

MENU

2012

FEBRUARY

HAPPY VALENTINE'S DAY

FEBRUARY 14

MONDAY 6

BREAKFAST ENTRÉE
Pancake & Turkey Sausage on Stick
LUNCH ENTRÉE CHOICES
A) Chicken Drumsticks
B) Breaded Fish w/w/o Cheese on 100% Whole Wheat Bun
SIDES
Seasoned Oven Potatoes
Garden Salad w/Fresh Spinach
Baby Carrots, Cauliflower
Chilled Pears, Crisp Apple

MONDAY 13

BREAKFAST ENTRÉE
Egg, Turkey Sausage & Cheese Burrito
LUNCH ENTRÉE CHOICES
A) Chicken Nuggets
B) Veggie Burger w/w/o Cheese on 100% Whole Wheat Bun
SIDES
Sweet Potato Fries
Garden Salad w/Fresh Spinach
Baby Carrots, Broccoli,
Crisp Apple, Teddy Graham

TUESDAY 7

BREAKFAST ENTRÉE
Egg & Cheese Muffin
LUNCH ENTRÉE CHOICES
A) Turkey Corndog
B) Bean & Cheese Burrito
SIDES
Garden Salad w/Fresh Spinach
Baby Carrots
Cucumber Coins
Chilled Applesauce
Juicy Orange Wedges

TUESDAY 14

BREAKFAST ENTRÉE
Whole Grain Bagel-ful w/Cream Cheese
LUNCH ENTRÉE CHOICES
A) Belgian Waffles w/Turkey Sausage
B) Egg & Cheese on Whole Wheat Muffin
SIDES
Baby Carrots, Cherry Tomatoes,
Sliced Applesauce,
Juicy Orange Wedges

WEDNESDAY 1

BREAKFAST ENTRÉE
Grilled French Toast Sticks
LUNCH ENTRÉE CHOICES
A) Ravioli w/Meat Sauce
B) Whole Grain Cheese Pizza
SIDES
Garden Salad w/Fresh Spinach
Baby Carrots
Bell Pepper Strips
Kiwi Fruit
Homemade Focaccia Bread

WEDNESDAY 8

BREAKFAST ENTRÉE
Breakfast Pizza w/Turkey Sausage
LUNCH ENTRÉE CHOICES
A) Beef Teriyaki Dippers
B) Italian Hot Pocket
SIDES
Vegetable Fried Rice w/Egg
Garden Salad w/Fresh Spinach
Baby Carrots
Sugar Snap Peas
Seasonal Fruit
Goldfish Grahams

WEDNESDAY 15

BREAKFAST ENTRÉE
Egg & Turkey Sausage Frittata
LUNCH ENTRÉE CHOICES
A) Hamburger w/w/o Cheese on 100% Whole Wheat Bun
B) Ultimate Fish Sticks
SIDES
Seasoned Oven Potatoes
Garden Salad w/Fresh Spinach
Baby Carrots
Cucumber Coins
Coleslaw
Seasonal Fresh Fruit

THURSDAY 2

BREAKFAST ENTRÉE
Vanilla Yogurt Parfait
LUNCH ENTRÉE CHOICES
A) Chicken & Butternut Squash Curry w/Israeli Couscous
B) Cheese Quesadilla
SIDES
Garden Salad w/Fresh Spinach
Baby Carrots
Sugar Snap Peas
Chilled Mixed Fruit
Seedless Grapes

THURSDAY 9

BREAKFAST ENTRÉE
Yogurt & Fruit Muffin
LUNCH ENTRÉE CHOICES
A) Whole Wheat Wrap w/Turkey Ham, American Cheese & Lettuce
B) Cheese Breadsticks w/Marinara Sauce
SIDES
Garden Salad w/Fresh Spinach
Baby Carrots, Fresh Tomatoes,
Petite Banana,
Harvest Bar

THURSDAY 16

BREAKFAST ENTRÉE
Vanilla Yogurt Parfait
LUNCH ENTRÉE CHOICES
A) Breaded Chicken Burger on 100% Whole Wheat Bun
B) Homemade Macaroni & Cheese
SIDES
Garden Salad w/Fresh Spinach
Baby Carrots
Bell Pepper Strips
Chilled Mixed Fruit
Kiwi Fruit

FRIDAY 3

BREAKFAST ENTRÉE
Homemade Blueberry Muffin
LUNCH ENTRÉE CHOICES
A) Chicken Hot Dog on 100% Whole Wheat Bun
B) School Choice
SIDES
Green Peas
Garden Salad w/Fresh Spinach
Baby Carrots
Fresh Tomatoes
Fresh Red Pear

FRIDAY 10

BREAKFAST ENTRÉE
Whole Grain Cinnamon Roll
LUNCH ENTRÉE CHOICES
A) Turkey Tetrazzini
B) Whole Wheat Bagels w/Cream Cheese, Cheddar Cheese & Sunflower Seeds
SIDES
Garden Salad w/Fresh Spinach
Baby Carrots
Bell Pepper Strips
Chilled Peaches
Seedless Grapes

