

Kids Way Cafe
Lake Washington School District
Elementary Schools

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

2 Whole Grain Turkey Corn Dog or Chef Salad	3 Ham & Cheese Wrap or Chicken Nuggets	4 Beef Enchilada or Asian Chicken Salad	5 Cheese Quesadilla or Chicken Caesar Salad Snickerdoodle	6 Toasted Cheese Sandwich or Turkey Wrap
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Calories. 704 Sat.Fat. 7.52% Vitamin A .3752 IU Vitamin C. 42.68mg Calcium 446.50mg Protein 15.82% Carbs 62.93%

9 Chef Salad or Trout Treasures w/ Fries	10 Chicken Broccoli Chopsticks or Yogurt w/ Fresh Fruit	11 No School	12 Chicken Ranch Wrap or Stromboli Carnival Cookie	13 Chicken Caesar Salad or Beef & Cheddar Cheese Nachos
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Calories. 727 Sat.Fat. 7.28% Vitamin A .3772 IU Vitamin C. 42.24mg Calcium 451.25mg Protein 15.57% Carbs 63.963%

16 Baked Chicken Nuggets or Yogurt w/ Fresh Fruit	17 Chicken Fajita or Turkey & Cheese Wrap	18 Turkey Gravy w/ Mashed Poatoes or Asian Salad	19 Meatball Calzone or Chicken & Cheese Wrap Mini Cinnamon Roll	20 Half Day Conferences
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Calories. 709 Sat.Fat. 6.82% Vitamin A .3693 IU Vitamin C.44.10mg Calcium 416.84mg Protein 15.54% Carbs 64.58%

23 Half Day Conferences	24 Half Day Conferences	25 Half Day	26 No School	27 No School
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Calories. 719 Sat.Fat. 6.81% Vitamin A .3136 IU Vitamin C. 36.86mg Calcium 393.83mg Protein 15.90% Carbs 64.06%

30 Meatball Sub or Veggie & Cheese Wrap			<p>Every lunch includes an unlimited offering bar. Kids can fill their plates with all the fruits and veggies they desire. A variety of options are offered daily which may include the following:</p> <table style="width: 100%; border: none;"> <tr> <td>salad mix w/spinach</td> <td>coleslaw</td> <td>oranges</td> </tr> <tr> <td>carrots</td> <td>cauliflower</td> <td>apples broccoli</td> </tr> <tr> <td>bananas</td> <td>cucumbers</td> <td>Corn/peas</td> </tr> <tr> <td></td> <td></td> <td>yogurt</td> </tr> <tr> <td></td> <td></td> <td>dried fruit</td> </tr> </table>	salad mix w/spinach	coleslaw	oranges	carrots	cauliflower	apples broccoli	bananas	cucumbers	Corn/peas			yogurt			dried fruit
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A Meal Includes: Entree, Unlimited selections from the Offering Bar and a Milk

	Monday	Tuesday	Wednesday	Thursday	Friday
Variety Bars:	Fiesta	Brunch	Market	Asian	Pasta
Grilled Items:	Chicken Sandwich	Cheese Burger	Hamburger	Chicken Sandwich	Cheese Burger
Pizza:	Pizza	Pizza Sticks	Pizza	Pizza Sticks	Pizza

OUR DELI OFFERS THE FOLLOWING DELICIOUS SANDWICHES ON A DAILY BASIS:

<i>HAM & CHEESE</i>	<i>TUNA SALAD</i>
<i>TURKEY</i>	<i>HERO COMBO SUB</i>
<i>EGG SALAD</i>	