

Edmonds School District Elementary Lunch Menu

February 2018



Taste, nutrition and value packed into every meal!

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.



MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY



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

Thursday Feb 1	Friday Feb 2
HALFWAY DAY CHICKEN NUGGETS WITH A WHOLE GRAIN ROLL AND MASHED POTATOES & GRAVY CHEESEBURGER 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 CHICKEN CORNDOG CHEESEBURGER ON A WHOLE GRAIN BUN CHEESE STUFFED WHOLE GRAIN BREAD STICKS ** Fresh Fruit and Vegetable Bar Choice of Milk

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

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

Monday Feb 5	Tuesday Feb 6	Wednesday Feb 7	Thursday Feb 8	Friday Feb 9
BRUNCH LUNCH* (Fluffy Whole Grain Pancakes and Sausages) CHEESEBURGER ON A WHOLE GRAIN BUN WHOLE GRAIN BEAN AND CHEESE BURRITO** Fresh Fruit and Vegetable Bar Choice of Milk	TURKEY GRAVY OVER MASHED POTATOES AND A WHOLE GRAIN ROLL CHEESEBURGER 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 CHEESEBURGER ON A WHOLE GRAIN BUN CHEESE STUFFED WHOLE GRAIN BREAD STICKS** Fresh Fruit and Vegetable Bar Choice of Milk

Checks used to pay for student meals must be made out to the "Edmonds School District." Please visit the Food and Nutrition Services home page 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


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

*May Contain Pork


**Meatless Entree

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Student Reduced Breakfast	FREE	FREE
Student Reduced Lunch	Grades K-3 FREE	Grades 4-12 Preschool \$0.40

Monday Feb 12	Tuesday Feb 13	Wednesday Feb 14	Thursday Feb 15	Friday Feb 16
WHOLE GRAIN PEPPERONI PIZZA* CHICKEN BURGER ON A WHOLE GRAIN BUN CHEESE QUESADILLA IN A WHOLE GRAIN TORTILLA** Fresh Fruit and Vegetable Bar Choice of Milk	TERIYAKI CHICKEN BITES SERVED WITH BROWN RICE CHEESEBURGER ON A WHOLE GRAIN BUN CHEESE STUFFED WHOLE GRAIN BREAD STICKS ** Fresh Fruit and Vegetable Bar Choice of Milk	 HEART-SHAPED CHICKEN NUGGETS WITH A WHOLE GRAIN ROLL AND CORN CHEESEBURGER ON A WHOLE GRAIN BUN TEXAS TOAST** Fresh Fruit and Vegetable Bar Choice of Milk	MACHO NACHO 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	HAPPY CHINESE NEW YEAR 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

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

Monday Feb 19	Tuesday Feb 20	Wednesday Feb 21	Thursday Feb 22	Friday Feb 23
PRESIDENT'S DAY NO SCHOOL 	TEACHER NON CONTRACT DAY NO SCHOOL	NATIONAL PANCAKE DAY 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 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	WHOLE GRAIN FISH NUGGETS WITH A WHOLE GRAIN ROLL CHEESEBURGER ON A WHOLE GRAIN BUN CHEESE PIZZA ON A WHOLE GRAIN CRUST** Fresh Fruit and Vegetable Bar Choice of Milk

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

Monday Feb 26	Tuesday Feb 27	Wednesday Feb 28
MACHO NACHOS WITH WHOLE GRAIN TORTILLA CHIPS CHICKEN BURGER ON A WHOLE GRAIN BUN TEXAS TOAST** Fresh Fruit and Vegetable Bar Choice of Milk	SWEET AND SOUR CHICKEN SERVED WITH BROWN RICE AND A WHOLE GRAIN ROLL CHEESEBURGER 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	WHOLE GRAIN PEPPERONI PIZZA* CHICKEN BURGER ON A WHOLE GRAIN BUN CHEESE QUESADILLA IN A WHOLE GRAIN TORTILLA** Fresh Fruit and Vegetable Bar Choice of Milk

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

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

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)

This institution is an equal opportunity provider.

*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 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 Jill Harrison, at 425-431-7076.

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