



DECEMBER 2008

LUNCH MENU

EDMONDS SCHOOL DISTRICT NO. 15

Canadian coin not accepted	ELEMENTARY	SECONDARY
Student Breakfast	\$ 1.75	\$ 2.00
Student Lunch	3.25	4.00
Adult Lunch	\$ 5.00	\$ 5.00
Adult Breakfast	2.50	2.50
Milk	.50	.50
20 Student Breakfast (Pre-paid)	\$ 35.00	\$ 40.00
20 Student Lunch (Pre-paid)	\$ 65.00	\$ 80.00

The price for reduced cost meals is set by USDA. Breakfast is free and lunch is free for grades K-3 and 40-cents for preschool and grades 4-12. For more information visit edmonds.wednet.edu. This institution is an equal opportunity provider.

Menu subject to change due to product availability

*MAY CONTAIN PORK
**MEATLESS ENTREE

Mon., Dec. 1

CORNDOG
OR
CHICKEN BURGER
OR
CHEESE QUESADILLA**
NACHO CHEESE DORITOS
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

Tue, Dec. 2

SPAGHETTI WITH A ROLL
OR
CHICKEN BURGER
OR
BEAN & CHEESE BURRITO** WITH A ROLL
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

Wed., Dec. 3

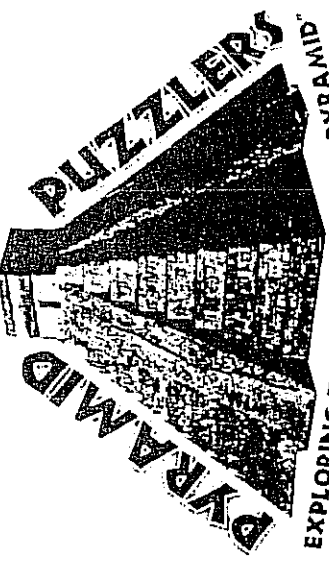
TERIYAKI CHICKEN BITES WITH RICE
OR
CHEESEBURGER
OR
TACO HOT POCKET**
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

Thur., Dec. 4

PEPPERONI PIZZA* WITH A ROLL
OR
CHICKEN BURGER
OR
STUFFED BREAD STICKS**
OATMEAL-RAISIN COOKIE
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

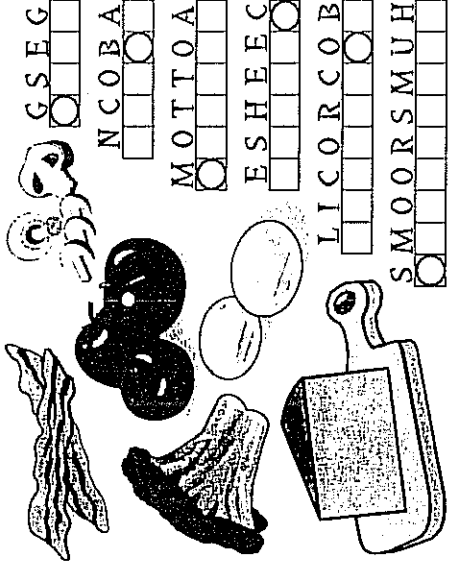
Fri., Dec. 5

PROFESSIONAL DEVELOPMENT DAY
NON STUDENT



EXPLORING THE SECRETS OF "MY PYRAMID"

Breakfast Bonanza!



Think it's tough to eat vegetables for breakfast? Think again! There's one morning meal that can easily include all of the items pictured here, and many others, too. Unscramble the words to match the pictures, then write the circled letters below and unscramble them to discover the name of this fantastic and versatile breakfast treat!

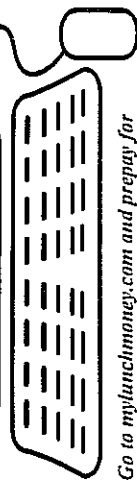
CIRCLED LETTERS:

ANSWER

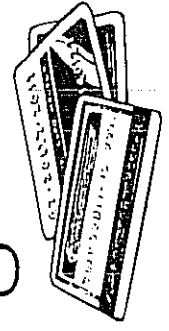
LEARN MORE AT WWW.KIDHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTM

Use your credit card/debit card to pay for meals on-line!

Convenience Control **CONNECT!**



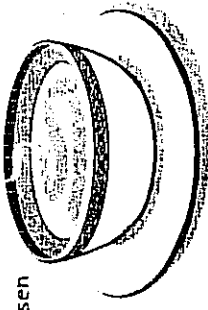
Go to mylunchmoney.com and prepay for meals with your credit card or debit card. Just follow the online instructions. Questions call Food Service Office at 425-431-7080.



