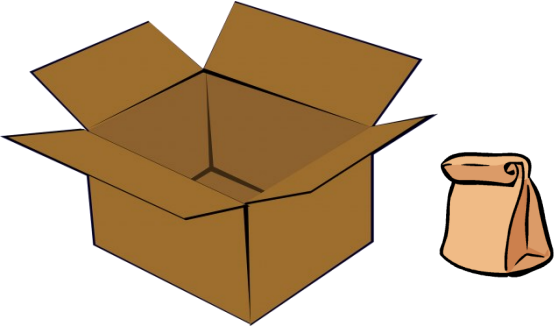





SEPTEMBER 2020—Meal Kit Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
		9 Meal Kit Pick-Up Breakfast Whole Grain Cereal & Cinnamon Crisp 100% Juice Lunch Yogurt String Cheese Whole Grain Muffin Nectarine Carrots	10 Breakfast Whole Grain Apple Bear Claw Orange Lunch Turkey & Cheese Sandwich Mayo & Mustard Fresh WA Broccoli with Ranch & Dried Craisins	11 Breakfast Buttermilk Bar Fresh Strawberries Lunch Garlic Cheese Toast Orange & Snap Peas Homemade Chocolate Chip Cookie	
		14 Meal Kit Pick-Up	15	16 Washington Wednesday	17
Breakfast Whole Grain Cereal Fresh Blueberries Lunch Bagel with Cream Cheese String Cheese Honey Roasted Sunflower Seeds Mixed Fruit Carrots	Breakfast Confetti Pancakes Celery Sticks Lunch Turkey Sandwich Mayo & Mustard Dried Fruit Leafy Greens	Breakfast Cocoa Cherry Bar & Sunflower Seeds Whole Apple Lunch Bean & Cheese Burrito Strawberry Cup Bell Pepper	Breakfast Belgian Waffle Celery Sticks Lunch BBQ Chicken Wrap Blueberries Leafy Greens & Salad dressing	Breakfast Cinnabun Whole Fruit Lunch Cheese Pizza Quesadilla Apple Slices Bell Pepper	
21 Meal Kit Pick-Up	22	23 Washington Wednesday	24	25	
Breakfast Mini Bagel with Strawberry Cream Cheese & Grapefruit Lunch PB & J Uncrustable Crackers Colby String Cheese Dried Craisins Leafy Greens & Salad dressing	Breakfast Buttermilk Bar Orange Lunch <i>Make your own Nachos</i> Taco Meat, Cheese Cup Tortilla Chips Mixed Berry Cup Leafy Greens & Salad dressing	Breakfast Mini Cinnis Zucchini Lunch Chicken Tenders with Ketchup & BBQ sauce Homemade Cornbread Whole Pear Russet Potato	Breakfast Cereal Bar & Grapefruit Lunch Cheese Bread Sticks Marinara Sauce Orange Russet Potato	Breakfast Zucchini Bread Apple Slices Lunch Chili Cheese Tamale Zucchini Pluot	
28 Meal Kit Pick-Up	29	30	October 1	October 2	
Breakfast Cinnabun Celery Sticks Lunch WowButter Sandwich Mixed Fruit Carrots	Breakfast Maple Pancakes Whole Apple Lunch Turkey & Cheese Mayo & Mustard Applesauce Leafy Greens & Salad Dressing	Breakfast Birthday Cake Bar Blueberries Lunch Bean & Cheese Burrito Strawberry Cup Bell Pepper	Breakfast Waffles Celery Sticks Lunch Mini Cheeseburger Sliders with Ketchup Blueberries Leafy Greens	Breakfast Whole Grain Cereal Apple Slices Lunch Garlic Cheese Toast Marinara Sauce Bell Pepper	
					

Meal kits must be pre-ordered. Menu subject to change

Fresh produce provided, please wash before consuming.

5 day meal kits are distributed every Monday at Chinook, Evergreen, Glacier, & Mt Rainier. Please see our website for pick-up times. Each kit includes 5 breakfast meals and 5 lunch meals, 1/2 gallon 1% white milk and 2 half pints chocolate milk (milk can be declined). Soy milk will require a diet prescription on file with Nutrition Services. Heating instructions will be provided and also available on our website.

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

