

September 2017



Edmonds School District Elementary Lunch Menu

Wednesday Sept 6	Thursday Sept 7	Friday Sept 8
WELCOME BACK WHOLE GRAIN PEPPERONI PIZZA* CHICKEN BURGER ON A WHOLE GRAIN BUN WHOLE GRAIN CHEESE QUESADILLA** Fresh Fruit and Vegetable Bar Choice of Milk	CHICKEN NUGGETS WITH A WHOLE GRAIN ROLL AND CORN HAMBURGER ON A WHOLE GRAIN BUN STRAWBERRY YOGURT & STRING CHEESE with BACK TO SCHOOL COOKIE ** BACK TO SCHOOL COOKIE Fresh Fruit and Vegetable Bar Choice of Milk	SLOPPY JOE ON A WHOLE GRAIN BUN CHICKEN BURGER ON A WHOLE GRAIN BUN CHEESE STUFFED WHOLE GRAIN BREAD STICKS** Fresh Fruit and Vegetable Bar Choice of Milk

Breakfast & Lunch Prices 2017-2018		
Canadian coin not accepted	Elementary	Secondary
Student Breakfast	\$1.50	\$1.75
Student Lunch	\$2.95	\$3.75
Student Reduced Breakfast	FREE	FREE
Student Reduced lunch	Grades K-3 FREE	Grades 4-12 Preschool \$0.40

Average Daily Nutrition Sept 6-8 Calories 633, Total Fat 11.8g, Carbohydrate 102.8g, Protein 30.7g, Fiber 11.2g

Monday Sept 11	Tuesday Sept 12	Wednesday Sept 13	Thursday Sept 14	Friday Sept 15
BRUNCH LUNCH* (Fluffy Whole Grain Pancakes and Sausages) HAMBURGER ON A WHOLE GRAIN BUN WHOLE GRAIN BEAN AND CHEESE BURRITO** Fresh Fruit and Vegetable Bar Choice of Milk	HAMBURGER GRAVY OVER MASHED POTATOES AND A WHOLE GRAIN ROLL CHICKEN BURGER ON A WHOLE GRAIN BUN STRAWBERRY YOGURT & STRING CHEESE with WHOLE GRAIN SPORTS BITE GRAHAMS ** Fresh Fruit and Vegetable Bar Choice of Milk	BEEF SOFT TACO IN A WHOLE WHEAT TORTILLA AND A WHOLE GRAIN ROLL CHICKEN BURGER ON A WHOLE GRAIN BUN CHEESE PIZZA ON A WHOLE GRAIN CRUST** Fresh Fruit and Vegetable Bar Choice of Milk	WHOLE GRAIN SPAGHETTI WITH SAUCE AND A WHOLE GRAIN ROLL CHICKEN BURGER ON A WHOLE GRAIN BUN CHEESE QUESADILLA IN A WHOLE GRAIN TORTILLA** Fresh Fruit and Vegetable Bar Choice of Milk	TANGY MANDARIN ORANGE CHICKEN SERVED OVER BROWN RICE HAMBURGER ON A WHOLE GRAIN BUN CHEESE STUFFED WHOLE GRAIN BREAD STICKS** Fresh Fruit and Vegetable Bar Choice of Milk

Average Daily Nutrition Sept 11-15 Calories 598, Total Fat 11.6g, Carbohydrate 94.0g, Protein 30.1g, Fiber 9.2g

