

# 20 OCTOBER



Whole Wheat Toast,  
Fruit and/or  
100% Fruit Juice



And Milk Served Daily  
at Breakfast.

Alternate Daily  
Lunch Choice



Local organic  
yogurt,  
bread du Jour,  
fresh fruits &  
vegetables.

Hit a  
3-pointer  
with  
School  
Lunch!



<p><b>MONDAY</b> BREAKFAST ENTRÉE Hot Cereal or Assorted Cold Cereal</p> <p><b>A) Chicken Nuggets</b> <b>B) Italian Hot Pocket</b> Hot Corn Niblets Garden Salad Baby Carrots *Local Kool Kiwi Fruit Honey &amp; Oat Giant Goldfish</p>	<p><b>TUESDAY</b> BREAKFAST ENTRÉE Grilled French Toast Sticks <sup>w</sup>Syrup</p> <p><b>A) Breaded Chicken Burger on Multigrain Bun</b> <b>B) Chili Cheese Wrap</b> Garden Salad Cucumber Coins *Local Plump Pluot *Local 100% Fruit Juice</p>	<p><b>WEDNESDAY</b> BREAKFAST ENTRÉE Bagel-ful <sup>w</sup>Cream Cheese Filling</p> <p><b>A) Beef Teriyaki Dippers</b> <b>B) Mozzarella Cheese Breadsticks</b> <sup>w/w/o</sup>Marinara Sauce Steamed Brown Rice Garden Salad Sugar Snap Peas Seedless Grapes Citrus Fruit Bites</p>	<p><b>THURSDAY</b> BREAKFAST ENTRÉE Egg &amp; Cheese Breakfast Muffin</p> <p><b>A) Teriyaki Chicken</b> <b>B) Breaded Fish Sandwich on Multigrain Bun</b> <sup>w/w/o</sup>Tartar Sauce Fried Brown Rice <sup>w</sup>Peas &amp; Carrots Garden Salad Bell Pepper Strips Petite Banana</p>	<p><b>FRIDAY</b> BREAKFAST ENTRÉE Smokie Roll ®</p> <p><b>A) Whole Grain Turkey Corndog</b> <b>B) Homemade Macaroni &amp; Cheese</b> Garden Salad Baby Carrots *Local Chilled Mixed Fruit Seasonal Fresh Fruit Pudding Cup</p>
<p><b>MONDAY</b> BREAKFAST ENTRÉE Hot Cereal or Assorted Cold Cereal</p> <p><b>A) Chicken Nuggets</b> <b>B) Italian Hot Pocket</b> Hot Corn Niblets Garden Salad Baby Carrots *Local Kool Kiwi Fruit Honey &amp; Oat Giant Goldfish</p>	<p><b>TUESDAY</b> BREAKFAST ENTRÉE Pancake on a Stick</p> <p><b>A) Hamburger or Cheeseburger on a Multigrain Bun</b> <b>B) Bean &amp; Cheese Burrito</b> Garden Salad Cauliflower Crowns Kool Kiwi Fruit Snickerdoodle Cookie</p>	<p><b>WEDNESDAY</b> BREAKFAST ENTRÉE Whole Wheat Cinnamon Roll</p> <p><b>A) Turkey Ham &amp; Cheese Melt on Multigrain Bun</b> <b>B) Breaded Fish Nuggets</b> Seasoned Oven Potatoes Garden Salad Coleslaw <sup>w</sup>Purple Cabbage *Local Petite Banana</p>	<p><b>THURSDAY</b> BREAKFAST ENTRÉE Turkey Sausage &amp; Egg Hot Pocket</p> <p><b>A) Belgian Waffle Sticks</b> <sup>w/w/o</sup>Beef Sausage <b>B) Cheesy Egg Muffin</b> Garden Salad Cherry Tomatoes Chilled Applesauce Orange Wedges Plump Raisins</p>	<p>NO SCHOOL for Students</p> <p>Teacher In-Service</p>
<p><b>MONDAY</b> BREAKFAST ENTRÉE Hot Cereal or Assorted Cold Cereal</p> <p><b>A) Beef Ravioli</b> <b>B) Whole Grain Cheese Pizza</b> Garden Salad Baby Carrots *Local Crisp Washington Apple *Local Mini Animal Crackers</p>	<p><b>TUESDAY</b> BREAKFAST ENTRÉE Zac-o-Mega Breakfast Bar</p> <p><b>A) Chicken Caesar Salad</b> <sup>w</sup>Whole Wheat Roll <b>B) Whole Grain Cheese Pizza</b> Garden Salad Cucumber Coins Sliced Washington Apples *Local Goldfish Grahams</p>	<p><b>WEDNESDAY</b> BREAKFAST ENTRÉE Mini Pancakes <sup>w</sup>Syrup, Scrambled Eggs</p> <p><b>A) Beef Soft Taco</b> <sup>w</sup>Cheddar Cheese <b>B) Cheese Quesadilla</b> Garden Salad Jicama Sticks Kool Kiwi Fruit Dried Cherries *Local</p>	<p><b>THURSDAY</b> BREAKFAST ENTRÉE Egg &amp; Cheese Breakfast Biscuit</p> <p><b>A) Teriyaki Chicken</b> <b>B) Breaded Fish Sandwich on Multigrain Bun</b> <sup>w/w/o</sup>Tartar Sauce Fried Rice <sup>w</sup>Peas &amp; Carrots Garden Salad Sugar Snap Peas Petite Banana</p>	<p><b>FRIDAY</b> BREAKFAST ENTRÉE Smokie Roll ®</p> <p><b>A) Chicken Hot Dog</b> <b>B) Homemade Macaroni &amp; Cheese</b> Hot Corn Niblets Garden Salad Baby Carrots *Local Chilled Mixed Fruit Seasonal Fresh Fruit</p>
