






SEPTEMBER 2020– DAILY Menu

Monday	Tuesday	Wednesday	Thursday	Friday
7	8	9 Washington Wednesday	10	11
<p>LABOR DAY NO SCHOOL</p> 		<p>Breakfast Whole Grain Cereal & Cinnamon Crisp 100% Juice</p> <p>Lunch Yogurt & String cheese Whole Grain Muffin or Turkey & Cheese Sandwich with Mayo & Mustard Nectarine Carrots</p>	<p>Breakfast Whole Grain Apple Bear Claw Orange</p> <p>Lunch *Mini Cheeseburger Sliders or Sunbutter Grape Sandwich & Crackers String Cheese Fresh WA Broccoli & Ranch & Dried Craisins</p>	<p>Breakfast Buttermilk Bar Fresh Strawberries</p> <p>Lunch Chicken Salad with Pita or *Garlic Cheese Toast Orange & Snap Peas Homemade Chocolate Chip Cookie</p>
14 Meatless Mondays	15	16 Washington Wednesday	17	18
<p>Breakfast Whole Grain Cereal & Blueberries</p> <p>Lunch Bagel with Cream Cheese String Cheese Sunflower Seeds Mixed Fruit Carrots</p>	<p>Breakfast Confetti Pancakes Whole Apple</p> <p>Lunch <i>Build your own Pizza</i> Pita with Marinara Sauce Cheese Blend or *Hamburger with Ketchup Both entrées with Dried Fruit & Leafy Greens</p>	<p>Breakfast Cocoa Cherry Bar String Cheese Banana</p> <p>Lunch Taco Salad Shaker Cup Tortilla Chips or *Bean & Cheese Burrito Both entrées with Salsa & Strawberry Cup</p>	<p>Breakfast Belgian Waffle Celery Sticks</p> <p>Lunch *Corndog with Ketchup & Mustard or Chef Choice Both entrées with Blueberries & Cucumber Slices</p>	<p>Breakfast Homemade Whole Grain Cinnamon Roll Snap Peas</p> <p>Lunch *Galaxy Cheese Pizza Apple Slices & Sliced Peppers</p>
21 Meatless Mondays	22	23 Washington Wednesday	24	25
<p>Breakfast Mini Bagels with Cinnamon Cream Cheese Diced Peaches</p> <p>Lunch Hardboiled Egg Zucchini Bread Colby Cheese Stick Mixed Berry Cup Cherry Tomatoes</p>	<p>Breakfast Ultimate Breakfast Round Dried Craisins</p> <p>Lunch WowButter Sandwich or *Chili Cheese Tamale with Salsa Both entrées with Grapefruit Wedges Applesauce</p>	<p>Breakfast Mini Cinnis Carrots</p> <p>Lunch *Chicken Tenders with Ketchup & BBQ sauce Homemade Cornbread or *Garlic Cheese Toast Both entrées with Whole Pear Three Bean Salad</p>	<p>Breakfast Strawberry Cereal Bar & Plum</p> <p>Lunch *Chicken Patty Sandwich Ketchup & Mayo or Sunbutter Grape Sandwich & Colby String Cheese Both entrées with Apple Slices & Mandarin Orange</p>	<p>Breakfast Cinnamon French Toast Banana</p> <p>Lunch *Cheese Pizza Quesadilla Cucumber Slices Fresh Pluot</p>
28 Meatless Mondays	29	30	    	
<p>Breakfast Bagel & Cream Cheese Blueberries</p> <p>Lunch Cheese Breadsticks Marinara Sauce Mixed Fruit Carrots</p>	<p>Breakfast Maple Pancakes 100% Juice</p> <p>Lunch <i>Build your own Pizza</i> Pita with Marinara Sauce Cheese Blend or *Hamburger with Ketchup Strawberry Cup & Leafy Greens</p>	<p>Breakfast Cocoa Cherry Bar Banana</p> <p>Lunch Chicken Caesar Salad Shaker Cup Homemade Roll or *Bean & Cheese Burrito with Salsa Both entrées with Orange Slices</p>		

Daily meals must be pre-ordered. Daily meals are for immediate consumption or need to be refrigerated.

Menu subject to change. * indicates items that will be served HOT.

Daily meals are distributed everyday by bus and at elementary sites. Please see our website for pick up times. Daily meals must be pre-ordered and will include breakfast and lunch for 1 day. There will be a vegetarian and non-vegetarian option each day. 1% white milk will be served for breakfast and Non-fat Chocolate milk will be served for lunch (milk can be declined). Soy milk will require a diet prescription on file with Nutrition Services.

Meatless Monday is a global movement that started in 2003 that encourages people to reduce meat in their diet for their health and the health of the planet. 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. This institution is an equal opportunity provider.

Updated 09/11/2020

