

Secondary September 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 	2 NO SCHOOL	3 NO SCHOOL	4 Chicken Corndog with Fries	5 Italian Meatball Sub Sandwich	6 <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 	9 Spicy Buffalo Wings w/ Fries & WW Roll	10 Chicken Alfredo with Garlic Toast	11 100% Beef Hot Dog with Potato Salad	12 Sweet & Sour Chicken with Rice & Egg Roll	13 <i>Rainier Beach HS's Turkey BLT with Sun Chips</i>
	16 Chicken & Waffles	17 <i>Beef & Broccoli Stir Fry with Brown Rice</i>	18 Roasted Chicken with Scalloped Potatoes	19 <i>Beef Nachos with Spanish Rice</i>	20 <i>Roosevelt HS's Chicken & Couscous with Focaccia Bread</i>
<p>Lunch On-The-Go</p> <ul style="list-style-type: none"> ◇ Sandwiches: <ul style="list-style-type: none"> ◇ M- Italian Combo ◇ T- Roast Turkey & Swiss ◇ W- Turkey-Ham & Cheddar ◇ TH- Turkey-Pastrami & American ◇ F- Turkey & American ◇ Salads: <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 	23 Chicken Tenders w/ Fries & WW Roll	24 Turkey Ham & Cheese Melt	25 Penne Marinara with Beef Meatballs and Garlic Toast	26 Fish & Chips with Garlic Toast	27 <i>West Seattle HS's Chicken Street Tacos with Cilantro-Lime Rice</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