


January 2021—WEDNESDAY Meal Kits

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
6 Meal Kit Pick-up	7	8	9	10	11	12
Breakfast Zee Zee Bar Orange Lunch Nacho Cheese Tortilla Chips String Cheese Whole Apple Craisins	Breakfast Cereal Bar 100% Juice Lunch Chicken Nuggets with Ketchup Goldfish Crackers Grapefruit & Peas	Breakfast Breakfast Cracker Grapes Lunch Pasta Bowl Pear & Broccoli	Breakfast Banana Bread Whole Apple Lunch Corndog with Ketchup Cauliflower & Raisins	Breakfast Confetti Pancakes Strawberry Cup Lunch PB & J String Cheese 100% Juice Carrots	Breakfast Cheese Omelet 100% Juice Lunch Garlic Cheese Toast Peas Grapefruit	Breakfast Cereal Apple Slices Lunch Cheese Pizza Peach Cup Carrots
13 Meal Kit Pick-up	14	15	16	17	18 No School –MLK	19
Breakfast Yogurt & Granola Blueberries Lunch Homemade Meat Sauce Penne Pasta Garlic Medallions With Peas & Raisels	Breakfast Cereal Bar Orange Lunch Bean & Cheese Burrito Cherry Tomatoes Whole Pear	Breakfast Breakfast Pizza Bagel 100% Juice Lunch Chicken Patty Sandwich Ketchup & Mayo Whole Green Apple & Carrots	Breakfast Cinnamon French Toast Diced Peaches Lunch Chicken Drumstick Waffle & Syrup Apple Slices Dried Cherries	Breakfast Breakfast Bar Tangerines Lunch Cheese Pizza Cherry Tomatoes Celery Sticks	Breakfast Bagel & Cream Cheese Whole Apple Lunch BBQ Rib Patty Sandwich Tater Tots with Ketchup & Peas	Breakfast Whole Grain Cereal 100% Juice Lunch Cheese Breadsticks Marinara Sauce Banana & Celery Sticks
20 Meal Kit Pick-up	21	22	23	24	25	26
Breakfast Hardboiled Egg & Strawberry Graham Crackers & Kiwis Lunch Cheeseburger Carrots & Cucumber with Ranch	Breakfast Confetti Pancakes Mixed Fruit Lunch Cheese Pizza Apple Slices & Broccoli	Breakfast Whole Grain Cereal Orange Lunch Turkey Sandwich Corn & Kiwi Homemade Chocolate Chip Cookie	Breakfast Pancake on a stick Strawberry Cup Lunch PB & J String Cheese 100% Juice Carrots	Breakfast Ubr Breakfast Round Grapefruit Lunch Garlic Cheese Toast Whole Apple Cucumber With Ranch	Breakfast Mini Cinnis Carrots Lunch Beef & Cheese Burrito Grapefruit Dried Cherries	Breakfast Yogurt & Granola & Sliced Strawberries Lunch Spicy Chicken Patty Sandwich Orange & Raisels
27 Meal Kit Pick-up	28	29	30	31	February 1	February 2
Breakfast Whole Grain Cereal Diced Pears Lunch Homemade Mac & Cheese Sauce, Dry Elbow Noodles & Roll Sunflower Seeds Grapes	Breakfast Cereal Bar Applesauce Lunch Chicken Tenders with Ketchup & BBQ sauce Cornbread Muffin Whole Pear & Sweet Potato Chunks	Breakfast Cheese Omelet 100% Juice Lunch Teriyaki Beef Dippers Brown Rice Cauliflower Peach Cup	Breakfast Breakfast Bar & Orange Lunch Corndog with Ketchup & Mustard Cucumber & Banana	Breakfast Chef's Choice Lunch Chef's Choice 	Breakfast Whole Grain Maple Bar Cucumber Lunch Build your own Taco Tater Tots & Salsa	Breakfast Bagel & Cream Cheese 100% Juice Lunch Teriyaki Beef Dippers Brown Rice Whole Apple Carrots

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 kit distribution will be every Wednesday 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.

QUESTIONS? Call the Nutrition Services Office at 206-631-3010. Menu subject to change. This institution is an equal opportunity provider. Updated 12/18/2020