

May 2012 Lake Washington School District **BEST Sr. High Schools**

	Monday	Tuesday	Wednesday	Thursday	Friday
FAVORITES In addition to fresh pre-made Garden, Chef and Chicken Caesar Salads, a different hot entrée is featured daily.		1 Sweet Thai Basil Chicken w/ Pineapple Fried Rice	2 French Onion Soup w/ Cheesy Garlic Bread	3 Ham & Potato Bake	4 Saucy Teriyaki Beef Dippers w/ Brown Rice
	7 Vietnamese Sandwich	8 Hand Grilled Chicken Onion Quesadilla	9 Parmesan Chicken w/ Pasta	10 BBQ Pulled Pork on a Kaiser Roll	11 Made to order Chicken Lo-Mein
DELI AVAILABLE DAILY: build your own sandwiches on hoagie rolls baked fresh or choose from assorted deli breads. Offered daily: lean turkey, tuna salad, turkey ham, a variety of cheeses, and a market basket of garden fresh veggies.	14 Sundried Tomato Chicken Pesto Grinder	15 Hand Tossed Ham & Cheese Stromboli	16 Zesty Orange Chicken	17 Homemade Baked Ziti	18 Chicken Pho
	21 Grilled Pineapple Teriyaki Burger	22 Egg Rolls w/ Pineapple Fried Rice	23 Homemade Shredded Chicken Enchiladas	24 Roasted Sliced Turkey Gravy w/ Mashed Potatoes	25 No School
	28 No School	29 Turkey Pot Pie	30 Homemade Veggie & Bean Chili w/ a Breadstick	31 Buffalo Chicken Bowl	
GRILL	Chicken Sandwich	Hamburger Cheeseburger	Chicken Sandwich	Hamburger Cheeseburger	Chicken Sandwich
PIZZA	Pepperoni Cheese Supreme	Pepperoni Cheese Hawaiian	Pepperoni Cheese Pesto	Pepperoni Cheese Chicken Ranch	Pepperoni Cheese Veggie

WHAT COMES WITH A COMPLETE MEAL?

All lunches come with an entrée and at least one other item. Other items include a variety of fresh & canned fruit, 2-3 kinds of veggies, a side salad and fat free or low fat milk.

Lunch Prices

Student \$2.75
Adult \$3.25

MILK

A VARIETY OF MILK IS AVAILABLE WITH EACH MEAL

Nutritional Information

Week 1

Calories 908
Sat.Fat.5.29%
Vitamin A 9243IU
Vitamin C 88.71mg
Calcium 703.59mg
Protein 16.44%
Carbs. 65.79%

Week 2

Calories 933
Sat.Fat.5.27%
Vitamin A 9466IU
Vitamin C 83.72mg
Calcium 674.93mg
Protein 16.11%
Carbs. 64.88%

Week 3

Calories 938
Sat.Fat.4.69%
Vitamin A 9731IU
Vitamin C 90.83mg
Calcium 696.49mg
Protein 16.57%
Carbs. 66.68%

Week 4 & 5

Calories 970
Sat.Fat.4.82%
Vitamin A 9893IU
Vitamin C 90.55mg
Calcium 691.06mg
Protein 16.47%
Carbs 67.06%

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