

October 2018



Monday, Wednesday

Thursday

Bagel w/ Yogurt
& Cheese Stick

**Other Daily Specials
 vary throughout
 the week**



Daily Salad Bar
with Condiments

Today's Feature

Monday

Peas

Baby Carrots

Tuesday

Baby Carrots

Cucumber Coins

Wednesday

Baby Carrots

Garbanzo Beans

Thursday

Baby Carrots

Broccoli Buds

Friday

Baby Carrots



1	2	3	4	5
Chicken Cordon Bleu Sandwich Tater Tots	Soft Beef Taco Mexi Beans Lettuce & Tomato	Taste of Washington Day Stuffed Baked Potato w/Ham & Cheese Steamed Broccoli Garlic Breadstick	Teriyaki Dippers Steamed Rice Mixed Vegetables	 No School
8	9	10	11	12
Meatball Sub Oven Fries	Taco Salad Bar Mexi Beans Tortilla Chips	Chicken Alfredo Green Beans Garlic Breadstick	Homemade Chili w/onions Cornbread	Deli Day Assorted Deli Choice Chicken Noodle Soup
15	16	17	18	19
Alpine Swiss Burger Curly Fries	Macho Nachos Tortilla Chips Refried Beans	Popcorn Chicken Bowl Seasoned Corn WG Roll	Teriyaki Chicken Steamed Rice Steamed Broccoli	Fish & Chips Confetti Coleslaw Apple Crisp
22	23	24	25	26
Grilled Cheese Sandwich Tomato Soup	Chicken Caesar Salad Garlic Breadstick	Mandarin Orange Chicken Rice Bowl Steamed Broccoli	Chicken Nuggets Mashed Potatoes WG Roll	Burger Bar Lettuce, Tomato Oven Fries
29	30	31		
BBQ Rib Sandwich Tater Tots	Chicken Fajita Brown Rice Seasoned Corn	Spooky Mummy Dog Curly Fries Fruity Goblin Jello		



All pizzas made w/ reduced fat cheese
& whole grain crust. Includes daily salad bar.

Pepperoni Pizza
Cheese Pizza



Lean beef burgers w/ cheese and breaded chicken
sandwiches available daily. Includes salad bar

Daily Specials will
vary throughout the week



Fresh Food Fast- Packaged for Grab N' Go
(Salads served with a Dinner roll or Garlic Twist)

Specials

- Monday Chef Salad
- Tuesday Buffalo Popcorn Chicken Salad
- Wednesday Taco Salad
- Thursday Chicken Caesar Salad
- Friday Chef Salad

**Any question please call:
 Food Service Director
 360-391-6181
 Lunch Price - \$2.95**