

Secondary October 2019



Daily Breakfast Options	Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> ◇ Whole Grain Cereal ◇ Whole Wheat Toast ◇ Muffins & Bagels ◇ Hot Savory Sandwiches ◇ Rotating Favorites ◇ All served w/ fruit & milk 	30 BBQ Chicken w/ Mashed Potatoes and WW Roll	1 Chicken Teriyaki over Brown Rice	2 Chicken Corndog with Fries	3 Italian Meatball Sub Sandwich	4 <i>Ingraham HS's Chicken Quesadilla's with Pico de Gallo</i>
<p>Daily Lunch Entrées</p> <p>Grill *Served on a whole-wheat bun</p> <ul style="list-style-type: none"> ◇ Cheeseburger ◇ Hamburger ◇ Fish Burger ◇ Chicken Burger ◇ Veggie Burger ◇ Chicken Tenders w/ WW Roll <p>Pizza</p> <ul style="list-style-type: none"> ◇ Cheese ◇ Chicken-Pepperoni ◇ Specialty Varieties <p>Other</p> <ul style="list-style-type: none"> ◇ Peanut Butter or Sunbutter & Jelly w/ Cheese Stick ◇ Bean & Cheese Burrito 	7 Chicken Tenders, Fries, & WW Roll	8 Chicken Alfredo with Garlic Toast	9 100% Beef Hot Dog with Potato Salad	10 Sweet & Sour Chicken with Rice & Egg Roll	11 NO SCHOOL
<p>Lunch On-The-Go</p> <p>◇ Sandwiches:</p> <ul style="list-style-type: none"> ◇ M- Italian Combo ◇ T- Roast Turkey & Swiss ◇ W- Turkey-Ham & Cheddar ◇ TH- Turkey-Pastrami & American ◇ F- Turkey & American <p>◇ Salads:</p> <ul style="list-style-type: none"> ◇ M- Yogurt & Muffin ◇ T- Rotating Specialty OR Veg Salad ◇ W- Chicken Caesar OR Veg Salad ◇ TH- Rotating Specialty OR Veg Salad ◇ F- Chicken Caesar OR Veg Salad 	14 Chicken & Waffles	15 <i>Beef & Broccoli Stir Fry with Brown Rice</i>	16 Grilled Cheese with Tomato Soup	17 <i>Turkey Ham & Cheese Melt</i>	18 <i>Roosevelt HS's Chicken & Rice with Focaccia Bread</i>
	21 Chicken Tenders w/ Fries & WW Roll	22 Cheese Quesadilla	23 Penne Marinara with Beef Meatballs and Garlic Toast	24 Fish & Chips with Garlic Toast	25 <i>West Seattle HS's Chicken Street Tacos with Cilantro-Lime Rice</i>
	28 Beef Nachos with Spanish Rice	29 Chicken Teriyaki over Brown Rice	30 Roasted Chicken with Mashed Potatoes	31 Italian Meatball Sub Sandwich	1 <i>Ingraham HS's Chicken Quesadilla's with Pico de Gallo</i>

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

= Scratch Made
 = Vegetarian

This is an equal opportunity provider and employer

Menus are subject to change