





LAKE WASHINGTON S.D. ICS SCHOOL
MAY 2012

	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>Lunch Prices Student \$2.75 Adult \$3.25</p>	*****	1 Sweet Thai Basil Chicken w/ Pineapple Fried Rice	2 No School	3 Ham & Potato Bake	4 Saucy Teriyaki Beef Dippers w/ Brown Rice																																
	7 Vietnamese Sandwich	8 Hand Grilled Chicken Onion Quesadilla	9 No School	10 BBQ Pulled Pork on a Kaiser Roll	11 Chicken Lo-Mein																																
	14 Sundried Tomato Chicken Pesto Grinder	15 Hand Tossed Ham & Cheese Stromboli	16 No School	17 Homemade Baked Ziti	18 Chicken Pho																																
	21 Grilled Pineapple Teriyaki Burger	22 Egg Rolls w/ Fried Rice	23 No School	24 Sliced Turkey Gravy w/ Mashed Potatoes	25 NO SCHOOL																																
	28 NO SCHOOL	29 Turkey Pot Pie	30 No School	31 Buffalo Chicken Bowl																																	
	Hamburger Cheeseburger Chicken Sandwich	Hamburger Cheeseburger Chicken Sandwich	*****	Hamburger Cheeseburger Chicken Sandwich	Hamburger Cheeseburger Chicken Sandwich																																
	Pepperoni Pizza Cheese Pizza Supreme Pizza	Pepperoni Pizza Cheese Pizza Veggie Pizza	*****	Pepperoni Pizza Cheese Pizza Chicken Ranch Pizza	Pepperoni Pizza Cheese Pizza Hawaiian Pizza																																
	<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>		<p>Nutritional Information</p> <table border="1"> <thead> <tr> <th>Week 1</th> <th>Week 2</th> <th>Week 3</th> <th>Week 4 & 5</th> </tr> </thead> <tbody> <tr> <td>Calories 867</td> <td>Calories 890</td> <td>Calories 881</td> <td>Calories 841</td> </tr> <tr> <td>Sat. Fat 6.37%</td> <td>Sat. Fat 6.48%</td> <td>Sat. Fat 6.16%</td> <td>Sat. Fat 6.38%</td> </tr> <tr> <td>Vitamin A 7021IU</td> <td>Vitamin A 7435IU</td> <td>Vitamin A 7278IU</td> <td>Vitamin A 7009IU</td> </tr> <tr> <td>Vitamin C 60.29mg</td> <td>Vitamin C 56.54mg</td> <td>Vitamin C 55.10mg</td> <td>Vitamin C 55.05mg</td> </tr> <tr> <td>Calcium 612.24mg</td> <td>Calcium 618.59mg</td> <td>Calcium 646.88mg</td> <td>Calcium 598.64mg</td> </tr> <tr> <td>Protein 17.17%</td> <td>Protein 16.69%</td> <td>Protein 17.24%</td> <td>Protein 17.40%</td> </tr> <tr> <td>Carbs. 63.72%</td> <td>Carbs. 63.05%</td> <td>Carbs. 63.78%</td> <td>Carbs. 63.28%</td> </tr> </tbody> </table>			Week 1	Week 2	Week 3	Week 4 & 5	Calories 867	Calories 890	Calories 881	Calories 841	Sat. Fat 6.37%	Sat. Fat 6.48%	Sat. Fat 6.16%	Sat. Fat 6.38%	Vitamin A 7021IU	Vitamin A 7435IU	Vitamin A 7278IU	Vitamin A 7009IU	Vitamin C 60.29mg	Vitamin C 56.54mg	Vitamin C 55.10mg	Vitamin C 55.05mg	Calcium 612.24mg	Calcium 618.59mg	Calcium 646.88mg	Calcium 598.64mg	Protein 17.17%	Protein 16.69%	Protein 17.24%	Protein 17.40%	Carbs. 63.72%	Carbs. 63.05%	Carbs. 63.78%	Carbs. 63.28%
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<p>Milk A variety of milk is available with each meal.</p>	<p><u>WHAT COMES WITH A COMPLETE MEAL?</u> 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.</p>		<p>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.</p>																																		