


March 2020

High School

Monday	Tuesday	Wednesday	Thursday	Friday
2 National Breakfast Wk 3		4 Washington Wednesday 5		6
Breakfast Mini Cinnis	Breakfast Confetti Pancakes	Breakfast Whole Grain Oatmeal & Sunflower Seeds	Breakfast Cocoa Cherry Bar Sunflower Seeds	Breakfast Cheese Zombie
Lunch Orange Chicken & Brown Rice	Lunch Nachos Grande With Shredded Lettuce Salsa & Sour Cream	Lunch Chicken Tenders & Biscuit Potato Wedges	Lunch Chicken Alfredo French Bread	Lunch Grill & Pizza Line with Chips
9	10	11 Washington Wednesday 12		13
Breakfast Scrambled Eggs & Toast	Breakfast Mini Chocolate Chip French Toast	Breakfast Vanilla Greek Yogurt & Granola	Breakfast Homemade Apple Coffee Cake & String Cheese	No School K-12
Lunch Chicken Teriyaki Brown Rice	Lunch Nachos Grande With Shredded Lettuce Salsa & Sour Cream	Lunch BBQ Rib Patty Sandwich & Tater Tots Pasta Salad	Lunch Vegetarian Chili with Toasted Cheese Sandwich	
16	17 St. Patrick's Day	18 Washington Wednesday	19	20
Breakfast Banana Bread	Breakfast Whole Grain Cereal & Cinnamon Crisp	Breakfast Hash Brown Casserole & Toast	Breakfast Birthday Cake Bar & String Cheese	Breakfast Whole Grain Maple Bar
Lunch Teriyaki Chicken Dippers Brown Rice	Lunch Nachos Grande With Shredded Lettuce Salsa & Sour Cream St. Patty's Day Cookie	Lunch Beef Ravioli Garlic Toast	Lunch Beef Barley Stew & Cheese Breadsticks	Lunch Grill & Pizza Line with Chips
23	24	25 Washington Wednesday	26 Mariner's Home Opener	27
Breakfast Cinnamon French Toast	Breakfast Buttermilk Bar	Breakfast Lemon Greek Yogurt Parfait with Blueberries & Granola	Breakfast Batter's Up Breakfast (Donut Round & String Cheese)	Breakfast Egg & Cheese Sandwich
Lunch Sweet & Sour Chicken & Brown Rice	Lunch Nachos Grande With Shredded Lettuce Salsa & Sour Cream	Lunch Chicken Wings & Homemade Cornbread	Lunch Hot Dog & White Cheddar Popcorn	Lunch Grill & Pizza Line with Chips Homemade Brownie
30	31	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 Whole Grain Cereal & Cinnamon Crisp	Breakfast Banana Bread			
Lunch Orange Chicken & Brown Rice	Lunch 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

