


March 2020

Elementary

Monday	Tuesday	Wednesday	Thursday	Friday
2 National Breakfast Wk 3		4 Washington Wednesday 5		6
Breakfast Mini Cinnis Lunch Orange Chicken & Brown Rice <u>or</u> Cheese Breadsticks & Marinara Sauce	Breakfast Confetti Pancakes Lunch Beef Burrito <u>or</u> Bean & Cheese Burrito & Salsa	Breakfast Whole Grain Oatmeal & Sunflower Seeds Lunch Chicken Nuggets <u>or</u> WowButter & Grape Jelly Sandwich Either with All-Sport Crackers	Breakfast Cocoa Cherry Bar Sunflower Seeds Lunch Chicken Alfredo French Bread <u>or</u> Cheese Pizza Ripper	Breakfast Cheese Zombie Lunch Hamburger <u>or</u> Veggie Burger
9	10	11 Washington Wednesday 12		13
Breakfast Scrambled Eggs & Toast Lunch Chicken Teriyaki Brown Rice <u>or</u> Veggie Nuggets Cheez-It Crackers	Breakfast Mini Chocolate Chip French Toast Lunch Beef <u>or</u> Bean Nachos	Breakfast Vanilla Greek Yogurt & Granola Lunch Spicy Chicken Patty Sandwich <u>or</u> Mozzarella Breadstick Bites Pasta Salad	Breakfast Homemade Apple Coffee Cake & String Cheese Lunch Vegetarian Chili with either Toasted Cheese Sandwich <u>or</u> Mini Cheeseburger Sliders	No School K-12
16	17 St. Patrick's Day	18 Washington Wednesday	19	20
Breakfast Banana Bread Lunch Teriyaki Chicken Dippers Brown Rice <u>or</u> Yogurt Meal	Breakfast Whole Grain Cereal & Cinnamon Crisp Breakfast for Lunch Chicken Drumstick & Waffles <u>or</u> Cheese Omelet & Waffles St. Patty's Day Cookie	Breakfast Hash Brown Casserole & Toast Lunch Beef Ravioli Garlic Toast <u>or</u> Cheese Pizza Quesadilla	Breakfast Birthday Cake Bar & String Cheese Lunch Beef Barley Stew & Cheese Breadsticks	Breakfast Whole Grain Maple Bar Lunch Chicken Tender Homemade Cornbread <u>or</u> Hummus Meal
23	24	25 Washington Wednesday	26 Mariner's Home Opener	27
Breakfast Cinnamon French Toast Lunch Sweet & Sour Chicken & Brown Rice <u>or</u> Quesadilla with Salsa	Breakfast Buttermilk Bar Lunch Chicken Street Tacos <u>or</u> Bean & Cheese Tostada with Shredded Lettuce	Breakfast Lemon Greek Yogurt Parfait with Blueberries & Granola Lunch Turkey & Cheese Hoagie <u>or</u> Mozzarella Breadstick Bites	Breakfast Batter's Up Breakfast (Donut Round & String Cheese) Lunch Hot Dog <u>or</u> Veggie Burger White Cheddar Popcorn	Breakfast Egg & Cheese Sandwich Lunch Fish Patty Sandwich Tarter Sauce <u>or</u> School's Best Pizza Homemade Brownie
30	31	Harvest of the Month Grains 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!		
Breakfast Whole Grain Cereal & Cinnamon Crisp Lunch Orange Chicken & Brown Rice <u>or</u> Cheese Breadsticks & Marinara Sauce	Breakfast Banana Bread Lunch 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

