


Daily and 5-Day Meal Kit Menu May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2	3 A&B Sack Lunch	4 A&B Sack Lunch	5	6	7 School Lunch Hero Day!	8
Breakfast Mini Cinnis Whole Apple Lunch 'Make your own' Chicken or Tofu Banh Mi Sandwich Radishes & Carrots	Breakfast Whole Grain Cereal String Cheese Juice Lunch *Hot Chicken Tenders with BBQ sauce Popcorn Celery with Ranch Raisins	Breakfast Whole Grain Maple Bar Hardboiled Egg Orange, whole Lunch *Hot Cheese Burger with Ketchup & Mustard Chips Apple Slices Carrots	Breakfast Oatmeal with Brown Sugar & Cinnamon & Diced Peaches Lunch 'Make your own' Cheese Quesadilla Avocado Salsa	Breakfast Whole Grain Cereal Apple Slices Lunch 'Walking Taco' Fritos with Taco Meat or Black Beans & Shredded Cheese Avocado Salsa	Breakfast Colby Cheese Omelet & Toast with Jam Orange Lunch Corndog With Ketchup & Mustard Or Cheese Breadstick Carrots with Ranch Apple	Breakfast Blueberry Muffin Carrots Breakfast for Lunch Omelet Apple Cinnamon Texas Toast Strawberry Cup & Cucumber
9	10 A&B Sack Lunch	11 A&B Sack Lunch	12	13	14	15
Breakfast 'Make your own' Egg Breakfast Sandwich & Grapefruit Lunch French Bread Pizza Cucumber with Ranch & Pear	Breakfast Bagel & Cream Cheese Fresh Strawberries Lunch *Hot Cheese Pizza Slice Bell Pepper Slices With Ranch Tangerine	Breakfast Homemade Cinnamon Roll Hard boiled Egg Fresh Strawberries Lunch Chicken Caesar Salad Shaker Cup Savory Crackers Cherry tomatoes	Breakfast Mini Cinnis Apple Slices Lunch Turkey-Ham & Cheese Or Cheese Pizza Ripper with Ranch Pear & Craisins	Breakfast Strawberry Banana Smoothie Pack with Oats Lunch PB & J Sandwich String Cheese Tangerines Celery	Breakfast French Toast Blueberries Lunch Cheese Lasagna Roll—Up With Marinara Sauce Garlic Toast Green Beans & Carrots	Breakfast Strawberry Banana Smoothie Pack with Oats Lunch Galaxy Cheese Pizza Grapefruit Green Beans
16	17 A&B Sack Lunch	18 A&B Sack Lunch	19	20	21	22
Breakfast Hardboiled Egg & Toast with Jam Orange Lunch Turkey Hot Dog Or Veggie Nuggets Crackers Ketchup & Mustard Grapefruit Celery	Breakfast Cereal Bar Banana Lunch Homemade Turkey & Cheese Hoagie With Mayo & Mustard Fritos Apple Slices Raisins	Breakfast Whole Grain Cereal Juice Lunch *Hot Spicy Chicken Burger with Ketchup Sunchips Tangerines & Carrots with Ranch	Breakfast Oatmeal with Brown Sugar & Cinnamon & Diced Peaches Lunch Wowbutter Sandwich Apple & Carrots	Breakfast Omelet & Toast with Jam Tangerines Lunch Chicken Tenders Or Veggie Nuggets Ketchup Local WA Asparagus & Raisins	Breakfast Whole Grain Cereal Apple Lunch Cheese Pizza Bell Pepper & Onion	Breakfast Mini Cinnis Carrots Lunch Fish Tacos Shredded Red Cabbage & Pineapple

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23	24 A&B Sack Lunch	25 A&B Sack Lunch	26	27	28	29
Breakfast Whole Grain Cereal Diced Pear Lunch Breaded Chicken Drumstick Or Chef's Choice SunChips Bell Pepper & Local WA Asparagus	Breakfast Mini Cinnis Applesauce Lunch Taco Salad Shaker Cup with Taco meat or Black Beans Apple Slices & Chips	Breakfast Hardboiled Egg Cereal Bar Orange Lunch Chicken Tenders with Ketchup Cheez-Its Cucumber Slices & Carrots with Ranch Fruit Cup Homemade Chocolate Chip Cookie	Breakfast Green Smoothie Pack with Oats Lunch Cheese Lasagna Roll-Up Garlic Toast Green Beans Pear	Breakfast Cereal Whole apple Lunch Meatball Sub Sandwich Or PB & J & String Cheese Tater Tots Cherry Tomatoes	Breakfast Confetti Pancakes Mixed Fruit Lunch Orange Chicken or Tofu with Orange Sauce Brown Rice Mixed Peas & Corn Broccoli	Breakfast Green Smoothie Pack with Oats Lunch Hamburger or Veggie Burger Tater tots Cherry Tomatoes
30	31 A&B Sack Lunch	June 1 A&B Sack Lunch	Daily Vegetarian Options : 1. PB & J with String Cheese + Fruit + Vegetable + Milk 2. Protein Box includes: Hardboiled Egg, Cheese, Crackers/Chips, Apple Slices, Carrots & Milk			
Breakfast Omelet & Toast with Jam Cherry Tomatoes Lunch Orange Chicken or Tofu With Brown Rice Mixed Peas and Corn Grapefruit	Memorial Day No School	Breakfast Whole Grain Cereal Juice Lunch *Hot Cheese Pizza Slice Bell Pepper Slices With Ranch Tangerine			Free Summer Meals for Kids and Teens! Summer meals start June 28, 2021 and will be available at various school locations and community sites.	

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.

5-day Meal Kits are distributed every Wednesday. Please see our website for locations and pick-up times. Each kit includes 5 breakfast meals and 5 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 4/30/2021