




**Lake Washington S.D. Junior High
November 2009**

	Monday	Tuesday	Wednesday	Thursday	Friday
 In addition to fresh pre-made Garden , Chef and Chicken Caesar Salads, a different hot entrée is featured daily.	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	*****	*****	*****	*****
	Hamburger Cheeseburger Chicken Sandwich	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 3 Meat Pizza	Pepperoni Pizza Cheese Pizza Chicken Ranch Pizza	Pepperoni Pizza Cheese Pizza Hawaiian Pizza
Panini	Ham & Cheese	Turkey & Cheese	Italian	Turkey & Bacon	Turkey Swiss
Variety Bar	Fiesta	Pasta	Brunch	Asian	Market Bar
Deli	AVAILABLE DAILY: Build your own sandwiches on Hoagie Rolls baked fresh or choose from assorted deli breads. Offered daily: lean turkey, tuna salad, a variety of cheeses, and a market basket of garden fresh veggies.		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.		
Milk	A variety of milk is available with each meal.		<small>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.</small>		