

Monday	Tuesday	Wednesday	Thursday	Friday
	August 31, 2010 WELCOME BACK! Mini-Cheeseburgers or Chicken Patty on Bun or Bagel & Cream Cheese (v) or Broccoli Cheese Soup Baked Beans Fruit & Veggie Bar & Milk <i>Cook's Choice or Cereal</i>	1 French Toast Sticks (v) or Pancake-on-stick or Bagel & Cream Cheese (v) or Roasted Vegetable Soup Mixed Fruit Fruit & Veggie Bar & Milk <i>Yogurt Smoothie or Cereal</i>	2 Mac & Cheese or Rib-B-Q on Bun or Bagel & Cream Cheese (v) or Chili & Cheese Tater Tots Fruit & Veggie Bar & Milk <i>Cook's Choice or Cereal</i>	3 PIZZA! Pepperoni or Cheese (v) or Bagel & Cream Cheese (v) or Ivar's Clam Chowder Icie Jucie! Fruit & Veggie Bar & Milk <i>Cheese Omelet or Cereal</i>
6 Labor Day No School	7 Grilled Cheese Sandwich or Turkey Hoagie or Bagel & Cream Cheese (v) or Chicken Noodle Soup Broccoli Salad Fruit & Veggie Bar & Milk <i>Pancakes or Cereal</i>	8 Croissant w/Egg & Cheese or Breakfast Burrito or Bagel & Cream Cheese (v) or Roasted Vegetable Soup Hash Brown Fruit & Veggie Bar & Milk <i>French Toast or Cereal</i>	9 Hot Dog or Italian Hoagie or Bagel & Cream Cheese (v) or Chili & Cheese Tater Tots Fruit & Veggie Bar & Milk <i>Cook's Choice or Cereal</i>	10 Cheesy Nachos (v) or Meat & Cheesy Nachos or Bagel & Cream Cheese (v) or Ivar's Clam Chowder Refried Beans Fruit & Veggie Bar & Milk <i>Combo Bar or Cereal</i>
13 Corn Dog or Chicken Nuggets or Bagel & Cream Cheese (v) or Tomato Soup Mac & Cheese Fruit & Veggie Bar & Milk <i>French Toast or Cereal</i>	14 Cheeseburger or Rib-B-Q on Bun or Bagel & Cream Cheese (v) or Chicken Rice Soup Baked Beans Fruit & Veggie Bar & Milk <i>Cheese Omelet or Cereal</i>	15 French Toast Sticks (v) or Biscuits & Sausage Gravy or Bagel & Cream Cheese (v) or Roasted Vegetable Soup Fruity Jello Fruit & Veggie Bar & Milk <i>Yogurt Smoothie or Cereal</i>	16 Spaghetti & Meatballs or Caesar Chicken Salad or Bagel & Cream Cheese (v) or Chili & Cheese Bread Stick Fruit & Veggie Bar & Milk <i>Cook's Choice or Cereal</i>	17 PIZZA! Pepperoni or Cheese (v) or Bagel & Cream Cheese (v) or Ivar's Clam Chowder Icie Jucie! Fruit & Veggie Bar & Milk <i>Yogurt Smoothie or Cereal</i>
20 Smucker's PB & J (v) or Chicken Tenders or Bagel & Cream Cheese (v) or Chicken Noodle Soup Blueberries & Whip Cream Fruit & Veggie Bar & Milk <i>Scrambled Eggs or Cereal</i>	21 Chicken Fajitas or Chicken Bean Burrito or Bagel & Cream Cheese (v) or Broccoli Cheese Soup Chips & Salsa Fruit & Veggie Bar & Milk <i>French Toast or Cereal</i>	22 Pancakes (v) or Combo bar or Bagel & Cream Cheese (v) or Roasted Vegetable Soup Bacon Strips Fruit & Veggie Bar & Milk <i>Yogurt Smoothie or Cereal</i>	23 <i>Gobble -Gobble!</i> Turkey Gravy & Mashers or Chef's Salad or Bagel & Cream Cheese (v) or Chili & Cheese Green Beans Fruit & Veggie Bar & Milk <i>Cook's Choice or Cereal</i>	24 Mini-Cheeseburger or Chicken Patty on Bun or Bagel & Cream Cheese (v) or Ivar's Clam Chowder Tater Wedges Fruit & Veggie Bar & Milk <i>French Toast or Cereal</i>
27 Crispy Beef Tacos or Chef's Salad or Bagel & Cream Cheese (v) or Broccoli Cheese Soup Cookie Fruit & Veggie Bar & Milk <i>Pancakes or Cereal</i>	28 Rib-B-Q on Bun or Turkey Hoagie or Bagel & Cream Cheese (v) or Tomato Soup Pudding Cup Fruit & Veggie Bar & Milk <i>Cook's Choice or Cereal</i>	29 French Toast Sticks (v) or Pancake-on-stick or Bagel & Cream Cheese (v) or Roasted Vegetable Soup Mixed Fruit Fruit & Veggie Bar & Milk <i>Yogurt Smoothie or Cereal</i>	30 Mini-Cheeseburgers or Fish Sandwich or Bagel & Cream Cheese (v) or Chili & Cheese Baked Fries Fruit & Veggie Bar & Milk <i>Cook's Choice or Cereal</i>	

Breakfast Price:

Paid: \$1.75
 *Reduced: \$00.00
 Adults: \$2.25

Lunch Price:

Paid: \$3.25
 *Reduced: K-3 - \$00.00
 *Reduced: 4-12 - \$00.40
 Adults: \$4.00

V = vegetarian



*You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program you can call the food service office at 425-831-8031

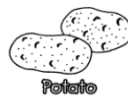
▲ = Balanced Choices Meal

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250. Food Service Provided by Chartwells School Dining Services. Menu subject to change without notice. **Questions? Call (xxx) xxx-xxxx.**

EAT LOCAL



MATCHING
 Match the appropriate fruit or vegetable with their descriptions.



- A. Has a good source of vitamins A and C. It is a member of the squash and gourd family.
- B. This sweet fruit with a yellow peel is one of the more popular fruits in United States.
- C. This white vegetable is related to broccoli, cabbage, and brussel sprouts.
- D. This vegetable is great baked or mashed.
- E. Related to potatoes, eggplant, and peppers. Botanically it is a berry and classified as a fruit, not a vegetable.
- F. This fruit has a very thin skin and crunchy, sweet white flesh.
- G. It has many variety including button, shitake and portobello.



ANSWERS:
 A. Pumpkin, B. Banana, C. Cauliflower, D. Potato, F. Tomato, F. Pear, G. Mushroom

