

NOVEMBER 2019



ELEMENTARY SCHOOLS: David Wolfle, Hilder Pearson,
Richard Gordon, Suquamish & Vinland

Monday

Tuesday

Wednesday

Thursday

Friday

DID YOU KNOW?

Throughout history, November was associated in large parts of the world with the beginning of winter and people would spend the month storing food and preparing their homes to survive the cold season.

Components:

- Fruit
- Bread/Grain
- Vegetables
- Milk
- Meat/Meat Alternative



Reimbursable Lunch:

Students must select 3 of the 5 components offered. One of the components must be 1/2 cup of fruit and/or vegetables.

Fruit & Vegetable Bar Available Daily

Our Fruit & Vegetable Bar choices feature a variety of selections including local fresh fruits & vegetables.

Reimbursable Breakfast :

Students must select 3 of the 4 items offered. One of the items must be 1/2 cup of fruit. Each entrée is considered 2 items.

Elementary Breakfast Menu Options-

- Mon:** Breakfast Burrito, Mini Muffin w/Cheese Stick or Yogurt
- Tues:** Blueberry Pancake & Sausage on a Stick, Bagel & Cream Cheese
- Wed:** Breakfast Pizza w/Potato Triangle, Mini Muffin w/Cheese Stick or Yogurt
- Thurs:** Breakfast Sandwich, Chocolate Chip BeneFIT Bar
- Fri:** WG Long John w/Frosting & Sausage Links, Mini Muffin w/Cheese Stick or Yogurt
- Daily -** Assorted Cereal w/ cheese stick
- Daily -** Fresh and pre-portioned fruit
- Daily -** Choice of a lowfat or nonfat white milk

We are **NOT** a Gluten/Allergy Free Facility

Elementary Breakfast :

- Paid student \$2.00
- Free and Reduced students Free
- Adult \$2.75

Elementary Lunch:

- Paid student \$3.25
- Free and Reduced Students Free
- Adult \$4.50

We reserve the right to make menu changes as needed.

"This institution is an equal opportunity provider."

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- * Big Daddy's Cheese Pizza
- * Big Daddy's Pepperoni Pizza
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar

5

- * Super Nachos
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar

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Brunch for Lunch

- * French Toast Sticks w/ Sausage Links & Syrup
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar

7

- * Chicken Nuggets w/ a Fresh Baked Roll (WG)
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar

8

- * Deli Sandwich - Turkey or Ham
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar
Cookie

VETERANS DAY

12

- * Big Daddy's Cheese Pizza
- * Big Daddy's Pepperoni Pizza
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar

13

Brunch for Lunch

- * Cinnamon Roll w/ Sausage Links
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar

14

- * Orange Chicken w/ Rice & a Fresh Baked Roll (WG)
- * Baked Cheese Sticks w/ Dipping Sauce
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar

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- * All Beef Hot Dog w/ Fritos
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar
Frozen Juice Bar

18

- * Big Daddy's Cheese Pizza
- * Big Daddy's Pepperoni Pizza
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar

19

- * Chicken Nuggets w/ a Fresh Baked Roll (WG)
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar

20

Brunch for Lunch

- * French Toast Sticks w/ Sausage Links & Syrup
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar

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- * French Bread Pizza w/ Strawberries
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar

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- * Fish Nuggets w/ Tarter Sauce
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar
Cookie

25

- * Big Daddy's Cheese Pizza
- * Big Daddy's Pepperoni Pizza
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar

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- * Crispy Chicken Sandwich w/ Potato Chips
- * Spicy Chicken Sandwich w/ Potato Chips
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar

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Brunch for Lunch

- * Cinnamon Roll w/ Sausage Links
- * PB&J Lunch
- * Fruit Pocket Lunch

Fruit & Vegetable Bar

Happy Thanksgiving

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NO SCHOOL
THANKSGIVING BREAK