

October 2020—Daily Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Daily meals must be pre-ordered. Daily meals are for immediate consumption or need to be refrigerated. Menu subject to change. Asterisk (*) indicates items that will be served HOT. Weekend meals are now provided each Friday and contain frozen items to prepare at home. Cooking instructions can be found on our website.</p> <p>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.</p> <p>Washington Wednesday is our way of highlighting delicious local foods. We are proud to serve local dairy, whole grains, beans, fruits & vegetables.</p> <p>QUESTIONS? Call the Nutrition Services Office at 206-631-3010. This institution is an equal opportunity provider. Updated 10/02/2020</p>				
5	6	7 Taste Washington Day!	8	9
<p>Breakfast Whole Grain Cereal Diced Fruit Lunch *Spicy Chicken Patty Sandwich Ketchup & Mayo or *Veggie Burger Green Apple Carrots</p>	<p>Breakfast Hardboiled Egg Banana Bread Grapefruit Wedges Lunch Homemade Turkey & Cheese Sandwich Mayo & Mustard or Sunbutter Sandwich String Cheese <i>Both entrées with</i> Dried Fruit Applesauce</p>	<p>Breakfast Whole Grain Cinnamon Roll 100% Juice Lunch *Chicken Tenders *Mashed Potatoes Homemade Roll or *Bean & Cheese Burrito Salsa <i>Both entrees with</i> Whole Pear & Corn</p>	<p>Breakfast Cereal Bar & Apple Slices Lunch *Toasted Cheese Carrots 100% Juice</p>	<p>Breakfast Bagel & Cream Cheese Whole Apple Lunch *Apple Cinnamon Texas Toast Yogurt Cucumber Slices Blueberries</p>
12 National School Lunch Week	13	14 Washington Wednesday	15	16
<p>Breakfast Confetti Pancakes & 100% Juice Lunch <i>Build your own Pizza</i> Pita with Marinara Sauce & Cheese Blend Spinach Pineapple Tidbits</p>	<p>Breakfast Fruit Yogurt Parfait with Granola Breakfast for Lunch *Egg & Turkey Sausage Breakfast Sandwich Applesauce Potato Wedges & Ketchup</p>	<p>Breakfast Whole Grain Cereal Banana Lunch *Chicken Empanada Served with Ranch or WowButter Sandwich <i>Both entrees with</i> Jicama & Pineapple Tidbits</p>	<p>Breakfast ZeeZee Bar Grapes Lunch *Cheese Quesadilla Salsa Bell Pepper Slices Apple Slices</p>	<p>Breakfast Homemade Cinnamon Roll Applesauce Lunch *Mac & Cheese Homemade Roll Sunflower Seeds Carrots & Broccoli</p>
19	20	21 Washington Wednesday	22	23
<p>Breakfast Whole Grain Cereal & 100% Juice Lunch *Hamburger with Ketchup or Sunbutter Sandwich String Cheese <i>Both entrees with</i> Cucumber Slices Carrots</p>	<p>Breakfast Hardboiled Egg Granola & Grapefruit Breakfast for Lunch *Breaded Chicken Drumstick Waffles or *Colby Cheese Omelet Waffles Applesauce & Dried Fruit</p>	<p>Breakfast ZeeZee Bar & Banana Lunch Taco Salad Shaker Cup Tortilla Chips or *Bean & Cheese Burrito <i>Both entrées with</i> Salsa & Whole Apple</p>	<p>Breakfast Waffles 100% Juice Lunch *Chicken Tenders Garlic Toast or *Cheese Pizza Quesadilla Mixed Fruit Cucumber Slices</p>	<p>Breakfast Whole Grain Maple Bar Celery Sticks Lunch Bagel with Cream Cheese Sunflower Seeds Roasted Garbanzo Beans Apple Slices Celery Cookie</p>
26	27	28 Washington Wednesday	29	30
<p>Breakfast Mini Cinnis Diced Peaches Lunch *Teriyaki Chicken Dippers & Ginger & Scallion Brown Rice Or Chef's Choice</p>	<p>Breakfast Fruit Yogurt Parfait with Granola Lunch Pita with Marinara Sauce & Cheese Blend Spinach Pineapple Tidbits</p>	<p>Breakfast Whole Grain Cereal Carrots Lunch *BBQ Chicken Drumstick with Ketchup & BBQ sauce Homemade Cornbread or WowButter Sandwich <i>Both entrées with</i> Whole Pear Cucumber Slices</p>	<p>Breakfast Cereal Bar & Pluot Lunch *Cheese Pizza Slice Grapes & Broccoli</p>	<p>Breakfast Cinnamon French Toast Banana Lunch *Spaghetti & Meat Sauce Roll or *Garlic Cheese Toast Green Beans Whole apple Cookie Crumble Cake</p>