<p><b>MONDAY</b> BREAKFAST ENTRÉE Hot Cereal or Assorted Cold Cereal</p> <p><b>A) Chicken Drumsticks</b> <b>B) Penne Pasta</b> <sup>w</sup>Marinara Sauce Seasoned Oven Potatoes Garden Salad Baby Carrots *Local Seedless Grapes Cinnamon Bug Bites</p>	<p><b>TUESDAY</b> BREAKFAST ENTRÉE Belgian Waffles <sup>w</sup>Syrup, Beef Sausage</p> <p><b>A) Breaded Chicken Burger on Multigrain Bun</b> <b>B) Chili Cheese Wrap</b> Garden Salad Broccoli Florets Juicy Orange Wedges 100% Fruit Juice</p>	<p><b>WEDNESDAY</b> BREAKFAST ENTRÉE Lowfat Yogurt, Banana Bread</p> <p><b>A) Beef Teriyaki Dippers</b> <b>B) Mozzarella Cheese Breadsticks</b> <sup>w/w/o</sup>Marinara Sauce Steamed Brown Rice Garden Salad Cherry Tomatoes Kool Kiwi Fruit Citrus Fruit Bites</p>	<p><b>THURSDAY</b> BREAKFAST ENTRÉE Egg &amp; Cheese Breakfast Burrito</p> <p><b>A) Somali Spaghetti</b> <sup>w</sup>Meat Sauce <b>B) Veggie Burger</b> <sup>w/w/o</sup>American Cheese on Multigrain Bun Garden Salad Cucumber Coins *Local Petite Banana Mini Animal Crackers</p>	<p><b>FRIDAY</b> BREAKFAST ENTRÉE Bagel-ful <sup>w</sup>Cream Cheese Filling</p> <p><b>A) Roasted Turkey &amp; Cheese Wrap</b> <sup>w/w/o</sup>Shredded Lettuce &amp; Cabbage *Local <b>B) Breaded Fish Nuggets</b> Seasoned Oven Potatoes Garden Salad Baby Carrots *Local, Applesauce, Fresh Fruit, Chocolate Brownie</p>
<p><b>MONDAY</b> BREAKFAST ENTRÉE Hot Cereal or Assorted Cold Cereal</p> <p><b>A) Chicken Nuggets</b> <b>B) Italian Hot Pocket</b> Seasoned Oven Potatoes Garden Salad Baby Carrots *Local Crisp Washington Apple *Local Honey &amp; Oat Giant Goldfish</p>	<p><b>TUESDAY</b> BREAKFAST ENTRÉE Belgian Waffles <sup>w</sup>Syrup, Beef Sausage</p> <p><b>A) Breaded Chicken Burger on Multigrain Bun</b> <b>B) Chili Cheese Wrap</b> Garden Salad Broccoli Florets Juicy Orange Wedges 100% Fruit Juice</p>	<p><b>WEDNESDAY</b> BREAKFAST ENTRÉE Lowfat Yogurt, Banana Bread</p> <p><b>A) Beef Teriyaki Dippers</b> <b>B) Mozzarella Cheese Breadsticks</b> <sup>w/w/o</sup>Marinara Sauce Steamed Brown Rice Garden Salad Cherry Tomatoes Kool Kiwi Fruit Citrus Fruit Bites</p>	<p><b>THURSDAY</b> BREAKFAST ENTRÉE Egg &amp; Cheese Breakfast Burrito</p> <p><b>A) Somali Spaghetti</b> <sup>w</sup>Meat Sauce <b>B) Veggie Burger</b> <sup>w/w/o</sup>American Cheese on Multigrain Bun Garden Salad Cucumber Coins *Local Petite Banana Mini Animal Crackers</p>	<p><b>FRIDAY</b> BREAKFAST ENTRÉE Bagel-ful <sup>w</sup>Cream Cheese Filling</p> <p><b>A) Roasted Turkey &amp; Cheese Wrap</b> <sup>w/w/o</sup>Shredded Lettuce &amp; Cabbage *Local <b>B) Breaded Fish Nuggets</b> Seasoned Oven Potatoes Garden Salad Baby Carrots *Local, Applesauce, Fresh Fruit, Chocolate Brownie</p>



October 12-16, 2009  
National School Lunch Week



HARVEST OF THE MONTH  
Bingen Green & Purple Cabbage

Ⓟ Pork  
Soy is a common ingredient in foods served

ETHNIC ENTREE  
FEATURING Somali Cuisine

Ⓜ rBST hormone free 1% white milk and non-fat chocolate milk available with meals  
Ⓜ Variety of cold cereals available daily as an alternative breakfast option for students