

## Elementary Lunch Menu

February 2018

Menu subject to change due to product availability

Breakfast and Lunch prices 2017-2018. Canadian coin not accepted.

Student Breakfast Elementary \$1.50, Secondary \$1.75

Student Lunch Elementary \$ 2.95, Secondary \$3.75

Student Reduced Breakfast Elementary FREE, Secondary FREE

Student Reduced Lunch Elementary Grades K-3 FREE, Grades 4-12/Preschool \$.40

\*May Contain Pork

\*\*Meatless Entree

Each day students are offered fresh vegetables, fresh fruit, and canned fruit. Students are encouraged to take all the fruit and vegetables they can eat! Also, students can choose either 1% white or non-fat chocolate milk.

Thursday February 1, Chicken Nuggets with a Whole Grain Roll and Mashed Potatoes & Gravy, Cheeseburger on a Whole Grain Bun, or Strawberry Yogurt & String Cheese with Whole Grain Sports Bite Grahams\*\*

Friday February 2, Chicken Corndog, Cheeseburger on a Whole Grain Bun or Cheese Stuffed Breadsticks\*\*

Average Daily Nutrition Feb 1-2, Calories 574, Total Fat 11.6 g, Carbohydrate 88.5g, Protein 28.1g, Fiber 8.5 g

Monday February 5, Brunch Lunch\*(Fluffy Whole Grain Pancakes and Sausages), Cheeseburger on a Whole Grain Bun, or Whole Grain Bean and Cheese Burrito\*\*

Tuesday February 6, Turkey Gravy over Mashed Potatoes and a Whole Grain Roll, Cheeseburger on a Whole Grain Bun, or Strawberry Yogurt & String Cheese with Whole Grain Sports Bite Grahams\*\*

Wednesday February 7, Beef Soft Taco in a Whole Wheat Tortilla and a Whole Grain Roll, Chicken Burger on a Whole Grain Bun, or Cheese Pizza on Whole Grain Crust \*\*

Thursday February 8, Spaghetti with a Whole Grain Roll, Chicken Burger on a Whole Grain Bun, or Cheese Quesadilla in a Whole Grain Tortilla\*\*

Friday February 9, Mandarin Orange Chicken with Brown Rice and a Whole Grain Roll, Cheeseburger on a Whole Grain Bun, or Cheese Stuffed Breadsticks\*\*

Average Daily Nutrition Feb 5-9, Calories 588, Total Fat 10.9 g, Carbohydrates 93.2g, Protein 29.8 g, Fiber 9.3 g.

Monday February 12, Whole Grain Pepperoni Pizza\*, Chicken Burger on a Whole Grain Bun, or Macaroni and Cheese made with Whole Grain Pasta with a Whole Grain Roll\*\*

Tuesday February 13, Teriyaki Chicken Bites served with Brown Rice, Cheeseburger on a Whole Grain Bun, or Cheese Stuffed Whole Grain Breadsticks\*\*

Wednesday February 14, Heart-Shaped Chicken Nuggets with a Whole Grain Roll and Corn, Cheeseburger on a Whole Grain Bun, or Texas Toast\*\*

Thursday February 15, Macho Nachos with Whole Grain Tortilla Chips with a President's Cookie, Chicken Burger on a Whole Grain Bun with a President's Cookie, or Strawberry Yogurt Meal & String Cheese with a President's Day Cookie\*\*

Friday February 16, District Wide Early Release, Picnic Lunch 2 Mini Hot Dogs, Toasted Cheese Sandwich on Whole Wheat Bread\*\*

Average Daily Nutrition Feb 12-16, Calories 621, Total Fat 12.7g, Carbohydrate 97.7g, Protein 31.2g, Fiber 10.1g

Monday February 19, President's Day, No School

Tuesday February 20, Non Student Day, No School

Wednesday February 21, National Pancake Day, Brunch Lunch\*(Fluffy Whole Grain Pancakes and Sausages), Chicken Burger on a Whole Grain Bun, or Whole Grain Bean and Cheese Burrito\*\*

Thursday February 22, Sweet and Sour Meatballs with Brown Rice and a Whole Grain Roll, Chicken Burger on a Whole Grain Bun, or Cheese Quesadilla in a Whole Grain Tortilla\*\*

Friday February 23, Whole Grain Fish Nuggets with a Whole Grain Roll, Cheeseburger on a Whole Grain Bun, or Cheese Pizza on Whole Grain Crust \*\*

Average Daily Nutrition Feb 19-23, Calories 634, Total Fat 12.8g, Carbohydrate 98.8g, Protein 32.0g, Fiber 10.5g

Monday February 26, Macho Nachos with Whole Grain Tortilla Chips, Chicken Burger on a Whole Grain Bun or Texas Toast\*\*

Tuesday February 27, Sweet and Sour Chicken with Brown Rice and a Whole Grain Roll, Cheeseburger on a Whole Grain Bun, or Macaroni and Cheese made with Whole Grain Pasta with a Whole Grain Roll\*\*

Wednesday, February 28, Whole Grain Pepperoni Pizza\*, Chicken Burger on a Whole Grain Bun, Cheese Quesadilla in a Whole Grain Tortilla\*\*

Average Daily Nutrition Feb 26-28, Calories 629, Total Fat 13.2g, Carbohydrate 98.7g, Protein 31.8g, Fiber 10.3g

School Meals Pay Online! To get started, follow this link: <https://wa-edmonds.intouchreceipting.com/>

Checks used to pay for student meals must be made out to the "Edmonds School District". Please visit the Food and Nutrition Services homepage on the District website for information on Free and Reduced Price Meals.

The District does not knowingly use products containing peanut ingredients; however, due to vendor substitutions, mixed equipment use, and labeling practices, the District cannot guarantee the absence of peanut ingredients in its prepared meals.

Soy Milk available upon request.

Like us on Facebook <https://www.facebook.com/ESDFoodandNutritionServices/>

School Meals “We serve education every day”.

Taste, Nutrition and Value packed into every meal!

Nutrition is our business. Come and join us for Breakfast and Lunch!

Additional nutrition and allergy information is available on the District website and upon request. If you have questions regarding the menu or meal program, please contact Jill Harrison, Operations Manager at 425-431-7076

This institution is an equal opportunity employer.

Food service substitutes and cashiers needed: If you would like to apply, please go to the Edmonds School District website and click on Employment/Apply Now/Search Current Job Openings/Substitute Food Service Worker or Food Service Cashier/ Apply for selected position(s). If you need more information call 425-431-7076

Start your morning ready to learn with a hearty breakfast. Breakfast is served in every school on half hour before school starts. The menu is available on the District website.

Enjoy a healthy lunch choosing from three entrees daily.