

September, 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Welcome back to school...</i>		9 Mozzarella Breadsticks w/ Marinara Sauce	10 Whole Grain Chicken Corndog w/ Oven Potatoes	11 Bean & Cheese Burrito w/ Spanish Rice
14 Chicken Drumsticks w/ Scalloped Potatoes	15 Toasted Turkey Ham & Cheese or Toasted Cheese	16 Whole Grain Chicken Egg Roll w/ Fried Rice	17 Beef & Bean Soft Taco	18 Teriyaki Chicken w/ Steamed Rice
21 Hot Italian Meatball Sub	22 Breaded Fish w/ Oven Potatoes & Coleslaw	23 Vietnamese Sandwich on French Roll	24 Beef Teriyaki Dippers w/ Steamed Rice	25 Spaghetti w/ Meat Sauce & Caesar Salad
28 Meatloaf w/ Mashed Potatoes & Gravy	29 Fajita Chicken w/ Steamed Rice & Flour Tortilla	30 Jumbo Turkey Hot Dog w/ Oven Baked Beans		

Daily Entree Specials for Middle & High Schools

	Grill	Grab & Go Salads	Grab & Go Sandwiches	Pizza
Monday	Breaded Chicken Sandwich	Chef Salad* *beginning 9-14	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 *beginning 9-16	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.