

# March 2020

## Middle School

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> Whole Grain Oatmeal & Sunflower Seeds		<b>Breakfast</b> Cocoa Cherry Bar Sunflower Seeds		<b>Breakfast</b> Cheese Zombie	
<b>Lunch</b> Orange Chicken & Brown Rice		<b>Lunch</b> Nachos Grande With Shredded Lettuce Salsa & Sour Cream		<b>Lunch</b> Chicken Tenders & Biscuit  Potato Wedges		<b>Lunch</b> Chicken Alfredo French Bread		<b>Lunch</b> Grill & Pizza Line with Chips	
9		10		11 Washington Wednesday		12		13	
<b>Breakfast</b> Scrambled Eggs & Toast		<b>Breakfast</b> Mini Chocolate Chip French Toast		<b>Breakfast</b> Vanilla Greek Yogurt & Granola		<b>Breakfast</b> Homemade Apple Coffee Cake & String Cheese		<b>No School K-12</b>	
<b>Lunch</b> Chicken Teriyaki Brown Rice		<b>Lunch</b> Nachos Grande With Shredded Lettuce Salsa & Sour Cream		<b>Lunch</b> BBQ Rib Patty Sandwich & Tater Tots  Pasta Salad		<b>Lunch</b> Vegetarian Chili with Toasted Cheese Sandwich			
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> Hash Brown Casserole & Toast		<b>Breakfast</b> Birthday Cake Bar & String Cheese		<b>Breakfast</b> Whole Grain Maple Bar	
<b>Lunch</b> Teriyaki Chicken Dippers Brown Rice		<b>Lunch</b> Nachos Grande With Shredded Lettuce Salsa & Sour Cream  St. Patty's Day Cookie		<b>Lunch</b> Beef Ravioli Garlic Toast		<b>Lunch</b> Beef Barley Stew & Cheese Breadsticks		<b>Lunch</b> Grill & Pizza Line with Chips	
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> Lemon Greek Yogurt Parfait with Blueberries & Granola		<b>Breakfast</b> Batter's Up Breakfast (Donut Round & String Cheese)		<b>Breakfast</b> Egg & Cheese Sandwich	
<b>Lunch</b> Sweet & Sour Chicken & Brown Rice		<b>Lunch</b> Nachos Grande With Shredded Lettuce Salsa & Sour Cream		<b>Lunch</b> Chicken Wings & Homemade Cornbread		<b>Lunch</b> Hot Dog & White Cheddar Popcorn		<b>Lunch</b> Grill & Pizza Line with Chips  Homemade Brownie	
30		31		<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p><b>Vegetarian Options</b></p> <p>Monday—Breadsticks &amp; Marinara Sauce            Tuesday—Bean &amp; Cheese Burrito            Wednesday—Veggie Nuggets &amp; Crackers            Thursday—Cheese Pizza Quesadilla            Friday—Pizza</p> </div>					
<b>Breakfast</b> Whole Grain Cereal & Cinnamon Crisp		<b>Breakfast</b> Banana Bread							
<b>Lunch</b> Orange Chicken & Brown Rice		<b>Lunch</b> Nachos Grande With Shredded Lettuce Salsa & Sour Cream							



**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*