

Edmonds School District Elementary Lunch Menu

March 2018



Taste, nutrition and value packed into every meal!



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

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 web-site. Enjoy a healthy lunch choosing from three entrees daily.

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

Thursday Mar 1	Friday Mar 2
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	DISTRICT WIDE EARLY RELEASE WHOLE GRAIN CHICKEN CORNDOG 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 Mar 1-2 Calories 574, Total Fat 11.6g, Carbohydrate 88.5g, Protein 28.1g Fiber 8.5g

Monday Mar 5	Tuesday Mar 6	Wednesday Mar 7	Thursday Mar 8	Friday Mar 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	TURKEY SOFT TACO IN A WHOLE WHEAT TORTILLA AND 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	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	TERIYAKI MEATBALLS SERVED WITH BROWN RICE AND A WHOLE GRAIN ROLL CHICKEN BURGER 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 Mar 5-9 Calories 589, Total Fat 11.3g, Carbohydrate 92.4g, Protein, 29.7g, Fiber 9.4g

*May Contain Pork

**Meatless Entree

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Student Lunch	\$2.95	\$3.75
Student Reduced Breakfast	FREE	FREE
Student Reduced Lunch	Grades K-3 FREE	Grades 4-12 Preschool \$0.40

Monday Mar 12	Tuesday Mar 13	Wednesday Mar 14	Thursday Mar 15	Friday Mar 16
CHICKEN NUGGETS WITH A WHOLE GRAIN ROLL AND CORN	TERIYAKI CHICKEN BITES SERVED WITH BROWN RICE AND A WHOLE GRAIN ROLL	PI DAY	K-6 EARLY RELEASE	PROFESSIONAL DEVELOPMENT DAY
CHEESEBURGER ON A WHOLE GRAIN BUN	CHEESEBURGER ON A WHOLE GRAIN BUN	K-6 EARLY RELEASE	CHICKEN BURGER ON A WHOLE GRAIN BUN	NO SCHOOL
TEXAS TOAST**	CHEESE STUFFED WHOLE GRAIN BREAD STICKS **	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	Fresh Fruit and Vegetable Bar Choice of Milk	TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD**	Fresh Fruit and Vegetable Bar Choice of Milk	
		Fresh Fruit and Vegetable Bar Choice of Milk		

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

Monday Mar 19	Tuesday Mar 20	Wednesday Mar 21	Thursday Mar 22	Friday Mar 23
BEEF TACO SALAD with Lettuce and Cheese SERVED IN A CRUNCHY TACO BOWL	CHICKEN DRUMSTICK WITH A WHOLE GRAIN ROLL AND MASHED POTATOES AND GRAVY	BRUNCH LUNCH* (Fluffy Whole Grain Pancakes and Sausages)	SWEET AND SOUR MEATBALLS SERVED WITH BROWN RICE AND A WHOLE GRAIN ROLL	WHOLE GRAIN FISH NUGGETS WITH A WHOLE GRAIN ROLL
CHICKEN BURGER ON A WHOLE GRAIN BUN	CHEESEBURGER ON A WHOLE GRAIN BUN	CHICKEN BURGER ON A WHOLE GRAIN BUN	CHICKEN BURGER ON A WHOLE GRAIN BUN	CHEESEBURGER ON A WHOLE GRAIN BUN
CHEESE STUFFED WHOLE GRAIN BREAD STICKS **	EASY JAMMERS SANDWICH (Peanut Free, Soy Butter & Jelly)**	WHOLE GRAIN BEAN AND CHEESE BURRITO**	CHEESE QUESADILLA IN A WHOLE GRAIN TORTILLA**	CHEESE PIZZA ON A WHOLE GRAIN CRUST**
Fresh Fruit and Vegetable Bar Choice of Milk	Fresh Fruit and Vegetable Bar Choice of Milk	Fresh Fruit and Vegetable Bar Choice of Milk	Fresh Fruit and Vegetable Bar Choice of Milk	Fresh Fruit and Vegetable Bar Choice of Milk

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

Monday Mar 26	Tuesday Mar 27	Wednesday Mar 28	Thursday Mar 29	Friday Mar 30
MACHO NACHOS WITH WHOLE GRAIN TORTILLA CHIPS	SWEET AND SOUR CHICKEN SERVED WITH BROWN RICE AND A WHOLE GRAIN ROLL	WHOLE GRAIN PEPPERONI PIZZA*	CHICKEN NUGGETS WITH A WHOLE GRAIN ROLL AND MASHED POTATOES & GRAVY	WHOLE GRAIN CHICKEN CORNDOG
CHICKEN BURGER ON A WHOLE GRAIN BUN	CHEESEBURGER ON A WHOLE GRAIN BUN	CHICKEN BURGER ON A WHOLE GRAIN BUN	CHEESEBURGER ON A WHOLE GRAIN BUN	CHEESEBURGER ON A WHOLE GRAIN BUN
TEXAS TOAST**	CREAMY MACARONI AND CHEESE MADE WITH WHOLE GRAIN PASTA WITH A WHOLE GRAIN ROLL**	CHEESE QUESADILLA IN A WHOLE GRAIN TORTILLA**	STRAWBERRY YOGURT & STRING CHEESE WITH WHOLE GRAIN SPORTS BITE GRAHAMS **	CHEESE STUFFED WHOLE GRAIN BREAD STICKS **
Fresh Fruit and Vegetable Bar Choice of Milk	Fresh Fruit and Vegetable Bar Choice of Milk	Fresh Fruit and Vegetable Bar Choice of Milk	Fresh Fruit and Vegetable Bar Choice of Milk	Fresh Fruit and Vegetable Bar Choice of Milk

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

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, Food & Nutrition Services Operation Manager , at 425-431-7076.

March 2018