

NOVEMBER 2020—Meal Kits

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 Meal Kit Pick-up	3	4	5	6 No School	7	8
Breakfast Whole Grain Cereal Strawberry cup Lunch Chicken Patty Sandwich Ketchup & Mayo 100% Juice	Breakfast Cinnamon French Toast Orange Lunch Corndog with Ketchup & Mustard Applesauce & Dried Fruit	Breakfast Cereal Bar 100% Juice Lunch Teriyaki Beef Dippers Brown Rice Orange Delicata Squash	Breakfast Whole Grain Cereal Kiwis Lunch Bean & Cheese Burrito Cherry Tomatoes Potato	Breakfast Strawberry Grahams Fruit Cup Lunch Cheese Pizza Quesadilla Whole Apple Celery	Breakfast Bagel & Cream Cheese Apple Slices Lunch Teriyaki Beef Dippers Brown Rice Potato Delicata Squash	Breakfast Cereal Bar 100% Juice Lunch PB & J String Cheese Applesauce Carrots
9 Meal Kit Pick-up	10	11 No School	12	13	14	15
Breakfast Buttermilk Bar Peach Cup Lunch Hamburger Ketchup & Mayo Red Onion & Bell Pepper	Breakfast Breakfast Pizza Bagel Whole Apple Lunch Penne with Spaghetti Sauce & Meatballs Radishes Carrots	Breakfast Whole Grain Cereal 100% Juice Lunch Turkey and Cheese Sandwich Yam & Pear	Breakfast Yogurt & Granola Grapefruit Lunch PB & J String Cheese Yam & Apple slices	Breakfast Cocoa Cherry Bar Kiwis Lunch Cheese Rippers Green Peas Orange	Breakfast Mini Cinnis 100% Juice Lunch Penne with Spaghetti Sauce & Meatballs Red Onion Bell Pepper	Breakfast Whole Grain Cereal 100% Juice Lunch Cheese Pizza Whole Apple Orange
16 Meal Kit Pick-up	17	18	19	20	21	22
Breakfast Whole Grain Cereal Strawberry Cup Lunch Spicy Chicken Patty Sandwich Ketchup & Mayo Potato 100% Juice	Breakfast Pancakes Orange Lunch Teriyaki Beef Dippers Brown Rice Applesauce Raisins	Breakfast Cereal Bar 100% Juice Lunch Cheese Breadsticks Marinara sauce Potato	Breakfast Whole Grain Cinnamon and Brown Sugar Oatmeal With Blueberries Lunch Wowbutter Sandwich Orange Celery	Breakfast Whole Grain Cereal 100% Juice Lunch Corndog Apple Slices Cucumber	Breakfast Pumpkin Bread Grapefruit Lunch Teriyaki Beef Dippers Brown Rice Celery Whole apple	Breakfast Cereal Bar Pear Lunch PB & J String Cheese Cucumber Dried Apple Chips


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). Meal Kits distributed on Nov. 30th will only include 5 breakfast and 5 lunches. Soy milk will require a diet prescription on file with Nutrition Services. Heating instructions will be provided and also available on our website.



QUESTIONS? Call the Nutrition Services Office at 206-631-3010. Menu subject to change.
This institution is an equal opportunity provider. Updated 10/21/2020

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23 Meal Kit Pick-up Breakfast Cereal Bar Peach Cup Lunch Shaved Beef & Barley Onion Potato	24 Breakfast Bagel & Cream Cheese Whole Apple Lunch Bean & Cheese Burrito Cherry Tomatoes Corn	25 Breakfast Zee Zee Bar Carrots Lunch Chicken Drumstick & Barley Onion & Kiwis	26 Thanksgiving Break Breakfast Whole Grain Maple Bar Applesauce Lunch Turkey Gravy Potato Roll & Cranberry Sauce Apple Slices	27 No School Breakfast Whole Grain Cereal 100% Juice Lunch Galaxy Cheese Pizza Radishes Carrots	28 Breakfast Breakfast Cracker Orange Lunch Beef Jerky Colby Cheese Stick Goldfish Pretzels or Cheez-its V8 Potato Wedges	29 Breakfast Whole Grain Cereal 100% Juice Lunch Corndog Corn Potato Wedges
	30 Meal Kit Pick-up Breakfast Whole Grain Cereal 100% Juice Lunch Nacho Cheese Tortilla Chips String Cheese Grapefruit Potato	December 1 Breakfast Cereal Bar Whole Orange Lunch Galaxy Cheese Pizza Dried Fruit Carrots	December 2 Breakfast Breakfast Cracker Whole Apple Lunch Muffin Sunflower Seeds String Cheese Whole Orange Dried Apple Chips	December 3 Breakfast Zee Zee Bar Applesauce Lunch Chef's Choice V8 & Potato	December 4 Breakfast Whole Grain Cereal 100% Juice Lunch Peanut Butter Cup Jelly Cup Savory Wheat Crackers Grapefruit Carrots	

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