nachos With Shredded Lettuce & Salsa	<b>Lunch</b> Spicy Chicken Patty Sandwich <u>or</u> Mozzarella Breadstick Bites  Pasta Salad	<b>Lunch</b> Vegetarian Chili with either Toasted Cheese Sandwich <u>or</u> Mini Cheeseburger Sliders	
16	17 St. Patrick's Day	18 Washington Wednesday	19	20
<b>Breakfast</b> Banana Bread	<b>Breakfast</b> Whole Grain Cereal & Cinnamon Crisp	<b>Breakfast</b> Bagel & Cream Cheese	<b>Breakfast</b> Birthday Cake Bar & String Cheese	<b>Breakfast</b> Chef's Choice
<b>Lunch</b> Teriyaki Chicken Dippers Brown Rice <u>or</u> Yogurt Meal	<b>Breakfast for Lunch</b> Chicken Drumstick & Waffles <u>or</u> Cheese Omelet & Waffles  St. Patty's Day Cookie	<b>Lunch</b> Beef Ravioli Garlic Toast <u>or</u> Cheese Pizza Quesadilla	<b>Lunch</b> Beef Barley Stew & Cheese Breadsticks	<b>Lunch</b> Chicken Tender Homemade Cornbread <u>or</u> Hummus Meal
23	24	25 Washington Wednesday	26 Mariner's Home Opener	27
<b>Breakfast</b> Cinnamon French Toast	<b>Breakfast</b> Buttermilk Bar	<b>Breakfast</b> Yogurt & Granola	<b>Breakfast</b> Batter's Up Breakfast (Donut Round & String Cheese)	<b>Breakfast</b> Chef's Choice
<b>Lunch</b> Sweet & Sour Chicken & Brown Rice <u>or</u> Quesadilla with Salsa	<b>Lunch</b> Chicken Street Tacos <u>or</u> Bean & Cheese Tostada with Shredded Lettuce	<b>Lunch</b> Turkey & Cheese Hoagie <u>or</u> Mozzarella Breadstick Bites	<b>Lunch</b> Hot Dog <u>or</u> Veggie Burger  White Cheddar Popcorn	<b>Lunch</b> Fish Patty Sandwich Tarter Sauce <u>or</u> School's Best Pizza Homemade Brownie
30	31	<b>Harvest of the Month Grains</b>		
<b>Breakfast</b> Whole Grain Cereal & Cinnamon Crisp	<b>Breakfast</b> Banana Bread	<p>Whole grains are packed with fiber. Fiber keeps things moving in your body and keeps your heart happy! A few whole grain menu items to highlight for this Harvest of the Month: brown rice, whole grain oatmeal, homemade baker items made with whole grain flours (French bread, apple coffee cake, and brownies) and our scratch made Beef Barley Stew!</p>		
<b>Lunch</b> Orange Chicken & Brown Rice <u>or</u> Cheese Breadsticks & Marinara Sauce	<b>Lunch</b> Beef Burrito <u>or</u> Bean & Cheese Burrito & Salsa			



**BREAKFAST:** Served every morning before school with fruit or vegetables, 100% juice and milk. Choice of cereal & graham crackers offered daily in addition to 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.

**QUESTIONS?** Call the Nutrition Services Office at 206-631-3010. Menu subject to change.

*This institution is an equal opportunity provider. Updated 02/18/2020*

