

Elementary Lunch Menu

March 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 March 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 Graham**

Friday March 2, District Wide Early Release, Chicken Corndog or Cheese Stuffed Breadsticks**

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

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

Tuesday March 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 Graham**

Wednesday March 7, Turkey Soft Taco in a Whole Wheat Tortilla and a Whole Grain Roll, Cheeseburger on a Whole Grain Bun, or Cheese Pizza on Whole Grain Crust **

Thursday March 8, Whole Grain Spaghetti with Sauce and a Whole Grain Roll, Chicken Burger on a Whole Grain Bun, or Cheese Quesadilla in a Whole Grain Tortilla**

Friday March 9, Mandarin Orange Chicken served over Brown Rice, Cheeseburger on a Whole Grain Bun, Cheese Stuffed Breadsticks**

Average Daily Nutrition Mar 5-9, Calories 589, Total Fat 11.3g, Carbohydrates 92.4g, Protein 29.7g, Fiber 9.4g.

Monday March 12, Chicken Nuggets with a Whole Grain Roll and Corn, Cheeseburger on a Whole Grain Bun, Texas Toast**

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

Wednesday March 14, K-6 Early Release, Chicken Burger on a Whole Grain Bun or Toasted Cheese Sandwich on Whole Wheat Bread**

Thursday March 15, K-6 Early Release, Chicken Burger on a Whole Grain Bun or Strawberry Yogurt Meal & String Cheese with Whole Grain Sports Bite Grahams**

Friday March 16, Professional Development Day, No School

Average Daily Nutrition Mar 12-16, Calories 608, Total Fat 13.1g, Carbohydrate 93.7g, Protein 31.2g, Fiber 9.5g.

Monday March 19, Beef Taco Salad with Lettuce and Cheese Served in a Crunchy Taco Bowl, Chicken Burger on a Whole Grain Bun or Cheese Stuffed Whole Grain Breadstick**

Tuesday March 20, Chicken Drumstick with Mashed Potatoes and Gravy and a Whole Grain Roll, Cheeseburger on a Whole Grain Bun or Easy Jammer Sandwich (Peanut Free, Soy Butter & Jelly)**

Wednesday March 21, Brunch Lunch* (Fluffy Whole Grain Pancakes and Sausages), Chicken Burger on a Whole Grain Bun or Whole Grain Bean and Cheese Burrito**

Thursday March 22, Sweet & 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 March 23, Fish Nuggets with a Whole Grain Roll, Cheeseburger on a Whole Grain Bun, Cheese Pizza on a Whole Grain Crust**

Average Daily Nutrition Mar 19-23, Calories 609, Total Fat 13.3g, Carbohydrate 91.8g, Protein 31.4g, Fiber 9.4g.

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

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

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

Thursday March 29, 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 Graham**

Friday March 30, Chicken Corndog, Cheeseburger on a Whole Grain Bun or Cheese Stuffed Breadsticks**

Average Daily Nutrition Mar 26-30, Calories 607, Total Fat 12.5g, Carbohydrate 94.6g, Protein 30.3g, Fiber 9.6g.

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