



EDMONDS SCHOOL DISTRICT NO. 15
This institution is an equal opportunity provider and employer.

*MAY CONTAIN PORK
 **MEATLESS ENTREE

Nutrition is packed into every Breakfast and Lunch.

Each day students are offered Tossed Salad, Fresh Vegetables, Fresh Fruit and Canned Fruit. Students are encouraged to take all the fruits and vegetables they can eat! Also, students can choose either 1% White Milk or Non-Fat Chocolate Milk.

If you have any questions about the Breakfast or Lunch Programs, please contact Barbara Lloyd, Food Service Program Director, at 425-431-7073

CANADIAN COIN NOT ACCEPTED	ELEMENTARY	SECONDARY
Student Breakfast	\$1.50	\$1.75
Student Lunch	2.95	3.75
Adult Lunch	\$5.00	\$5.00
Adult Breakfast	2.50	2.50
Milk	.50	.50
20 Student Breakfast (Pre-paid)	\$30.00	\$35.00
20 Student Lunch (Pre-paid)	\$59.00	\$75.00

The price for reduced cost meals is set by USDA. Reduced Priced Breakfast is free for grades K-12. Reduced Price Lunch is free for grades K-3 and \$.40 for preschool and grades 4-12. For more information visit www.edmonds.wednet.edu.

Average Daily Nutritional Analysis November 2-5, 2009					
	Actual	Goal		Actual	Goal
Calories	663	600	Sodium (mg)	1231	1333
Calories from Fat	207	200	Calcium (mg)	447	433
% Calories from Fat	31%	30%	Iron (mg)	4	4
Total Fat (gm)	23	22	Vitamin A (RE)	374	233
Cholesterol	55	72	Vitamin C (mg)	19	18
Carbohydrate (gm)	90	83	Fiber (gm)	7	7
Protein (gm)	30	33			

<i>Mon., Nov. 2</i>
TERIYAKI CHICKEN BITES WITH A RICE
OR
CHEESEBURGER
OR
BEAN & CHEESE BURRITO**
CHOCOLATE CHIP COOKIE

<i>Tue., Nov. 3</i>
COUNTRY BEEF STEAK STRIPS WITH MASHED POTATOES & GRAVY WITH A ROLL
OR
CHICKEN BURGER
OR
TEXAS TOAST**

<i>Wed., Nov. 4</i>
HOT DOG
OR
CHICKEN BURGER
OR
CHEESE PIZZA**
GARDEN SALSA SUN CHIPS


<i>Thurs., Nov. 5</i>
MACARONI AND CHEESE** WITH A ROLL
OR
CHICKEN BURGER
OR
BBQ BEEF TENDERS WITH A ROLL

<i>Fri., Nov. 6</i>
TEACHER
PROFESSIONAL
DAY

Average Daily Nutritional Analysis November 9-13, 2009					
	Actual	Goal		Actual	Goal
Calories	683	600	Sodium (mg)	1263	1333
Calories from Fat	207	200	Calcium (mg)	455	433
% Calories from Fat	30%	30%	Iron (mg)	5	4
Total Fat (gm)	23	22	Vitamin A (RE)	464	233
Cholesterol	56	72	Vitamin C (mg)	17	18
Carbohydrate (gm)	78	83	Fiber (gm)	7	7
Protein (gm)	31	33			

<i>Mon., Nov. 9</i>
CORNDOG
OR
CHICKEN BURGER
OR
CHEESE QUESADILLA**
BAKED CHEETOS

<i>Tue., Nov. 10</i>
SPAGHETTI WITH A ROLL
OR
CHICKEN BURGER
OR
CHILI CHEESE WRAP**

<i>Wed., Nov. 11</i>

Veteran's Day No School Today

<i>Thurs., Nov. 12</i>
MACHO NACHOS WITH A ROLL
OR
CHICKEN BURGER
OR
TOASTED CHEESE SANDWICH**

<i>Fri., Nov. 13</i>
PEPPERONI PIZZA* WITH A ROLL
OR
CHICKEN BURGER
OR
STUFFED BREAD STICKS**
OATMEAL COOKIE

**Convenient.
Economical.
Healthy.**

School Meals
We serve education every day™

Nutrition Is Packed Into Every Breakfast and Lunch

School meals in the Edmonds School District have changed a lot over the years. Students today get more variety. More nutritious foods they enjoy, like salads, fresh fruits and vegetables, pizza, and whole grain bread products. And, increasingly, less fat, salt and sugar.