Monday Sept 18	Tuesday Sept 19	Wednesday Sept 20	Thursday Sept 21	Friday Sept 22
CHICKEN NUGGETS WITH A WHOLE GRAIN ROLL AND CORN HAMBURGER ON A WHOLE GRAIN BUN EASY JAMMERS SANDWICH (Peanut Free, Soy Butter & Jelly)** Fresh Fruit and Vegetable Bar Choice of Milk	TERIYAKI CHICKEN BITES SERVED WITH BROWN RICE HAMBURGER ON A WHOLE GRAIN BUN CHEESE STUFFED WHOLE GRAIN BREAD STICKS** Fresh Fruit and Vegetable Bar Choice of Milk	WHOLE GRAIN PEPPERONI PIZZA* CHICKEN BURGER ON A WHOLE GRAIN BUN CREAMY MACARONI AND CHEESE MADE WITH WHOLE GRAIN PASTA WITH A WHOLE GRAIN ROLL** Fresh Fruit and Vegetable Bar Choice of Milk	MACHO NACHOS WITH WHOLE GRAIN TORTILLA CHIPS CHICKEN BURGER ON A WHOLE GRAIN BUN STRAWBERRY YOGURT & STRING CHEESE with WHOLE GRAIN SPORTS BITE GRAHAMS ** Fresh Fruit and Vegetable Bar Choice of Milk	WHOLE GRAIN FISH NUGGETS WITH A WHOLE GRAIN ROLL AND CORN HAMBURGER ON A WHOLE GRAIN BUN WHOLE GRAIN BEAN AND CHEESE BURRITO** Fresh Fruit and Vegetable Bar Choice of Milk

Average Daily Nutrition Sept 18-22 Calories 633, Total Fat 13.8g, Carbohydrate 98.1g, Protein, 30.9g, Fiber 10.0g

School Meals Pay Online!
To get started, follow this link:
www.edmonds.wednet.edu/PayOnline

Soy milk available upon request

*May Contain Pork

**Meatless Entree

Checks used to pay for student meals must be made out to the "Edmonds School District." Please visit the Food Service home page on the District website for information on

- Free and Reduced Price Meals
- Nutrition and Food Allergen Information



<https://www.facebook.com/ESDFoodandNutritionServices/>

Breakfast & Lunch Prices 2017-2018		
Canadian coin not ac-	Elementary	Secondary
Student Breakfast	\$1.50	\$1.75
Student Lunch	\$2.95	\$3.75
Student Reduced Breakfast	FREE	FREE
Student Reduced Lunch	Grades K-3 FREE	Grades 4-12 Preschool \$0.40



Edmonds School District Elementary Lunch Menu

September 2017

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

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

Enjoy a healthy lunch choosing from three entrees daily.



Taste, nutrition and value packed into every meal!

*May Contain Pork
**Meatless Entree

Monday Sept 25	Tuesday Sept 26	Wednesday Sept 27	Thursday Sept 28	Friday Sept 29
BEEF TACO SALAD with Lettuce and Cheese SERVED IN A CRUNCHY TACO BOWL CHICKEN BURGER ON A WHOLE GRAIN BUN CHEESE STUFFED WHOLE GRAIN BREAD STICKS** Fresh Fruit and Vegetable Bar Choice of Milk	CHICKEN DRUMSTICK WITH A WHOLE GRAIN ROLL AND MASHED POTATOES AND GRAVY HAMBURGER ON A WHOLE GRAIN BUN TEXAS TOAST** Fresh Fruit and Vegetable Bar Choice of Milk	BRUNCH LUNCH* (Fluffy Whole Grain Pancakes and Sausages) CHICKEN BURGER ON A WHOLE GRAIN BUN WHOLE GRAIN BEAN AND CHEESE BURRITO** Fresh Fruit and Vegetable Bar Choice of Milk	SWEET AND SOUR MEATBALLS SERVED WITH BROWN RICE CHICKEN BURGER ON A WHOLE GRAIN BUN CHEESE QUESADILLA IN A WHOLE GRAIN TORTILLA** Fresh Fruit and Vegetable Bar Choice of Milk	DISTRICT WIDE EARLY RELEASE PICNIC LUNCH 2 MINI HOT DOGS TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD** Fresh Fruit and Vegetable Bar Choice of Milk

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 milk or non-fat chocolate milk.

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 Barbara Lloyd, Registered Dietitian, and Food and Nutrition Services Program Director, at 425-431-7073.

This institution is an equal opportunity provider.

Average Daily Nutrition Sept 25-29 Calories 613, Total Fat 14.3g, Carbohydrate 90.9g, Protein 31.2g, Fiber 9.1g

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.



MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY

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](tel:425-431-7076)