



Monday

Tuesday

Wednesday

Thursday

Friday

Cereal & Fruit **4**
All Beef Hot Dog on WW Bun
Veggies

Smoothie Baked Good **5**
WG Pasta w/Meat Sauce
Veggie Salad

Metro Bagels & Cream Cheese Spread **6**
Pizza

Taste of Washington **7**
Fresh Pumpkin Bars
Local Beef Burgers
Potato Wedges
Mix veggies

Fruit Smoothie **1**
Baked Good
Cooks Choice

Cereal Fruit **11**
Sweet & Sour Chicken
Brown Rice
Veggie Bowl

Fruit Smoothie Baked Good **12**
BBQ Pork Sandwich WG Roll
Roasted Cauliflower

Cooks Choice **13**
Pizza

Egg Special **14**
Greek Deli Box
Meatballs. Flat Bread
Yogurt Sauce

Fruit Smoothie Baked Good **8**
Roast Turkey Sandwich
Broccoli Salad

Fruit Smoothie Baked Good **15**
Sloppy Joes
Cole Slaw

Cereal & Fruit **18**
Deli Ham Sandwich
Chips
Veggie & Dip

Fruit Smoothie Baked Good **19**
Baked Potato Bar w/ Beef Chili
Sour Cream

Metro Bagels Cream Cheese **20**
Pizza

Breakfast Sandwich **21**
Chicken Pasta
Caesar Salad

Fruit Smoothie Baked Good **22**
Baked Chicken
Rice and Beans

Cereal & Fruit **25**
Nachos

Fruit Smoothie Baked Good **26**
Asian Noodle Stir Fry w/ Chicken

Cooks Choice **27**
Pizza

No School **28**

No School **29**

All options come with vegetables, fruit, and milk. Menus are subject to change.

This institution is an equal opportunity provider.

