



November, 2009

Monday	Tuesday	Wednesday	Thursday	Friday
2 Country Steak w/ Mashed Potatoes & Gravy	3 Chicken Drummies w/ Scalloped Potatoes	4 Chili Cheese Dog w/ Cheddar Cheese & Diced Onion	5 Mozzarella Pizza Stixs w/ Marinara, Caesar Salad	6 Roast Turkey Tetrazzini
9 Bean & Cheese Burrito w/ Spanish Rice	10 Toasted Turkey Ham & Cheese or Toasted Chs. w/ Tomato Soup	11 Veteran's Day Holiday	12 Whole Grain Chicken Egg Roll w/ Fried Rice	13 Savory Baked Chicken Leg w/ Homemade Macaroni & Cheese
16 Whole Grain Turkey Corndog w/ Oven Potatoes	17 Sweet & Sour Meatballs w/ Steamed Rice	18 Chicken Nuggets w/ Mashed Potatoes & Gravy	19 Breaded Alaskan Fish w/ Oven Potatoes & Coleslaw	20 Beef Teriyaki Dippers w/ Steamed Rice
23 French Dip w/ Au Jus on Toasted Hoagie	24  Holiday Lunch	25  Chef's Choice	26 Thanksgiving Holiday	27 No School Today!
30 Cheese Quesadilla w/ Spanish Rice & Refried Beans				

Daily Entree Specials for Middle & High Schools!

	Grill	Grab & Go Salads	Grab & Go Sandwiches	Pizza
Monday	Breaded Chicken Sandwich	Chef Salad	Roast Turkey & Cheddar	Pepperoni & Cheese Pizza served daily
Tuesday	Hamburger or Cheeseburger	Chicken Caesar Salad	Turkey, Turkey Ham & Am. Sub	
Wednesday	Spicy Chicken Sandwich	Beef Taco Salad	Turkey Pastrami & Swiss	
Thursday	Hamburger or Cheeseburger	Asian Chicken Noodle Salad	Turkey, Turkey Ham & Am. Sub	
Friday	Breaded Chicken or Fish Sandwich	Chicken Caesar Salad	Turkey Ham & Cheese Wrap	

Middle & High School Lunch Prices
 Student: \$2.50
 Reduced: No Charge
 Adult: \$4.00
 Menu subject to change

*Vegetarian Salads & Sandwiches along with Organic Yogurt available daily.

*All entrees include your choice of fresh fruits, vegetables & garden salad.

*rBST artificial hormone-free milk served in all Seattle schools.