

# Middle School September 2019

Our menus are aligned with the USDA's "Healthier US School Challenge.



All sandwiches served on Whole Wheat Sub Rolls and a trip through the Thrive Garden Bar. Vegetarian options offered daily.

**EVERYDAY CHOICES**  
Chef Salad and Chicken Caesar Salad

**SALAD SPECIALS**

8/29-8/31: Chicken Caesar Salad  
9/3-9/7: Chef Salad  
9/10-9/14: Asian Chicken Salad  
9/17-9/21: Buffalo Chicken Salad  
9/24-9/28: Chicken BLT Salad

**SANDWICH SPECIALS**

Monday: Tuna Salad  
Tuesday: Italian Sub  
Wednesday: Tuna Salad  
Thursday: Club Sandwich  
Friday: Ham or Turkey Sandwich

Meal Prices Free \$0.00 Reduced \$0.40 Paid \$3.25 Adult \$4.00 Milk \$0.60		9/4 Spaghetti & Meatballs	9/5 Chicken Nuggets & Mashed Potatoes	9/6 Corn Dogs & Tater Tots
9/9 Beef Teriyaki Dippers	9/10 Pulled Pork Sandwich	9/11 Chicken Parmesan	9/12 Biscuits & Gravy	9/13 Meatball Subs & French Fries
9/16 Non Student Day	9/17 Breakfast for Lunch	9/18 Mac & Cheese and Hot Dog	9/19 Turkey Gravy & Mashed Potatoes	9/20 Fish Sandwich & French Fries
9/23 Chicken Teriyaki	9/24 Grilled Cheese & Soup	9/25 Ravioli & Marinara Sauce	9/26 Chili Frito Supreme	9/27 Sloppy Joes & French Fries
9/30 General Tso Stir Fry				

**EVERYDAY CHOICES**

**Cheeseburger and Chicken Patty**  
All sandwiches served on Whole Wheat buns, with French Fries, & a trip through the Thrive Garden Bar

**DAILY SPECIALS**

Monday: Spicy Chicken Burger  
Tuesday: Spicy Chicken Burger  
Wednesday: Spicy Chicken Burger  
Thursday: Spicy Chicken Burger  
Friday: Spicy Chicken Burger



**EVERYDAY CHOICES**  
**Cheese and Pepperoni**  
Include a trip through the Thrive Garden Bar.  
All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts.

**DAILY SPECIALS**

Monday: Hawaiian  
Tuesday: Chicken Ranch  
Wednesday: Sausage & Olive  
Thursday: Meat Lovers  
Friday: Vegetarian Pizza

Please note that you must submit a new free and reduced application for the 2019/2020 school year to be eligible for free or reduced status for the entire year

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This institution is an equal opportunity provider.

## Student Nutrition is Hiring

Interested in becoming a part of the Student Nutrition Team? Contact Student Nutrition at 360-793-1535 for more information.

# Middle School Aug/Sept 2018

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School Challenge.

Breakfast Prices Free \$0.00 Reduced \$0.00 Paid \$2.00 Adult \$2.40 Milk \$0.60	9/3  Labor Day	9/4  Breakfast Pizza  Bagel with Cream Cheese  Cereal with Toast	9/5  French Toast Sticks  Bagel with Cream Cheese  Cereal with Toast	9/6  WG Donut  Bagel with Cream Cheese  Cereal with Toast 
9/9  Sausage Pancake Wrap Bagel with Cream Cheese  Cereal with Toast	9/10  Blueberry Muffin  Bagel with Cream Cheese  Cereal with Toast	9/11  Sausage, Egg & Cheese Muffin Bagel with Cream Cheese  Cereal with Toast	9/12  Waffles with Fruit  Bagel with Cream Cheese  Cereal with Toast	9/13  WG Donut  Bagel with Cream Cheese  Cereal with Toast
9/16  Non Student Day	9/17  Chocolate Muffin  Bagel with Cream Cheese  Cereal with Toast	9/18  Breakfast Pizza  Bagel with Cream Cheese  Cereal with Toast	9/19  French Toast Sticks  Bagel with Cream Cheese  Cereal with Toast	9/20  WG Donut Holes  Bagel with Cream Cheese  Cereal with Toast 
9/23  Pancake on a Stick  Bagel with Cream Cheese  Cereal with Toast	9/24  Blueberry Muffin  Bagel with Cream Cheese  Cereal with Toast	9/25  Sausage, Egg & Cheese Muffin  Bagel with Cream Cheese  Cereal with Toast	9/26  Waffles with Fruit  Bagel with Cream Cheese  Cereal Toast	9/27  WG Donut  Bagel with Cream Cheese  Cereal with Toast
9/30  Breakfast on a Stick  Bagel with Cream Cheese  Cereal with Toast	10/1  Chocolate Muffin  Bagel with Cream Cheese  Cereal with Toast	10/2  Breakfast Pizza  Bagel with Cream Cheese  Cereal with Toast	10/3  French Toast Stick  Bagel with Cream Cheese  Cereal with Toast	



Vegetarian



Smart Pick

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium, and calories.