


Lake Washington S.D. Jr. High Schools
May 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 In addition to fresh pre-made Garden, Chef and Chicken Caesar Salads, a different hot entrée is featured daily. <hr/> Lunch Prices Student \$2.75 Adult \$3.25		1 Eggroll with Fried Rice	2 French Onion Soup w/ Cheesy Garlic Bread	3 Mac & Cheese	4 Asian Meatball Sub
	7 Vietnamese Sandwich	8 Hand Grilled Chicken Onion Quesadilla	Chicken Alfredo	10 Roasted BBQ Pulled Pork Kaiser Roll	11 Made to Order Chicken Lo-Mein
	14 Sundried Tomato Chicken Pesto Grinder	15 Hand Tossed Ham & Cheese Stromboli	16 Teriyaki Chicken w/ stir Fry veggies	17 Homemade Baked Ziti	18 Grill Cheese Sandwich
	21 Grilled Pineapple Teriyaki Burger	22 Honey Rib-a-Q w/Coleslaw	23 Homemade Shredded Chicken Enchiladas	24 Egg Roll with Fried Rice	25 No School
	28 No School	29 Turkey Pot Pie	30 Homemade Veggie & Bean Chili w/ a Breadstick	31 Buffalo Chicken Bowl	
 Hamburger Cheeseburger Chicken 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 Hawaiian Pizza	Pepperoni Pizza Cheese Pizza Three Meat	Pepperoni Pizza Cheese Pizza Chicken Ranch Pizza	Pepperoni Pizza Cheese Pizza Veggie Pizza	
<i>Panini</i>	Mozzarella, Tomato & Pesto	Ham & Cheese	Italian	Turkey & Bacon	Grilled Vegetables & Basil
Variety Bar	Fiesta	Pasta	Market Bar	Asian	Market Bar
	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.		Nutritional Information		
			Week 1 Calories 824 Sat.Fat. 6.45% Vitamin A 4204IU Vitamin C 50.09mg Calcium 512.81mg Protein 16.48% Carbs. 63.01%	Week 2 Calories 850 Sat.Fat. 6.48% Vitamin A 4748IU Vitamin C 46.92mg Calcium 524.83mg Protein 16.27% Carbs. 63.21%	Week 3 Calories 849 Sat.Fat. 6.14% Vitamin A 5272IU Vitamin C 47.72mg Calcium 556.46mg Protein 16.47% Carbs. 64.87%
Milk A variety of milk is available with each meal.	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.		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.		