



7-Day Meal Kit Menu

June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 30	May 31	June 1	2	3	4	5
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 Chef's Choice Lunch Chef's Choice	Breakfast Chef's Choice Lunch Chef's Choice	Breakfast Oatmeal with brown sugar and Cinnamon Diced Peaches Lunch 'Make your own' Cheese Quesadilla Celery Onion	Breakfast Whole Grain Cereal Apple Slices Lunch 'Make your own Taco' Taco Meat Or Black Beans With Shred Cheese Salsa & Fritos Celery & Onion	Breakfast Omelet & Toast with jam Apricots Lunch Hamburger or Veggie Burger Whole Potato Tangerines	Breakfast Whole Grain Maple Bar Carrots Breakfast for Lunch Omelet Apple Cinnamon Texas Toast Grapefruit Broccoli
6	7	8	9	10	11	12
Breakfast Waffle & Strawberry Cup Lunch Cheese Pizza Whole Apple Tangerines	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 French Bread Pizza Applesauce Broccoli	Breakfast Whole Grain Cereal WA Plum Lunch PB & J Sandwich String Cheese Tangerines Celery	Breakfast French Toast & Blueberries Lunch Cheese Lasagna Roll-Up & Garlic Toast Fresh Strawberries Carrots	Breakfast Whole Grain Cereal WA Plum Lunch BBQ Rib Patty Sandwich Or Cheese Breadsticks with Marinara Blueberries & Strawberries
13	14	15	Wednesday, June 16th — Tuesday, June 22nd			
Breakfast Hardboiled Egg & Toast with jam Orange, whole Lunch Turkey Hot Dog Or Veggie Nugget Cracker Ketchup & Mustard Strawberries & Celery	Breakfast Chef's Choice Lunch Chef's Choice	Breakfast Chef's Choice Lunch Chef's Choice	 School Lunch Favorites Meal Kit Includes 7 Breakfasts & 7 Lunches 			

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 5/28/2021