GRAIN
Whole Wheat
Whole wheat bread is one of the healthiest choices you can make! It's tastier, and it's loaded with natural fiber and nutrients. Make sure it says "100% whole wheat!"
OF THE MONTH

COLD COMFORT.

There's still no cure for the common cold, but one tried and true remedy really can help: a bowl of hot chicken soup. The heat and steam help loosen up congestion and make you feel a little better while you wait for your cold to go away!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!

Fri., Dec. 12

CHICKEN NUGGETS WITH A ROLL
OR
CHEESEBURGER

MEATLESS BBQ RIBLET** ON A BUN
OR
Tossed Salad
Fresh Vegetables
Canned Fruit
Choice of Milk

Thur., Dec. 11

SWEET & SOUR MEATBALLS WITH RICE
OR
CHICKEN BURGER

STUFFED BREAD STICKS**
OR
Tossed Salad
Fresh Vegetables
Canned Fruit
Choice of Milk

Wed., Dec. 10

MACARONI AND CHEESE** WITH A ROLL
OR
CHICKEN BURGER

CHEESE PIZZA** WITH A ROLL
OR
Mixed Salad
Cucumbers
Strawberries
Choice of Milk

Menu by: Ms. Roseburg's 1st Grade Class @ Westgate

Tue., Dec. 9

HAMBURGER GRAVY & MASHED POTATOES WITH A ROLL
OR
CHICKEN BURGER

CHEESE QUESADILLA**
OR
OREO COOKIES

Tossed Salad
Fresh Vegetables
Canned Fruit
Choice of Milk

Mon., Dec. 8

BEAN & CHEESE BURRITO** WITH A ROLL
OR
CHICKEN BURGER

HOT DOG
OR
FRITOS

Tossed Salad
Fresh Vegetables
Canned Fruit
Choice of Milk

Fri., Dec. 19

FISH NUGGETS WITH A ROLL
OR
CHICKEN NUGGETS WITH A ROLL

CHEESE PIZZA** WITH A ROLL
OR
Corn
Lunch Bunch Grapes
Choice of Milk

Menu by: Ms. Walsh's 1st Grade Class @ Westgate

Thur., Dec. 18

BURRITO WITH CHILI AND A ROLL
OR
CHICKEN BURGER

STUFFED BREAD STICKS**
OR
Tossed Salad
Fresh Vegetables
Canned Fruit
Choice of Milk

Wed., Dec. 17

RAVIOLI WITH A ROLL
OR
CHICKEN BURGER

CHEESE QUESADILLA**
OR
GOT MILK COOKIE

Tossed Salad
Fresh Vegetables
Canned Fruit
Choice of Milk

Tue., Dec. 16

TURKEY GRAVY OVER MASHED POTATOES WITH A ROLL
OR
CHICKEN BURGER

TOASTED CHEESE SANDWICH**
OR
KEEBLER ELF CHOCOLATE CHIP COOKIE

Tossed Salad
Fresh Vegetables
Canned Fruit
Choice of Milk

Mon., Dec. 15

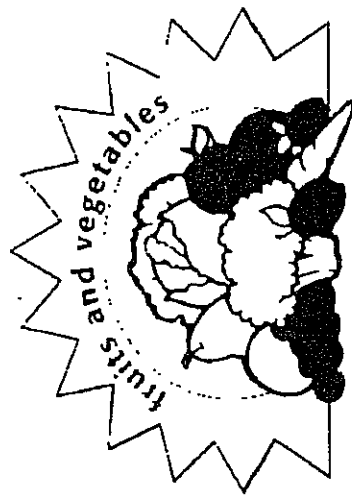
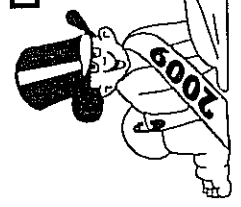
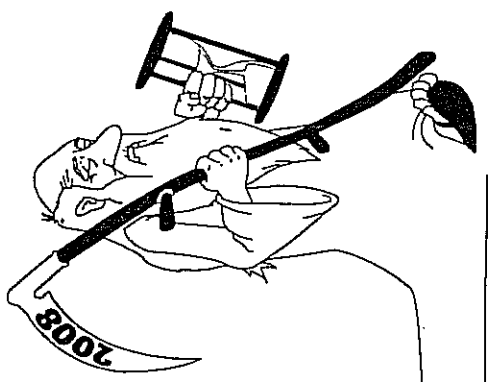
MACHO NACHOS WITH A ROLL
OR
CHICKEN BURGER

TACO HOT POCKET**
OR
Tossed Salad
Fresh Vegetables
Canned Fruit
Choice of Milk

School Meals
We serve education every day™

Catch You in 2009!

Winter Break
December 22, 2008—January 2, 2009
Back to class on January 5th



EAT 5 A DAY
for better health