



7-Day Meal Kit Menu

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2	3	4	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 Chef's Choice Lunch Chef's Choice	Breakfast Chef's Choice Lunch Chef's Choice	Breakfast Oatmeal with Brown Sugar & Cinnamon & Diced Peaches Lunch 'Make your own' Cheese Quesadilla Avocado Cherry Tomato	Breakfast Whole Grain Cereal Apple Slices Lunch 'Walking Taco' Fritos with Taco Meat or Black Beans & Shredded Cheese Avocado Cherry Tomatoes	Breakfast Colby Cheese Omelet & Toast with Jam Orange Lunch Corndog With Ketchup & Mustard Or Cheese Breadstick Carrots & Celery with Ranch	Breakfast Whole Grain Maple Bar Carrots Breakfast for Lunch Omelet Apple Cinnamon Texas Toast Strawberry Cup & Cucumber
9	10	11	12	13	14	15
Breakfast 'Make your own' Egg Breakfast Sandwich & Grapefruit Lunch French Bread Pizza Cucumber and Celery with Ranch	Breakfast Chef's Choice Lunch Chef's Choice	Breakfast Chef's Choice Lunch Chef's Choice	Breakfast Homemade Cinnamon Roll Hard boiled Egg & Apple Slices Lunch Chicken Caesar Shaker Cup Or Caesar Shaker Cup with Beans String cheese Savory Crackers & 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 Fresh Strawberries & Carrots	Breakfast Strawberry Banana Smoothie Pack with Oats Lunch Galaxy Cheese Pizza Strawberries & Broccoli
16	17	18	19	20	21	22
Breakfast Hardboiled Egg & Toast with Jam & Orange Lunch Turkey Hot Dog Or Veggie Nuggets Crackers Ketchup & mustard Strawberries & Celery	Breakfast Chef's Choice Lunch Chef's Choice	Breakfast Chef's Choice Lunch Chef's Choice	Breakfast Oatmeal with Brown Sugar & Cinnamon & Diced Peaches Lunch Homemade Turkey & Cheese Hoagie With Mayo & Mustard Or Wowbutter Sandwich Apple Slices & Raisins	Breakfast Omelet & Toast with Jam Tangerines Lunch Chicken Tenders Or Veggie Nuggets WA Local Asparagus & Applesauce	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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May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	29
Breakfast Whole Grain Cereal Diced Pear Lunch Breaded Chicken Drumstick Or Chef's Choice SunChips Bell Pepper & Asparagus	Breakfast Chef's Choice Lunch Chef's Choice	Breakfast Chef's Choice Lunch Chef's Choice	Breakfast Green Smoothie Pack with Oats Lunch Taco Salad shaker cup with Ground Beef or Black Beans Whole Grain Chips Apple Slices	Breakfast Whole Grain Cereal Apple Lunch 'Make your own' 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 Homemade Chocolate Chip Cookie
30	31	June 1	  <p>Free Summer Meals for Kids and Teens! Summer meals start June 28, 2021 and will be available at various school locations and community sites.</p>			
Breakfast Omelet & Toast with Jam Cherry Tomatoes Lunch Orange Chicken or Tofu with Orange Sauce With Brown Rice Mixed Peas and Corn Grapefruit	Memorial Day No School Breakfast Chef's Choice Lunch Chef's Choice	Breakfast Chef's Choice Lunch Chef's Choice				

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.

7-day Meal Kits are distributed every Monday, Wednesday, and Thursday. Please see our website for locations and 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 4/30/2021

