

# September 2011 Lake Washington School District Finn Hill Jr.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>FAVORITES</b>  In addition to fresh pre-made Garden, Chef and Chicken Caesar Salads, a different hot entrée is featured daily.				1 ***** <b>Welcome Back</b> *****	2
	5 <b>No School</b>	6 Hand Grilled Chicken Onion Quesadilla	7 Parmesan Chicken w/ pasta	8 BBQ Pulled Pork Kaiser Roll	9 Made to order Chicken Lo-Mein
	12 Honey Rib B-Que w/ Coleslaw	13 Hand Tossed Ham & Cheese Stromboli	14 Zesty Orange Chicken	15 Homemade Baked Ziti	16 Made to order Chicken Pho
	19 Grilled Pineapple Teriyaki Burger	20 Fish Tacos w/ Coleslaw	21 Homemade Shredded Chicken Enchiladas	22 Sliced Turkey Gravy w/ Mashed Potatoes	23 Made to Order Sweet & Sour Meatballs
26 Grilled Cheese w/ Ham & Potato Soup	27 Turkey Pot Pie	28 Homemade Veggie & Bean Chili w/ a Breadstick	29 Pork Torta	30 Saucy Teriyaki Beef Dippers w/ Rice	
<b>DELI</b>  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.	Hamburger Cheeseburger Chicken Sandwich	Hamburger Cheeseburger Chicken Sandwich	Hamburger Cheeseburger Chicken Sandwich	Hamburger Cheeseburger Chicken Sandwich	Hamburger Cheeseburger Chicken Sandwich
	Pepperoni Cheese Supreme	Pepperoni Cheese Hawaiian	Pepperoni Cheese Margarita	Pepperoni Cheese Chicken Ranch	Pepperoni Cheese Veggie
<b>GRILL</b>	Mozzarella, Tomato & Pesto	Ham & Cheese	Italian	Turkey & Bacon	Grilled Vegetables & Basil
	<b>PIZZA</b>				
<i>Panini</i>					
<b>Creations</b>	<b>Fiesta</b> Made to order Chicken Fajitas	<b>Pasta</b> Made to order Past Bar	<b>Brunch</b> Made to order Omelets	<b>Asian</b> Made to order Stir-Fry w/ Rice or Noodles	<b>Market Bar</b> Revolving Menu items

## 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 2

Calories 850  
Sat.Fat. 7.08%  
Vitamin A 4330IU  
Vitamin C49.58mg  
Calcium 509.24mg  
Protein 16.49%  
Carbs. 60.68%

### Week 3

Calories 828  
Sat.Fat.6.49%  
Vitamin A 4755IU  
Vitamin C49.57mg  
Calcium 537.32mg  
Protein 16.87%  
Carbs. 63.14%

### Week 4

Calories 832  
Sat.Fat.6.65%  
Vitamin A 5337IU  
Vitamin C 47.35mg  
Calcium 575.52mg  
Protein 16.81%  
Carbs. 63.84%

### Week 5

Calories 835  
Sat.Fat.6.44%  
Vitamin A 5298IU  
Vitamin C 48.56mg  
Calcium 578.55mg  
Protein 16.55%  
Carbs 64.68%

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