



# September 2022

## Elementary Menu

PRICES		
Full Paid	<b>Breakfast</b> \$1.50	<b>Lunch</b> \$3.00
Reduced K-5	Free	Free
Free K-5	Free	Free

### AVAILABLE DAILY GARDEN BAR

**Veggies offered may include:**  
Broccoli, Cauliflower, Carrots,  
Cucumbers, Celery and  
Mixed Greens, Legumes  
Corn & Bean Salsa



**Fruit offered may include:**  
Peaches, Pears, Apples,  
Oranges, Bananas, Applesauce,  
Strawberries, Blueberries

### Menu Subject to Change

This institution is an equal opportunity provider.

**Meals are no longer free to all!**  
Please fill out a Free/Reduced Application or  
deposit money in your students account

#### MEAL APPLICATIONS

- ♦ A new application needs to be filled out every school year.
  - ♦ One application can be filled out for all children in your household.
  - ♦ Please turn in ASAP to get your child qualified
  - ♦ Applications are available at all school offices, district office or online
- Questions Call 360-354-7579

**Thursday, September 1**

**Breakfast**  
WG Assorted  
Cereal

**Lunch**  
**Chicken Nuggets**  
**WG Goldfish Pretzel**  
Fruit/Veggie Bar  
1% White Milk  
N/F Chocolate Milk



**Friday, September 2**

**Breakfast**  
WG Blueberry  
Muffin

**Lunch**  
**WG Cheese Pizza**  
**WG Pepperoni Pizza**  
Fruit/Veggie Bar  
1% White Milk  
N/F Chocolate Milk



**No School**

**Tuesday, September 6**

**Breakfast**  
WG Assorted  
Cereal

**Lunch**  
**PBJ Sandwich**  
**Cheese stick**  
**WG Grahams**  
Fruit/Veggie Bar  
1% White Milk  
N/F Chocolate Milk

**Wed., September 7**

**Breakfast**  
WG Cinnamon Bun

**Lunch**  
**WG Corn Dogs**

Fruit/Veggie Bar  
1% White Milk  
N/F Chocolate Milk

**Thursday, September 8**

**Breakfast**  
WG Breakfast  
Bread

**Lunch**  
**Hamburger Smiles**  
Fruit/Veggie Bar  
1% White Milk  
N/F Chocolate Milk

**Friday, September 9**

**Breakfast**  
WG Granola Bar

**Lunch**  
**WG Cheese Pizza**  
**WG Pepperoni Pizza**  
Fruit/Veggie Bar  
1% White Milk  
N/F Chocolate Milk



**Every complete meal we serve includes your choice of low fat white or nonfat chocolate**

**Monday, September 12**

**Breakfast**  
**WG Asst. Cereal**

**Lunch**  
**Chicken Nuggets**  
**WG Goldfish Pretzels**  
Fruit & Veggie Bar  
1% Milk or  
Non-Fat Chocolate  
Milk

**Tuesday, September 13**

**Breakfast**  
**WG Muffin**

**Lunch**  
**Chicken Burger**  
**Fries**  
Fruit & Veggie Bar  
1% Milk or  
Non-Fat Chocolate  
Milk

**Wed., September 14**

**Breakfast**  
**WG Maple Bar**

**Lunch**  
**Nachos**  
w/ cheese cup  
**Corn & bean salsa**  
Fruit & Veggie Bar  
1% Milk or  
Non-Fat Chocolate  
Milk

**Thursday, September 15**

**Breakfast**  
**Breakfast Bread**

**Lunch**  
**Breaded Cheese**  
**Sticks**  
**Green Salad**  
Fruit & Veggie Bar  
1% Milk or  
Non-Fat Chocolate  
Milk

