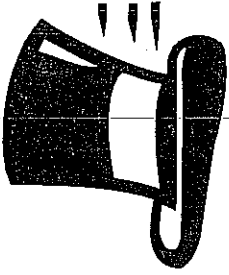


# March 2009



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

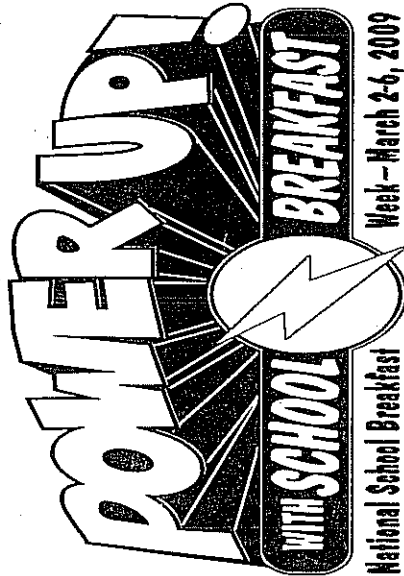
Menu subject to change due to product availability

## LUNCH MENU

E-district School District #15

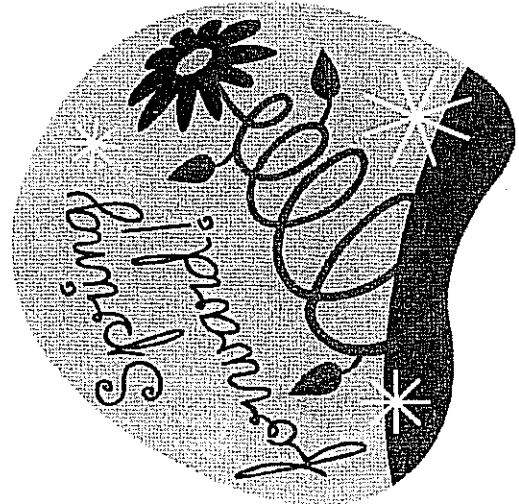
The price for reduced cost meals is set by USDA. Breakfast is free and lunch is free for grades K-3 and 40-cents for pre-school and grades 4-12. For more information visit [edmonds.wednet.edu](http://edmonds.wednet.edu). This institution is an equal opportunity provider.

\*MAY CONTAIN PORK  
\*\*MEATLESS ENTREE



Week - March 2-6, 2009

National School Breakfast



DAYLIGHT SAVINGS TIME  
MARCH 8TH

**Mon., March 2**

CHICKEN NUGGETS WITH A ROLL  
OR  
CHEESEBURGER  
OR  
MEATLESS BBQ RIBLET\*\* ON A BUN

Tossed Salad  
Fresh Vegetables  
Fresh Fruit  
Canned Fruit  
Choice of Milk

**Tue., March 3**

COUNTRY BEEF STEAK STRIPS WITH MASHED POTATOES & GRAVY WITH A ROLL  
OR  
CHICKEN BURGER  
OR  
TEXAS TOAST\*\*

Tossed Salad  
Fresh Vegetables  
Fresh Fruit  
Canned Fruit  
Choice of Milk

**Wed., March 4**

HOT DOG  
OR  
CHICKEN BURGER  
OR  
CHEESE PIZZA\*\*  
GARDEN SALSA SUN CHIPS

Tossed Salad  
Fresh Vegetables  
Fresh Fruit  
Canned Fruit  
Choice of Milk

**Thurs., March 5**

MACARONI AND CHEESE\*\* WITH A ROLL  
OR  
CHICKEN BURGER  
OR  
BBQ BEEF TENDERS WITH A ROLL

Tossed Salad  
Fresh Vegetables  
Fresh Fruit  
Canned Fruit  
Choice of Milk

**Fri., March 6**

TERIYAKI CHICKEN BITES WITH RICE  
OR  
CHEESEBURGER  
OR  
BEAN & CHEESE BURRITO\*\* WITH A ROLL  
CHOCOLATE CHIP COOKIE

Tossed Salad  
Fresh Vegetables  
Fresh Fruit  
Canned Fruit  
Choice of Milk

**Mon., March 9**

CORNDOG  
OR  
CHICKEN BURGER  
OR  
CHEESE QUESADILLA\*\*  
REDUCED FAT NACHO CHEESE DORITOS

Tossed Salad  
Fresh Vegetables  
Fresh Fruit  
Canned Fruit  
Choice of Milk

**Tue., March 10**

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., March 11**

FISH NUGGETS WITH A ROLL  
OR  
CHICKEN BURGER  
OR  
TACO HOT POCKET\*\*

Tossed Salad  
Fresh Vegetables  
Fresh Fruit  
Canned Fruit  
Choice of Milk

**Thurs., March 12**

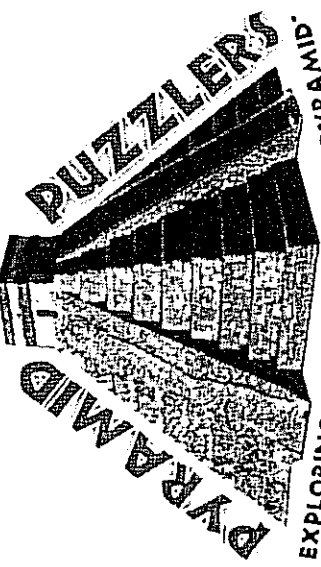
MACHO NACHOS WITH A ROLL  
OR  
CHICKEN BURGER  
OR  
TOASTED CHEESE SANDWICH\*\*

Tossed Salad  
Fresh Vegetables  
Fresh Fruit  
Canned Fruit  
Choice of Milk

**Fri., March 13**

Professional Development Day  
No School

Our teachers are busy sharpening their skills for you!



