

Traditions



DAILY SPECIALS

Bowls

- M** Tinga Chicken Bowl, Pinto Beans, Mex Sweet Potatoes, Mex Zucchini
- T** Chicken Mashed Potato Bowl w Breadsticks, Green Beans, Corn
- W** Big City Bites- Seattle: Chicken Teriyaki Rice Bowl, Ginger Carrots
- TH** Pasta Bowl with Meatballs, Broccoli & Peppers, Parmesan Green Beans
- F** No School E-Learning



Fast Takes



DAILY SPECIALS

- M** Turkey & Cheese Sub, Crisp Chicken Wrap, Chef Salad, Blueberry Parfait
- T** American Sub, Chicken Caesar Wrap, Hearty Garden Salad, Strawberry Banana Parfait
- W** Italian Sub, Buffalo Chicken Wrap, Hummus Box, Crispy Chicken Salad
- TH** Turkey & Cheese Sub, Crispy Chicken Wrap, Protein Box, Strawberry Parfait
- F** No School E-Learning



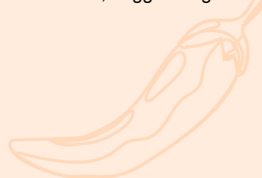
Grill



DAILY SPECIALS

Cheeseburger, Hamburger, Spicy Chicken Sandwich, Crispy Chicken Sandwich, Veggie Burger. Side: Fries

- M** Grilled Cheese Sandwich
- T** Hot Dog
- W** Bacon Cheeseburger or Fish Sandwich
- TH** Mushroom Swiss Burger
- F** No School E-Learning



Market



DAILY SPECIALS

- M** Cheese Pizza, Pepperoni Pizza, Mozzarella Stuffed Breadstick w/ Marinara
- T** Made to order Nachos with Cheese and Toppings, Black Beans, Spanish Rice
- W** Chicken Wings (5) w/Sauce & Fries
- TH** Beef or Chicken Tacos with Cheese and Toppings, Black Beans, Spanish Rice
- F** No School E-Learning

From the Garden



OFFERED DAILY

MON

Basil Corn Salad
Salad Mix
Variety of Fresh Fruit
Variety of Canned Fruit

TUE

Kidney Beans
Fresh Broccoli
Salad Mix
Variety of Fresh Fruit
Variety of Canned Fruit

WED

Baby Carrots
Salad Mix
Variety of Fresh Fruit
Variety of Canned Fruit

THURS

Apple Glazed Carrots
Chilled Corn
Salad Mix
Variety of Fresh Fruit
Variety of Canned Fruit

FRI

No School E-Learning

DRESSINGS

Ranch
Ketchup
Mayo

- M** Tinga Chicken Bowl, Pinto Beans, Mex Sweet Potatoes, Mex Zucchini
- T** Chicken Mashed Potato Bowl w Breadsticks, Green Beans, Corn
- W** Big City Bites- Seattle: Chicken Teriyaki Rice Bowl, Ginger Carrots
- Th** Pasta Bowl with Meatballs, Broccoli & Peppers, Parmesan Green Beans
- F** No School E-Learning

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

- M** Turkey & Cheese Sub, Crisp Chicken Wrap, Chef Salad, Blueberry Parfait
- T** American Sub, Chicken Caesar Wrap, Hearty Garden Salad, Strawberry Banana Parfait
- W** Italian Sub, Buffalo Chicken Wrap, Hummus Box, Crispy Chicken Salad
- Th** Turkey & Cheese Sub, Crispy Chicken Wrap, Protein Box, Strawberry Parfait
- F** No School E-Learning

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M Grilled Cheese Sandwich

T Hot Dog

W Bacon Cheeseburger or Fish Sandwich

Th Mushroom Swiss Burger

F No School E-Learning

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

M Cheese Pizza, Pepperoni Pizza, Mozzarella Stuffed Breadstick w/ Marinara

T Made to order Nachos with Cheese and Toppings, Black Beans, Spanish Rice

W Chicken Wings (5) w/Sauce & Fries

Th Beef or Chicken Tacos with Cheese and Toppings, Black Beans, Spanish Rice

F No School E-Learning

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

M {S5M}

T {S5T}

W {S5W}

Th {S5TH}

F {S5F}

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

M Basil Corn Salad
Salad Mix
Variety of Fresh Fruit
Variety of Canned Fruit

Th Apple Glazed Carrots
Chilled Corn
Salad Mix
Variety of Fresh Fruit
Variety of Canned Fruit

T Kidney Beans
Fresh Broccoli
Salad Mix
Variety of Fresh Fruit
Variety of Canned Fruit

F No School E-Learning

W Baby Carrots
Salad Mix
Variety of Fresh Fruit
Variety of Canned Fruit

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Tinga Chicken Bowl, Pinto Beans, Mex Sweet Potatoes, Mex Zucchini

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Chicken Mashed Potato Bowl w Breadsticks, Green Beans, Corn

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Big City Bites- Seattle: Chicken Teriyaki Rice Bowl, Ginger Carrots

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Pasta Bowl with Meatballs, Broccoli & Peppers, Parmesan Green Beans

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No School E-Learning

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Turkey & Cheese Sub, Crisp Chicken Wrap, Chef
Salad, Blueberry Parfait

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

American Sub, Chicken Caesar Wrap, Hearty
Garden Salad, Strawberry Banana Parfait

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Italian Sub, Buffalo Chicken Wrap, Hummus Box,
Crispy Chicken Salad

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Turkey & Cheese Sub, Crispy Chicken Wrap,
Protein Box, Strawberry Parfait

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No School E-Learning

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Grilled Cheese Sandwich

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Hot Dog

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Bacon Cheeseburger or Fish Sandwich

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Mushroom Swiss Burger

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

No School E-Learning

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Cheese Pizza, Pepperoni Pizza, Mozzarella
Stuffed Breadstick w/ Marinara

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Made to order Nachos with Cheese and
Toppings, Black Beans, Spanish Rice

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Chicken Wings (5) w/Sauce & Fries

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Beef or Chicken Tacos with Cheese and Toppings, Black Beans, Spanish Rice

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No School E-Learning

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Basil Corn Salad
Salad Mix
Variety of Fresh Fruit
Variety of Canned Fruit

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Kidney Beans
Fresh Broccoli
Salad Mix
Variety of Fresh Fruit
Variety of Canned Fruit

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Baby Carrots
Salad Mix
Variety of Fresh Fruit
Variety of Canned Fruit

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Apple Glazed Carrots
Chilled Corn
Salad Mix
Variety of Fresh Fruit
Variety of Canned Fruit

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No School E-Learning

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