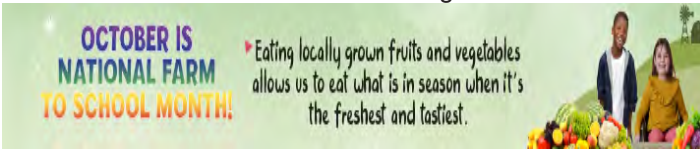


LUNCH MENU 1

Middle Schools, ICS, & STEM

October 9th - 13th

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



- MONDAY** Spice House with Vegetarian Option
- TUESDAY** Fiesta Nachos with Vegetarian Option
- WEDNESDAY** Spice House with Vegetarian Option
- THURSDAY** Fiesta Nachos with Vegetarian Option
- FRIDAY** Noodle Bowl with Vegetarian Option



Every Day Choices

- Cheese Stuffed Breadsticks with Spaghetti Sauce(v)*
- Cheese Pizza Slice(v)*
- Pepperoni Pizza Slice*

- MONDAY** Sausage Pizza
- TUESDAY** Buffalo Chicken Pizza
- WEDNESDAY** Supreme Pizza
- THURSDAY** Hawaiian Pizza
- FRIDAY** Meatlover's Pizza



BIG-CITY BITES

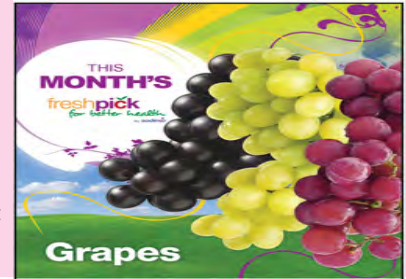
Special Menu Item Offered Every Other Monday

- MONDAY** Celebrate Seattle with Chicken Teriyaki Rice Bowl
- TUESDAY** Glazed Chicken Drumstick with Rolls & Mixed Veg
- WEDNESDAY** WG Popcorn Chicken & Mashed Potato Bowl
- THURSDAY** Macaroni Pasta with Meat Sauce and Roasted Broccoli & Carrots
- FRIDAY** WG Chicken & Waffles with Sweet Potato Fries



Garden Greens plus a variety of Fresh & Canned Fruits & Vegetables. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk offered with all meals.

THRIVE SIDES OFFERED DAILY WITH LUNCH CHOICES



Daily Classic Grill Fare with Fries

- Vegetarian Burger*
- WG Chicken Patty Burger Spicy WG*
- Chicken Patty Burger Hamburger*
- Cheeseburger*



- MONDAY** Grilled Cheese Sandwich(v)
- TUESDAY** Turkey Hot Dog
- WEDNESDAY** BBQ Pulled Pork Sandwich
- THURSDAY** Roasted Mushroom Swiss Burger
- FRIDAY** Fishstick Po' Boy Sub(v)



Check out your NEW! Fast Takes Items

- Fiesta Dip Box(v)*
- Classic Hummus with Flatbread(v)*
- Protein PowerUp Box*
- Deli Bento Box with Flatbread*

- MONDAY** Fiesta Dip Box(v)
Chef Salad with Rolls
Turkey & Cheese Sub
Crispy WG Chicken Wrap
- TUESDAY** Strawberry Banana Parfait Cup(v)
Hearty Garden Veg Salad with Rolls
American Sub
Chicken Caesar Wrap
- WEDNESDAY** Classic Hummus Box with Flatbread(v)
Crispy WG Chicken Salad with Rolls
Italian Sub
Buffalo Chicken Wrap
- THURSDAY** Protein PowerUp Box
Chicken Caesar Salad with Rolls
Turkey & Cheese Sub
Crispy WG Chicken Wrap
- FRIDAY** Deli Bento Box with Flatbread
Garden Fiesta Salad(v) with Rolls
(Turkey) Ham & Cheese Sub
Chicken Caesar Wrap

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Nutrition Information is available upon request.