**Friday, September 16**

**Breakfast**  
**Breakfast Cookie**

**Lunch**  
**WG Cheese Pizza**  
**WG Pepperoni Pizza**  
Fruit & Veggie Bar  
1% Milk or  
Non-Fat Chocolate  
Milk



**Monday, September 19**

**Breakfast**  
**WG Asst. Cereal**

**Lunch**  
**WG Corn Dog**  
Fruit & Veggie Bar  
1% Milk or  
N/F Chocolate Milk



**Tuesday, September 20**

**Breakfast**  
**WG Honey Bun**

**Lunch**  
**Hamburger**  
**Tater Tots**  
Fruit & Veggie Bar  
1% Milk or  
Non-Fat Chocolate  
Milk

**Wed., September 21**

**Breakfast**  
**WG Cinnamon Bun**

**Lunch**  
**Burrito**  
**Corn & Bean Salsa**  
Fruit & Veggie Bar  
1% Milk or  
Non-Fat Chocolate  
Milk

**Thursday, September 22**

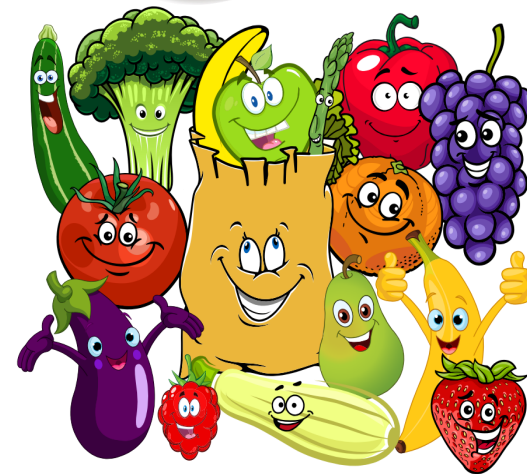
**Breakfast**  
**Breakfast Bread**

**Lunch**  
**Ham & Cheese**  
**Sandwich**  
**WG Sun Chips**  
Fruit/Veggie Bar  
1% Milk or  
Non-Fat Chocolate  
Milk

**Friday, September 23**

**Breakfast**  
**WG Granola Bar**

**Lunch**  
**WG Cheese Pizza**  
**WG Pepperoni Pizza**  
Fruit & Veggie Bar  
1% Milk or  
Non-Fat Chocolate  
Milk



**Try to eat a**  
**RAINBOW**  
**of different colors!**

**Monday, September 26**

**Breakfast**  
**WG Asst. Cereal**

**Lunch**  
**Chicken Nuggets**  
**WG Grahams**  
Fruit & Veggie Bar  
1% Milk or  
N/F Chocolate Milk

**Tuesday, September 27**

**Breakfast**  
**WG Muffin**

**Lunch**  
**Hot Dog**  
**Tater Tots/Fries**  
Fruit & Veggie Bar  
1% Milk or  
N/F Chocolate Milk

**Wed, September 28**

**Breakfast**  
**WG Maple Bar**

**Lunch**  
**Nachos**  
w/ cheese cup  
**Corn & Bean Salsa**  
Fruit & Veggie Bar  
1% Milk or  
N/F Chocolate Milk

**Thursday, September 29**

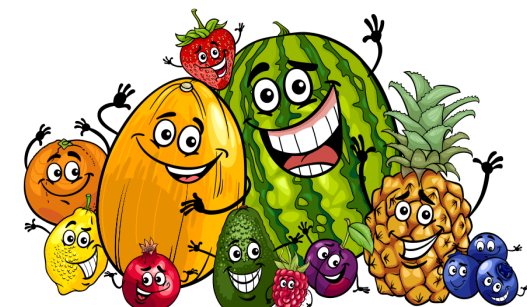
**Breakfast**  
**Breakfast Bread**

**Lunch**  
**Brunch Lunch**  
**Strawberries**  
Fruit & Veggie Bar  
1% Milk or  
N/F Chocolate Milk

**Friday, September 30**

**Breakfast**  
**WG Poptart**

**Lunch**  
**WG Cheese Pizza**  
**WG Pepperoni Pizza**  
Fruit & Veggie Bar  
1% Milk or  
N/F Chocolate Milk



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or  
[http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)