






October 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>	*****	*****	*****	1 Grilled Cheese w/ Soup	2 No School
	5 Chicken Noodle Bowl	6 Teriyaki Chicken w/ Rice	7 Chicken Parmesan	8 Chicken Ranch Stromboli	9 Turkey Melt w/ Sweet & Sour Slaw
	12 Chicken Cordon Bleu	13 Beef Enchilada	14 Bacon Cheeseburger	15 Sliced Turkey Gravy w/ Mashed Potatoes	16 Grilled Onion Chicken Quesadilla
	19 Chicken & Rice Chopsticks	20 Grilled Cheese w/ Soup	21 Meatball Sandwich	22 Italian Chicken Sandwich	23 Calzone
	26 Turkey Caesar Sandwich	27 Beef Broccoli Bowl	28 Zesty Orange Chicken	29 Stuffed Burrito	30 Fish Tacos
	Hamburgers Cheeseburgers Chicken Sandwich	Hamburgers Cheeseburgers Chicken Sandwich	Hamburgers Cheeseburgers Chicken Sandwich	Hamburgers Cheeseburgers Chicken Sandwich	Hamburgers Cheeseburgers Chicken Sandwich
		Pepperoni Cheese Supreme	Pepperoni Cheese Veggie	Pepperoni Cheese 3 Meat	Pepperoni Cheese Chicken Ranch
		Ham & Cheese	Turkey & Cheese	Italian	Turkey & Bacon
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.

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