FRIDAY 17

BREAKFAST ENTRÉE
Assorted Hot or Cold Cereal
LUNCH ENTRÉE CHOICES
A) Whole Grain Cheese Pizza
B) School Choice
SIDES
Garden Salad w/Fresh Spinach
Baby Carrots
Crunchy Veggies
Chilled Peaches
Seasonal Fruit
Pudding Cup

FEBRUARY 20 - 24

MID-WINTER BREAK

MONDAY 27

BREAKFAST ENTRÉE
Assorted Hot or Cold Cereal
LUNCH ENTRÉE CHOICES
A) Chicken Drumsticks
B) Cheese Quesadilla
SIDES
Seasoned Oven Potatoes
Baby Carrots
Chilled Pears
Crisp Apple
Cinnamon Bug Bites

TUESDAY 28

BREAKFAST ENTRÉE
Breakfast Pizza w/Turkey Sausage
LUNCH ENTRÉE CHOICES
A) Ravioli w/Meat Sauce
B) Italian Hot Pocket
SIDES
Garden Salad
Baby Carrots
Cauliflower
Juicy Orange Wedges
Wheat Tea Roll

WEDNESDAY 29

BREAKFAST ENTRÉE
Egg & Cheese Biscuit
LUNCH ENTRÉE CHOICES
A) Whole Wheat Hoagie w/Turkey, Cheese & Shredded Lettuce
B) Cheese Breadsticks w/Marinara Sauce
SIDES
Garden Salad w/Fresh Spinach
Baby Carrots, Cucumber Coins,
Seasonal Fruit
Scrabble Cheez-It Crackers

2012 is a leap year and has 366 days

A LEAP YEAR

(or intercalary or bissextile year)

is a year containing one extra day in order to keep the calendar year synchronized with the seasonal year.

KEY

- rBST hormone free 1% white milk and non-fat chocolate milk available with meals.
- Vegetarian
- Local/Washington
- Soy is a common ingredient in foods served.



Daily at Breakfast

A nutritious breakfast is served each day at your child's school. In addition to the primary entrée mentioned on the menu, students may also select from a variety of cold cereals, 100% whole wheat toast, fresh and canned fruits, 100% fruit juice, and milk. Selections may vary depending on the day of the week.

Additional Lunch Choices

Peanut Butter or Sunbutter & Jelly Sandwich or Organic Yogurt & Muffin

PRICES

Milk	\$.50		
BREAKFAST		LUNCH	
Elementary School	\$1.75	Elementary School	\$2.75
Middle/High School	\$2.00	Middle/High School	\$3.00
Reduced	No Charge	Reduced	No Charge
Adult	\$2.75	Adult	\$4.00

MENU

Harvest of the Month

featuring

DAIRY



Plain Yogurt A Kitchen Staple

No one has to tell you yogurt is a healthful food. Like other dairy products, it's an excellent source of Calcium, along with Vitamins A and D. Your doctor may have recommended yogurt for the probiotic content which aids digestion. Many children enjoy sweetened fruit yogurt, but has your family tried it in it's original state? Plain yogurt is a very versatile food to have in your fridge. Try it as a topping to replace sour cream on soups, beans and baked potatoes. Swap out the mayo for plain yogurt when making tuna fish sandwiches. Use it in smoothies and parfaits, fresh fruit will provide the sweetness.

Did you know...

...that Auburn Dairy Products Inc supplies Seattle Schools with USDA Organic Yami Yogurt? It all starts with local dairy farmers who produce milk free of chemicals, hormones and pesticides. Yami blends this natural milk with organic fruit, live probiotic cultures, and the prebiotic fiber inulin. 100% dairy, as well as gluten, gelatin and lactose free, organic yogurt is a delicious choice on the lunch line that your family can feel good about.



Did you know...

that Meadowsweet Farm's supplies Seattle Schools with nonfat chocolate milk, skim milk, 1% milk, and lactose free milk? Meadowsweet milk is co-packed privately by a local dairy called Smith Brother Farms in Kent, WA. Smith Brother Farms has been serving the Puget Sound area for over four generations, they provide milk free of rBST hormones. The chocolate milk produced is also free of high fructose corn syrup and has been formulated to reduce the sugar content.

Milk...

...is a nutrient rich beverage choice, fully loaded with key nutrients like Calcium, Potassium, Phosphorus, Vitamin A & D, several key B-complex vitamins and lastly provides a source of protein.

Seattle School District is pleased to offer PayPams as a meal payment service for students and families. Parents/guardians now have the convenience of paying using the internet or by phone using either a credit card/debit card anytime day or night. A service fee of \$1.95 per payment is charged to the parent/guardian account at the time of the transaction.



Visa, Mastercard, and Discover cards can be used for payment. Pre-pay for school meals 24-7. Learn more about this service by visiting www.PayPams.com



Nutrition Services programs are available to all without regard to race, color, national origin, sex, age, or disability. Nutrition Services has openings for on-call substitutes in area school kitchens. Call 206-252-0675