

Elementary May 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Elementary Lunch 3.00 Breakfast 2.00 Secondary 3.25 2.25 Reduced No Charge Adult 4.75 3.25</p> <p>Menus are subject to change This is an equal opportunity provider and employer</p>	<p>1 Breakfast Breakfast Quesadilla</p> <p>Lunch Beef Teriyaki Dippers w/ Brown Rice OR Toasted Cheese</p>	<p>2 Breakfast Yogurt Parfait</p> <p>Lunch Chicken Nuggets w/ Giant Goldfish OR Cheese Pizza</p>	<p>3 Breakfast Mini Pancakes</p> <p>Lunch Pasta Carbonara OR Veggie Burger</p> <p><i>*Red Velvet Cookie*</i></p>	<p>4 Breakfast Egg & Cheese Muffin</p> <p>Lunch Fiesta Rice & Bean Bowl OR Bean & Cheese Burrito</p>
<p>7 Breakfast Breakfast Pizza</p> <p>Lunch Chicken Burger OR Bagel Munchable</p>	<p>8 Breakfast Oatmeal</p> <p>Lunch General Tso's Chicken w/ Brown Rice OR Veggie Burger</p>	<p>9 Breakfast Egg & Cheese Muffin</p> <p>Lunch Pancakes, Eggs, & Hash Browns OR Cheese Quesadilla</p>	<p>10 Breakfast Breakfast Egg Wrap</p> <p>Lunch Chicken Gyro w/ Tzatziki Sauce OR Cheese Breadsticks</p>	<p>11 Breakfast Blueberry Buckle</p> <p>Lunch Veggie Chili w/ Tortilla Chips OR Cheese Pizza</p>
<p>14 Breakfast Turkey Sausage Wrap</p> <p>Lunch Beef & Cheese Burrito OR Cheese Quesadilla</p>	<p>15 Breakfast Breakfast Pizza</p> <p>Lunch Chicken Nuggets w/ Giant Goldfish OR Cheese Breadsticks</p>	<p>16 Breakfast Mini Pancakes</p> <p>Lunch Cheesy Lasagna Roll Ups w/ Marinara & Focaccia Bread OR Veggie Burger</p> <p><i>*3-Bean Asparagus Salad*</i></p>	<p>17 Breakfast Egg Omelet & Toast</p> <p>Lunch French Bread Pizza w/ or w/o Chicken Pepperoni OR Hummus Munchable</p>	<p>18 Breakfast Mini Turkey Footballs</p> <p>Lunch Savory Chicken Leg w/ Mashed Potatoes, Gravy & WW Roll OR Bean & Cheese Burrito</p>
<p>21 Breakfast Oatmeal</p> <p>Lunch Hamburger/Cheeseburger OR Bagel Munchable</p>	<p>22 Breakfast Yogurt Parfait</p> <p>Lunch Grilled Turkey Ham & Cheese Sandwich OR Cheese Quesadilla</p>	<p>23 Breakfast Egg & Cheese Muffin</p> <p>Lunch Baja Fish Sticks w/ Fries OR Cheese Pizza</p>	<p>24 Breakfast Breakfast Pizza</p> <p>Lunch Beef or Cheese Nachos OR Toasted Cheese</p>	<p>25 Breakfast Cinnamon Rolls</p> <p>Lunch BBQ Chicken w/ WW Roll OR Veggie Burger</p> <p><i>*Double Fudge Cookie*</i></p>
<p>28 Memorial Day</p> <p>COMMUNITY ELIGIBILITY PROVISION (CEP): All students can enjoy breakfast & lunch daily at no cost in these Seattle elementary schools for the 2017-18 school year: Bailey Gatzert, Dunlap, Emerson, Martin Luther King Jr. & West Seattle Elementary</p>	<p>29 Breakfast Mini Turkey Footballs</p> <p>Lunch Chicken Nuggets w/ Giant Goldfish OR Bean & Cheese Burrito</p>	<p>30 Breakfast Egg Omelet & Toast</p> <p>Lunch Beef Teriyaki Dippers w/ Brown Rice OR Cheese Breadsticks</p>	<p>31 Breakfast Mini Pancakes</p> <p>Lunch Penne Chicken Alfredo OR Veggie Burger</p>	<p>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: Concord, Dearborn Park, Lowell, Northgate, Olympic Hills, Sanislo, Van Asselt, & Wing Luke.</p>

= **Scratch Made**

Recipe of the Month: Three Bean Asparagus Salad

Prep Time- 15 mins | Total Time- 15 mins
Makes approx. 6 cups

INGREDIENTS

1 bunch cooked asparagus, cut into 1-2 inch pieces
1 (15 oz) can kidney beans, drained & rinsed
1 (15 oz) can garbanzo beans, drained & rinsed
1 (15 oz) can great northern beans, drained & rinsed
2-3 Tbsp. fresh parsley, roughly chopped
1/4 cup raw sunflower seeds
1/2 cup apple cider vinegar
2 Tbsp. minced shallot
1 Tbsp. honey
Salt & pepper to taste

DIRECTIONS

1. In a large bowl, combine the beans, asparagus, seeds, and parsley.
2. In a measuring cup, whisk together the vinegar, shallot, honey, salt, and pepper.
3. Pour the vinaigrette over the bean mixture and toss to coat.
4. Serve immediately, or place in the fridge in a covered container for up to one week

NOTES

This salad is great spooned directly onto a plate, on top of a pile of salad greens, or in a lettuce leaf bowl!



Adapted from <http://dailydoseofgreens.com>



Asparagus

Have you ever seen how asparagus grows? Asparagus grows in individual stocks, kind of like blades of grass coming out of the ground. The only way to harvest asparagus is to bend over and pick it out of the ground— no trucks or machines involved! It takes nearly 3 years after asparagus has been planted to reach maturity so that it can be harvested for the full season. Each plant can live up to 15 years!

Washington State is amongst the top growers of asparagus in the United States along with California and Michigan. Washington asparagus grows well in the Columbia Valley because of the hot summer days with the cool breezy nights. Workers pick and pack all asparagus by hand, whether they get packed into jars or wrapped into bunches to sell at grocery stores.

Did you know? Green and white asparagus come from the same plant! Exposure to sunlight turns the stalks green. When dirt is piled on top of the plant, photosynthesis is inhibited and the stalks remain white.

Washington asparagus is an excellent source of Vitamin C, Vitamin B6, Vitamin K, and Thiamin! It is also high in Folic Acid, which helps prevent changes to DNA that may lead to cancer. According to the American Institute for Cancer Research's expert report, foods high in folate may lower risk of cancers of the colon, pancreas, and esophagus. Asparagus also provides Vitamin C and beta-carotene, foods high in these nutrients may offer additional cancer protection.

Did you know? Asparagus is a member of the lily family and is related to garlic, onions, and leeks!

The 3rd Annual Asparagus Festival is on May 12th, 2018 from 5-10pm!
Middleton Farms—1050 Pasco-Kahlotus Rd., Pasco, WA
Asparagus Ice Cream—Deep Fried Asparagus—Pickled Asparagus

Adapted from wafarmtoschool.org & waasparagus.com