But one item on our menu never changes: Education. Because when your students regularly eat balanced, nutritious meals, they concentrate better in class. They participate more enthusiastically. And they learn better. Edmonds School District Food Service Department provides a community service that helps make educating students easier and more effective.

Convenient, economical, healthy School Meals. Because education should always be at the top of the menu.

**Average Daily Nutritional Analysis
November 16-20, 2009**

	Actual	Goal		Actual	Goal
Calories	649	600	Sodium (mg)	1178	1333
Calories from Fat	198	200	Calcium (mg)	445	433
% Calories from Fat	31%	30%	Iron (mg)	4	4
Total Fat (gm)	22	22	Vitamin A (RE)	419	233
Cholesterol	52	72	Vitamin C (mg)	19	18
Carbohydrate (gm)	89	83	Fiber (gm)	6	7
Protein (gm)	30	33			

Mon. Nov 16
BEAN & CHEESE BURRITO**
OR
CHICKEN BURGER
OR
HOT DOG
FRITOS

Tue. Nov 17
HAMBURGER GRAVY OVER MASHED POTATOES WITH A ROLL
OR
CHICKEN BURGER
OR
TEXAS TOAST**

Wed. Nov 18
BBQ CHICKEN FILLET ON A BUN
OR
CHEESEBURGER
OR
MACARONI AND CHEESE** WITH A ROLL
GINGER SNAP COOKIE

Thurs. Nov 19
SWEET & SOUR MEATBALLS WITH RICE
OR
CHICKEN BURGER
OR
CHEESE PIZZA** WITH A ROLL

Fri. Nov 20
CHICKEN NUGGETS WITH A ROLL
OR
CHEESEBURGER
OR
TACO HOT POCKET**

**Average Daily Nutritional Analysis
November 23-25, 2009**

	Actual	Goal		Actual	Goal
Calories	649	600	Sodium (mg)	1176	1333
Calories from Fat	207	200	Calcium (mg)	428	433
% Calories from Fat	32%	30%	Iron (mg)	4	4
Total Fat (gm)	23	22	Vitamin A (RE)	344	233
Cholesterol	49	72	Vitamin C (mg)	16	18
Carbohydrate (gm)	88	83	Fiber (gm)	7	7
Protein (gm)	29	33			

Mon. Nov 23
MACHO NACHOS WITH A ROLL
OR
CHICKEN BURGER
OR
TEXAS TOAST**

Tue. Nov 24
HOLIDAY LUNCH
TURKEY GRAVY OVER MASHED POTATOES WITH A ROLL
OR
CHICKEN BURGER
OR
CHEESE QUESADILLA**
KRACKLE SUGAR COOKIE

Wed. Nov 25
FISH NUGGETS WITH A ROLL
OR
CHICKEN BURGER
OR
TUFFED BREAD STICKS**

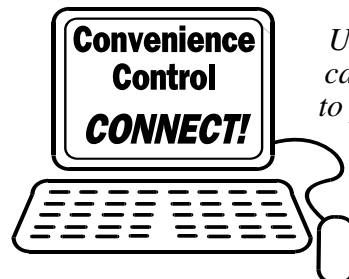
November 26 and 27

**THANKSGIVING
BREAK**

**Average Daily Nutritional Analysis
November 30, 2009**

	Actual	Goal		Actual	Goal
Calories	663	600	Sodium (mg)	1231	1333
Calories from Fat	207	200	Calcium (mg)	447	433
% Calories from Fat	31%	30%	Iron (mg)	4	4
Total Fat (gm)	23	22	Vitamin A (RE)	374	233
Cholesterol	55	72	Vitamin C (mg)	19	18
Carbohydrate (gm)	90	83	Fiber (gm)	7	7
Protein (gm)	30	33			

Mon. Nov 30
CHICKEN NUGGETS WITH A ROLL
OR
CHEESEBURGER
OR
TACO HOT POCKET**



Use your credit card/debit card to pay for Meals on-line!

Go to mylunchmoney.com and pre-pay for meals with your credit card or debit card. Just follow the online instructions. Questions call Food Service Office at 425-431-7080.

