

Elementary May 2017

Monday	Tuesday	Wednesday	Thursday	Friday															
1 Breakfast Mini Pancakes Lunch General Tso's Chicken w/ Brown Rice OR Bean & Cheese Burrito	2 Breakfast Egg, Turkey Sausage, & Toast Lunch Cheeseburger OR Cheese Breadsticks	3 Breakfast Oatmeal Lunch BBQ Chicken Leg w/ Honey-Corn Biscuit OR Hummus Munchable	4 Breakfast Breakfast Pizza Lunch Fish Sandwich OR Toasted Cheese ■ (Sauce)	5 Breakfast Yogurt Parfait Lunch Chicken Fajitas OR Veggie Burger															
8 Breakfast Mini Pancakes Lunch Chicken Burger OR Cheese Breadsticks	9 Breakfast Breakfast Quesadilla Lunch French Bread Pizza with or without Chicken Pepperoni	10 Breakfast Mini Turkey Footballs Lunch BBQ Shredded Chicken Sandwich OR Toasted Cheese ■ (Sauce)	11 Breakfast Waffle Sticks Lunch Beef & Broccoli w/ Brown Rice OR Veggie Burger	12 Breakfast Peach Buckle Lunch Chicken Tetrastini w/ Focaccia Bread OR Bagel Munchable															
15 Breakfast Egg, Turkey Sausage, & Toast Lunch Fish & Chips w/ Roll OR Toasted Cheese ■ (Sauce)	16 Breakfast Mini Pancakes Lunch Cheese Ravioli w/ Garlic Toast OR Fiesta Rice Bowl	17 Breakfast Cinnamon Roll Lunch Beef Teriyaki Dippers w/ Brown Rice OR Cheese Breadsticks	18 Breakfast Egg & Cheese Muffin Lunch BBQ Chicken w/ Honey-Corn Biscuit OR Veggie Burger ■ (Sauce)	19 Breakfast Yogurt Parfait Lunch Chicken Corn Dog OR Cheese Quesadilla															
22 Breakfast Turkey Sausage Wrap Lunch Chicken Nuggets w/ WW Roll OR Cheese Pizza	23 Breakfast Mini Pancakes Lunch Grilled Turkey-Ham & Cheese Sandwich OR Veggie Burger	24 Breakfast Breakfast Pizza Lunch Pancakes, Turkey Sausage & Hash Browns OR Cheese Breadsticks	25 Breakfast Turkey Sausage & Cheese Sandwich Lunch Beef or Cheese Nachos	26 Breakfast Blueberry Buckle Lunch Chef's Choice OR Hummus Munchable															
29 Memorial Day No School	30 Breakfast Mini Pancakes Lunch Bean & Cheese Burrito OR Cheese Breadsticks	31 Breakfast Egg, Turkey Sausage, & Toast Lunch Fish Sandwich OR Bagel Munchable ■ (Sauce)	PRICING <table border="1"> <thead> <tr> <th></th> <th>Lunch</th> <th>Breakfast</th> </tr> </thead> <tbody> <tr> <td>Elementary School</td> <td>\$3.00</td> <td>\$2.00</td> </tr> <tr> <td>Middle School</td> <td>\$3.25</td> <td>\$2.25</td> </tr> <tr> <td>Reduced:</td> <td colspan="2">No Charge</td> </tr> <tr> <td>Adult:</td> <td>\$4.75</td> <td>\$3.25</td> </tr> </tbody> </table>			Lunch	Breakfast	Elementary School	\$3.00	\$2.00	Middle School	\$3.25	\$2.25	Reduced:	No Charge		Adult:	\$4.75	\$3.25
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LUNCH CHOICES: All entrées served with fresh fruit and vegetable salad bar & choice of 1%, non-fat, or non-fat chocolate rBST hormone-free milk.

BREAKFAST CHOICES: A nutritious breakfast is served daily at your child's school. In addition to the primary entrée mentioned on the menu, students may also select from a variety of low-sugar cereals, 100% whole-wheat toast, fresh and canned fruits

FREE BREAKFAST SCHOOLS: All students, regardless of eligibility for free, reduced, or full-priced meals, can enjoy breakfast daily at no cost in these Seattle schools for the 2016-17 school year: Concord, Roxhill & Van Asselt.

COMMUNITY ELIGIBILITY PROVISION (CEP): All students can enjoy breakfast & lunch daily at no cost in these Seattle elementary schools for the 2016-17 school year: Baily Gatzert, Dunlap, Emerson, Martin Luther King Jr. & West Seattle Elementary

UNIVERSAL BREAKFAST: All students can enjoy breakfast daily at no cost in these Seattle elementary schools: Dearborn Park, Lowell, & Wing Luke.

■ = Made From Scratch!

This institution is an equal opportunity provider and employer.

Recipe of the Month Homemade Hummus

Makes 2 cups (8 servings)

Ingredients

- 1 (15 oz.) can garbanzo beans
- 1 Tbsp. lemon juice
- 3½ Tbsp. tahini
- 4 cloves garlic (1 1/2 Tbsp. minced)
- ¼ cup water
- ¼ tsp. black pepper
- ¼ tsp. salt

Directions

1. Place all ingredients into a food processor or blender.
2. Pulse several times until all ingredients are blended together and the mixture appears smooth.
3. Serve with crackers, flat bread, fruits, and veggies!



What's Growing In Washington This Month?

