November 2016

SEATTLE PUBLIC SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
31 **BREAKFAST** Breakfast Bagel **LUNCH** Hamburger/ Cheeseburger *OR* Cheese Pizza	1 **BREAKFAST** French Toast **LUNCH** Chicken Nuggets w/ WW Roll *OR* Veggie Burger	2 **BREAKFAST** Mini Turkey Footballs **LUNCH** Spaghetti w/ Meat Sauce *OR* Fish Fillet Sandwich	3 **BREAKFAST** Turkey Sausage Wrap **LUNCH** Cheese Pizza *OR* Chicken Caesar Salad w/ WW Roll	4 **BREAKFAST** Egg & Cheese Muffin **LUNCH** BBQ Chicken w/ WW Roll *OR* Bagel Munchable
7 **BREAKFAST** Breakfast Pizza **LUNCH** Pancakes, Sausage Links, Hashbrowns *OR* Bean & Cheese Burrito	8 **BREAKFAST** Turkey Sausage Wrap **LUNCH** Chicken Corndog *OR* Mozzarella Breadstick	9 **BREAKFAST** Cinnamon Roll **LUNCH** Breaded Chicken Burger *OR* Veggie Burger	10 **BREAKFAST** Sausage Link w/ Egg & Toast **LUNCH** French Bread Pizza w/ Chicken Pepperoni *OR* Cheese Quesadilla	11 ***Veterans Day*** ***No School***
14 **BREAKFAST** Breakfast Quesadilla **LUNCH** Chicken Tenders w/ WW Roll *OR* Veggie Burger	15 **BREAKFAST** French Toast Sticks **LUNCH** Beef Teriyaki Dippers w/ Brown Rice *OR* Cheese Pizza	16 **BREAKFAST** Dutch Waffle **LUNCH** Turkey Hot Dog *OR* Bagel Munchable	17 **BREAKFAST** Egg & Cheese Muffin **LUNCH** Turkey Gravy w/ Mashed Potatoes *OR* Toasted Cheese	18 **BREAKFAST** Banana/Pumpkin Bread **LUNCH** Chef's Choice *OR* Mozzarella Breadstick
21	22	23 ***Thanksgiving Break*** ***No School***	24	25
28 **BREAKFAST** Breakfast Pizza **LUNCH** Hamburger/ Cheeseburger *OR* Cheese Quesadilla	29 **BREAKFAST** Mini Turkey Footballs **LUNCH** French Bread Pizza w/ Chicken Pepperoni *OR* Bean & Cheese Burrito	30 **BREAKFAST** Dutch Waffle **LUNCH** Ultimate Fish Sticks w/ Roasted Potatoes *OR* Toasted Cheese	1 **BREAKFAST** Egg & Cheese Muffin **LUNCH** Beef Soft Taco *OR* Veggie Burger	2 **BREAKFAST** Yogurt Parfait **LUNCH** Orange Chicken w/ Brown Rice *OR* Mozzarella Breadstick

PRICING	**Lunch**	**Breakfast**
Elementary School	$3.00	$2.00
Middle School	$3.25	$2.25
Reduced:	No Charge	
Adult:	$4.75	$3.25

Entrées served with fresh fruit and vegetable salad bar & choice of 1%, non-fat, or non-fat chocolate rBST hormone-free milk.

FREE BREAKFAST SCHOOLS: All students, regardless of eligibility for free, reduced, or full-priced meals, can enjoy breakfast daily at no cost in these Seattle schools for the 2016-17 school year: Concord, Roxhill & Van Asselt.

COMMUNITY ELIGIBILITY PROVISION (CEP): All students can enjoy breakfast & lunch daily at no cost in these Seattle elementary schools for the 2016-17 school year: Baily Gatzert, Dunlap, Emerson, Martin Luther King Jr. & West Seattle Elementary

BREAKFAST CHOICES: A nutritious breakfast is served daily at your child's school. In addition to the primary entrée mentioned on the menu, students may also select from a variety of low-sugar cereals, 100% whole-wheat toast, fresh and canned fruits

This institution is an equal opportunity provider and employer.