

October 2020—Meal Kit



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Meal kits must be pre-ordered. Menu subject to change. Some menu items may be substituted due to product availability and to ensure your child is receiving the highest of quality. Fresh, whole produce provided, please wash before consuming. Meal kits are distributed every Monday at Chinook, Evergreen, Glacier, & Mt Rainier. Please see our website for pick-up times. Each kit includes 7 breakfast meals and 7 lunch meals, 1/2 gallon 1% white milk and 1/2 gallon 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.</i></p> <p><i>Washington Wednesday is our way of highlighting delicious local foods. We are proud to serve local dairy, whole grains, beans, fruits & vegetables.***</i></p> <p>QUESTIONS? Call the Nutrition Services Office at 206-631-3010. This institution is an equal opportunity provider. Updated 09/30/2020</p>			<p>October 1</p> <p>Breakfast Waffles Celery Sticks</p> <p>Lunch Mini Cheeseburger Sliders with Ketchup Whole Fruit Squash</p>	<p>2</p> <p>Breakfast Whole Grain Cereal Apple Slices</p> <p>Lunch Garlic Cheese Toast Marinara Sauce Bell Pepper</p>
<p>5 Meal Kit Pickup</p> <p>Breakfast Whole Grain Cereal Peach Cup</p> <p>Lunch Pumpkin Bread 8oz Yogurt Whole Apple Cucumber</p>	<p>6</p> <p>Breakfast Hardboiled Egg Granola & Grapefruit</p> <p>Lunch Sunbutter Sandwich Colby Cheese Stick Cucumber Spinach Salad Dressing</p>	<p>7 Taste Washington Day!</p> <p>Breakfast Whole Grain Cinnamon Roll Whole Apple</p> <p>Lunch Chicken Tenders BBQ Sauce Homemade Roll Whole Pear Yellow Onion</p>	<p>8</p> <p>Breakfast Cereal Bar Grapefruit</p> <p>Lunch Bean & Cheese Burrito Spinach Cherry Tomatoes</p>	<p>9</p> <p>Breakfast Bagel & Cream Cheese Apple slices</p> <p>Lunch Cheese Pizza Yellow Onion Cherry Tomatoes</p>
<p>12 Meal Kit Pickup</p> <p>Breakfast Confetti Pancakes Bell Pepper</p> <p>Lunch <i>Build your own Pizza</i> Pita with Marinara Sauce & Cheese Blend Spinach Pineapple cup</p>	<p>13</p> <p>Breakfast Yogurt & Granola Mixed Berry Cup</p> <p>Lunch Chicken Empanada Served with Ranch <i>Both entrees with</i> Radishes Whole apple</p>	<p>14 Washington Wednesday</p> <p>Breakfast Whole Grain Cereal Whole pear</p> <p>Lunch Teriyaki Dippers Brown Rice Radish Whole Potato</p>	<p>15</p> <p>Breakfast ZeeZee Bar Whole Potato</p> <p>Lunch Pb & J String cheese Spinach & Carrots</p>	<p>16</p> <p>Breakfast Homemade Cinnamon Roll Applesauce</p> <p>Lunch Teriyaki Dippers Brown Rice Bell Pepper Apple Slices</p>
<p>19 Meal Kit Pickup</p> <p>Breakfast Whole Grain Cereal & 100% Juice</p> <p>Lunch Bagel with Cream Cheese Sunflower Seeds Roasted Garbanzo Beans Applesauce Cucumber</p>	<p>20</p> <p>Breakfast Hardboiled Egg Granola & Banana</p> <p>Lunch Bean & Cheese Burrito with Salsa Whole Apple Carrots</p>	<p>21 Washington Wednesday</p> <p>Breakfast Cinnamon & Brown Sugar Oatmeal Celery Sticks</p> <p>Lunch <i>Make your own Nachos</i> Taco Meat, Cheese Cup Tortilla Chips Mixed Berry Cup & Yellow Squash or Zucchini</p>	<p>22</p> <p>Breakfast Waffles 100% Juice</p> <p>Lunch Chicken Tenders Whole Grain Crackers Ketchup & Cucumber Red Onion</p>	<p>23</p> <p>Breakfast Whole Grain Maple Bar Celery Sticks</p> <p>Lunch Hamburger with Ketchup Tater Tots Apple slices & Yellow Squash or Zucchini Cookie</p>
<p>26 Meal Kit Pickup</p> <p>Breakfast Mini Cinnis Bell Pepper</p> <p>Lunch <i>Build your own Pizza</i> Pita with Marinara Sauce & Cheese Blend Spinach Pineapple Cup</p>	<p>27</p> <p>Breakfast Yogurt and Granola Whole Pear</p> <p>Lunch WowButter Sandwich Apple & Carrots</p>	<p>28</p> <p>Breakfast Whole Grain Cereal Applesauce</p> <p>Lunch BBQ Chicken Drumstick with Ketchup & BBQ sauce SunChips Whole Pear Whole Potato</p>	<p>29</p> <p>Breakfast Cereal Bar & Pluot</p> <p>Lunch Garlic Cheese Toast with Marinara Sauce Spinach</p>	<p>30</p> <p>Breakfast Cinnamon French Toast Banana</p> <p>Lunch Corn Dog Ketchup & Mustard Apple Slices & Bell Pepper Cookie Crumble Cake</p>