



Lake Washington School District - Jr. High Schools
May 2008

	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>				1 Zesty Orange Chicken	2 BLT
	5 Meatball Sub	6 Chicken Enchilada	7 Beef Teriyaki Rice Bowl	8 Empanadas	9 Honey Rib-BQ on a Bun
	12 Teriyaki Chicken Hoagie	13 Grilled Pattie Melt	14 Chicken & Rice Chopsticks	15 Sliced Turkey Gravy	16 Italian Grinder
	19 BLT	20 Zesty Orange Chicken	21 Calzone	22 Lasagna	23 Stuffed Burrito
	26 Chicken Noodle Bowl	27 Stromboli	28 Chicken Parmesan	29 Beef Enchilada	30 Italian Grinder
	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches	Hamburgers Cheeseburgers Chicken Sandwiches
	Pepperoni Pizza Cheese Pizza Hawaiian Pizza	Pepperoni Pizza Cheese Pizza Hawaiian Pizza	Pepperoni Pizza Cheese Pizza Meatball Pizza	Pepperoni Pizza Cheese Pizza Chicken, Spinach & Garlic Pizza	Pepperoni Pizza Cheese Pizza Hawaiian Pizza
<i>Panini</i>	Ham & Cheese	Turkey & Cheese	Italian	Turkey Bacon	Grilled Cheese
Variety Bar	Fiesta	Pasta	Brunch	Asian	Potato
	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.		<u>WHAT COMES WITH A COMPLETE MEAL?</u> 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.		
Milk	A variety of milk 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.		