





November 2009 Lake Washington School District Sr. High Schools

	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>In addition to fresh pre-made Garden, Chef and Chicken Caesar Salads, a different hot entrée is featured daily.</p>  <p>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.</p>	2 Cuban Sandwich	3 Grilled Cheese w/ Soup	4 Zesty Orange Chicken	5 Grilled Onion Chicken Quesadilla	6 Fish Tacos
	9 Chicken Noodle Bowl	10 Stromboli	11 No School	12 Teriyaki Chicken Hoagie	13 Chicken Fajita
	16 Chicken Parmesan w/Pasta	17 Beef Enchilada	18 Italian Chicken Sandwich	19 Turkey Gravy w/ Mashed Potatoes	20 Calzone
	23 Chicken & Rice Chopsticks	24 Meatball Sandwich	25 Half Day	26 No School	27 No School
30 Turkey Caesar Sandwich	*****	*****	*****	*****	
	Hamburgers	Hamburgers	Hamburgers	Hamburgers	Hamburgers
	Cheeseburgers	Cheeseburgers	Cheeseburgers	Cheeseburgers	Cheeseburgers
	Chicken Sandwich	Chicken Sandwich	Chicken Sandwich	Chicken Sandwich	Chicken Sandwich
	Pepperoni	Pepperoni	Pepperoni	Pepperoni	Pepperoni
	Cheese Supreme	Cheese Veggie	Cheese 3 Meat	Cheese Chicken Ranch	Cheese Hawaiian
<i>Panini</i>	Ham & Cheese	Turkey & Cheese	Italian	Turkey & Bacon	Turkey Swiss
Variety Bar	Fiesta	Pasta	Brunch	Asian	Market Bar

WHAT COMES WITH A COMPLETE MEAL?

Every day 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.

A VARIETY OF MILK AND JUICE IS AVAILABLE WITH EACH MEAL.

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, natural origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.