

Secondary May 2018



Daily Breakfast Options

- ◇ Whole Grain Cereal
- ◇ Whole Wheat Toast
- ◇ Muffins & Bagels
- ◇ Hot Savory Sandwiches
- ◇ Rotating Favorites
- ◇ All served w/ fruit & milk

Daily Lunch Entrées

Grill *Served on a whole-wheat bun

- ◇ Cheeseburger
- ◇ Hamburger
- ◇ Fish Burger
- ◇ Chicken Burger
- ◇ Veggie Burger

Pizza

- ◇ Cheese
- ◇ Chicken-Pepperoni
- ◇ Specialty Varieties

Other

- ◇ Peanut Butter or Sunbutter & Jelly w/ Cheese Stick
- ◇ Bean & Cheese Burrito

Lunch On-The-Go

Sandwiches:

- ◇ M- Italian Combo
- ◇ T- Roast Turkey & Swiss
- ◇ W- Turkey-Ham & Cheddar
- ◇ TH- Turkey-Pastrami & American
- ◇ F- Turkey & American

Salads:

- ◇ M- Yogurt & Muffin
- ◇ T- Rotating Specialty OR Veggie Salad
- ◇ W- Chicken Caesar OR Veggie Salad
- ◇ TH- Rotating Specialty OR Veggie Salad
- ◇ F- Chicken Caesar OR Veggie Salad

GET SMART. EAT BREAKFAST!

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 2017-18 school year: Aki Kurose, South Lake High School, & Seattle World School.

All lunch entrees include a trip through the fresh fruit & vegetable bar, plus your choice of 1%, non-fat, or non-fat chocolate rBST hormone-free milk.

	Lunch	Breakfast
Elementary	3.00	2.00
Secondary	3.25	2.25
Reduced	No Charge	
Adult	4.75	3.25

	Monday	Tuesday	Wednesday	Thursday	Friday
	Menus are subject to change This is an equal opportunity provider and employer	1 Beef Teriyaki Dippers w/ Brown Rice	2 Chicken Tenders w/ Fries & WW Roll	3 Pasta Carbonara w/ Garlic Toast *Red Velvet Cookie*	4 Fiesta Rice & Bean Bowl
7	Spicy Buffalo Wings w/ Roasted Potatoes & WW Roll	8 Salisbury Steak w/ Mashed Potato, Gravy, & Corn	9 Pancakes, Eggs, & Hash Browns	10 Chicken Gyro w/ Tzatziki & Fries	11 Veggie Chili w/ Tortilla Chips
14	General Tso's Chicken w/ Brown Rice	15 Chipotle Meatball Sub	16 Lasagna Cheese Roll Ups w/ Meat Sauce & Focaccia Bread	17 Savory Chicken Leg w/ Mashed Potatoes & WW Roll	18 Chicken & Waffles
21	Grilled Turkey-Ham & Cheese Sandwich	22 Beef & Broccoli over Brown Rice	23 Chicken Corndog w/ Fries	24 Beef or Cheese Nachos	25 BBQ Chicken w/ WW Roll
28	Memorial Day	29 Beef Teriyaki Dippers w/ Brown Rice	30 Alaskan Breaded Fish & Chips w/ Garlic Toast	31 Penne Chicken Alfredo	*Double Fudge Cookie*

= Vegetarian

= 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