**Q: Which vegetable is America's favorite?**



**A:** On average, each of us eats over 140 pounds of potatoes every year, more than twice as much as we eat of the second most popular veggie (lettuce). Potatoes are highly nutritious, low in calories, and fat free - but when they're fried or processed into chips, they're not as good for you, so try to eat fresh potatoes as often as possible.

**LEARN MORE AT [WWW.KIDHEALTH.ORG/KID/STAY\\_HEALTHY/FOOD/PYRAMID.HTML](http://WWW.KIDHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML)**



Our menus meet the guidelines for the USDA National School Lunch and Breakfast Programs. Nutrition information is available upon request.

Our menus, nutrition information and much more can be found on the district website at [edmonds.wednet.edu](http://edmonds.wednet.edu).



**Mon., March 16**  
SWEET & SOUR MEATBALLS WITH RICE  
OR  
CHICKEN BURGER  
OR  
CHEESE PIZZA\*\* WITH A ROLL  
Tossed Salad  
Fresh Vegetables  
Fresh Fruit  
Canned Fruit  
Choice of Milk

**Tue., March 17**  
HAMBURGER GRAVY OVER MASHED POTATOES WITH A ROLL  
OR  
CHICKEN BURGER  
OR  
TEXAS TOAST\*\*  
OREO COOKIES  
Tossed Salad  
Fresh Vegetables  
Fresh Fruit  
Canned Fruit  
Choice of Milk

**Wed., March 18**  
TASTE OF WASHINGTON MENU  
BBQ CHICKEN FILLET ON A BUN  
OR  
CHEESEBURGER  
OR  
MACARONI AND CHEESE\*\* WITH A ROLL  
Tossed Salad  
Fresh Vegetables  
Fresh Fruit  
Canned Fruit  
Choice of Milk

**Thurs., March 19**  
Early Dismissal Full Time  
Kndg. Students & 1-6 grades  
TACO HOT POCKET\*\*  
OR  
CHICKEN BURGER  
FRITOS  
Tossed Salad  
Fresh Vegetables  
Fresh Fruit  
Canned Fruit  
Choice of Milk

**Fri., March 20**  
CHICKEN NUGGETS WITH A ROLL  
OR  
CHEESEBURGER  
OR  
MEATLESS BBQ RIBLET\*\* ON A BUN  
Tossed Salad  
Fresh Vegetables  
Fresh Fruit  
Canned Fruit  
Choice of Milk

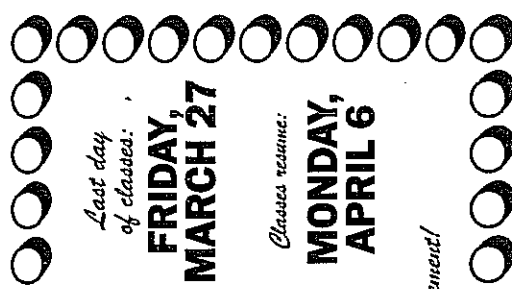
**Mon., March 23**  
MACHO NACHOS WITH A ROLL  
OR  
CHICKEN BURGER  
OR  
TEXAS TOAST\*\*  
Tossed Salad  
Fresh Vegetables  
Fresh Fruit  
Canned Fruit  
Choice of Milk

**Tue., March 24**  
WIENER WINK  
OR  
CHICKEN BURGER  
OR  
TOASTED CHEESE SANDWICH\*\*  
SUN CHIPS  
Tossed Salad  
Fresh Vegetables  
Fresh Fruit  
Canned Fruit  
Choice of Milk

**Wed., March 25**  
RAVIOLI WITH A ROLL  
OR  
CHICKEN BURGER  
OR  
CHEESE QUESADILLA\*\*  
GOT MILK COOKIES  
Tossed Salad  
Fresh Vegetables  
Fresh Fruit  
Canned Fruit  
Choice of Milk

**Thurs., March 26**  
FISH NUGGETS WITH A ROLL  
OR  
CHICKEN NUGGETS WITH A ROLL  
OR  
CHEESE PIZZA\*\* WITH A ROLL  
Tossed Salad  
Corn  
Lunch Bunch Grapes  
Choice of Milk  
Menu by Mrs. Walsh's  
1<sup>st</sup> Grade Class - Westgate Elem.

**Fri., March 27**  
CHICKEN BURGER  
OR  
BURRITO WITH CHILI AND A ROLL  
OR  
STUFFED BREAD STICKS\*\*  
Tossed Salad  
Fresh Vegetables  
Fresh Fruit  
Canned Fruit  
Choice of Milk



**Convenience Control CONNECT!**

Go to [mylunchmoney.com](http://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.

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