

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 Meatless Monday! Cheesy Breadsticks & Marinara (M) Birthday Celebration	3 Try It Tuesday Chicken Spaghetti Alfredo (M) What will you try?	4 Local Garden Bar Twisted Dog Organic Spring Mix	5 Cheese Quesadilla with Brown Rice (M)	6 Blue Friday Korean BBQ Meatballs with Brown Rice Football Card
9 Meatless Monday! Grilled Cheese & Tomato Soup (M) "States & Capitals" Whole Grain Snacks	10 Try It Tuesday Meatball Sub What will you try?	11 Local Garden Bar Popcorn Chicken, Mashed Potatoes, Gravy & WG Roll Organic Spring Mix	12 Minion Celebration El Macho Nachos (M) Fresh Fruit Frenzy Minion Garden Bar Minion Grahams	13 Blue Friday Sweet & Sour Chicken with Brown Rice Rice Krispies Treat
16 Elementary Conference Day Lunchable (M) * Check your school for availability. Pre-order required.	17 Elementary Conference Day Lunchable (M) * Check your school for availability. Pre-order required.	18 Local Garden Bar Fish & Chips with WG Roll Organic Spring Mix	19 Elementary Conference Day Lunchable (M) * Check your school for availability. Pre-order required.	20 NO SCHOOL LEAP Day
23 Meatless Monday! Grilled Cheese & Tomato Soup (M) "States & Capitals" Whole Grain Snacks	24 Try It Tuesday Spaghetti & Meatballs (M) What will you try?	25 Breakfast For Lunch Banana Pancakes with Scrambled Eggs (M) Organic Spring Mix	26 Chicken & Cheese Nachos (M)	27 Blue Friday Teriyaki Beef Dippers with Brown Rice Football Card
30 Meatless Monday! Bean & Cheese Burrito (M)	31 Happy Halloween Mummy Dog Frankenstein Fries Halloween Garden Bar Batty Brownie	The Ultimate Garden Bar Help us support our local farms by eating your fruits and veggies. Every lunch includes unlimited access to our Garden Bar, featuring a variety of fresh, local and organic produce including: <ul style="list-style-type: none"> • Organic Spring Mix • Locally grown cucumbers, potatoes, apples, pears, and berries 		

What is a complete meal? A meal must include three of the five following choices: meat or meat alternative, grain, fruit, vegetable and milk. Students may decline two food choices but must take 1/2 cup fruit and/or vegetables with their meal.

	Monday	Tuesday	Wednesday	Thursday	Friday
Grill	Chicken Nuggets with WG Roll or Vegetarian Burger (M)	Nitrate-Free Turkey Hot Dog	Hamburger or Cheeseburger	Crispy Chicken Burger	Corn Dog
Deli	Variety of Deli Sandwiches & Salads (M)				
Pizza	Cheese (M) & Pepperoni				

Garden Bars: Kids can fill their plates with all the fruits and veggies they desire. We offer a variety of legumes, fruits and vegetables such as black beans, garbanzo beans, apples, bananas, pears, peach slices, pineapple bites, blueberries, grapes, oranges, spinach, broccoli, peas, celery, coleslaw and jicama.

Meatless Options (M): Identifies menu items that are or can be served without meat. Meatless options may contain eggs or dairy.

Menu subject to change without notice.

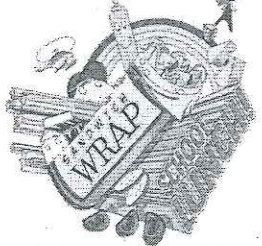
*All foods are supplied by a kitchen that may also use nut products.

For more information, go to www.lwsd.org/students-families/breakfast-and-lunch-menus

This institution is an equal opportunity provider.

National School Lunch Week

Join us for our featured School Lunch Week Garden Bar



October 10, 2017

Blue Friday

Breakfast*

Fuel up like a champ with our fun Seahawk-themed breakfast entrées served every Friday!

*Does not include 'Breakfast After the Bell' programs

Lunch

Join us for lunch every Friday and get a special Blue Friday treat.

Don't forget to wear your Seahawks gear!



Join us as we celebrate October Birthdays
October 2, 2017

Halloween Party



Mummy Dogs, Frankenstein Fries and Batty Brownie
October 31, 2017

Minion Celebration

El Macho Nachos
Fresh Fruit Frenzy
Minion Garden Bar



October 12, 2017



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

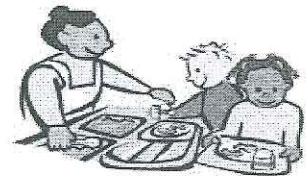
liftoffsplayground.com

October Traditional Elementary Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Bagel & Cream Cheese	3 Egg & Cheese Breakfast Taquito	4 Ham & Cheese Bagel Melt	5 Cinnamon Roll with Eggs	6 Blue Friday Egg Pop & 12's Toast
9 Omelet with Whole Grain Toast	10 Maple & Brown Sugar Oatmeal with WG Toast	11 Sunrise Flatbread	12 Banana Pancakes	13 Blue Friday Blueberry Blitz Smoothie with Jimmy Grahams
16 Bagel & Cream Cheese	17 Egg & Cheese Breakfast Taquito	18 Pancake on a Stick with Eggs	19 Grilled Cheese & Egg Sandwich	20 NO SCHOOL LEAP Day
23 Breakfast Bagel Slider	24 Cheese Stuffed Breakfast Breadstick	25 Egg & Cheese Breakfast Bun	26 Omelet with WG Toast	27 Blue Friday Football Egg with WG Boom Toast
30 Fruit Muffin & Cheese Stick	31 Breakfast Pizza Wheel		Traditional breakfast served at participating elementary schools: Bell, Einstein, Frost, Juanita, Keller, Lakeview, Muir, Redmond, Rose Hill, Thoreau and Twain	Also offered daily: Variety of Whole Grain Cereal, Toast, Fruit, Juice & Milk

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Now Hiring!



Are you looking for a way to get involved with the Lake Washington School District? Would you like a job that gives you the flexibility to be home with your kids before and after school as well as during their breaks?

Nutrition Services has both full and part-time positions available working with children in the school meal program. If this opportunity sounds interesting to you, please contact our Human Resource Representative at: 425-936-1385.

How to add money to your child's lunch account

It's easy to put money into your child's lunch account at school:

- Charge your Visa or MasterCard online through the secure MySchoolBucks.com site. If you would like step by step instructions for using this secure site, go to www.lwsd.org > Students & Families > Breakfast and Lunch Menus > Price/Payments > Online Payments. Please note, there is a convenience fee of \$1.95 for each transaction.
- Send cash or check made payable to LWSB to the school office with your child's name attached.

Questions? Please email NutritionServ@lwsd.org, or call 425-936-1393.

School Meal Prices			
Eligibility Status	Free	Reduced	Paid
Elementary Breakfast	\$0.00	\$0.00	\$1.50
K-3 Lunch	\$0.00	\$0.00	\$3.00
Grade 4-5 Lunch	\$0.00	\$0.40	\$3.00
Secondary Breakfast	\$0.00	\$0.00	\$1.75
Secondary Lunch	\$0.00	\$0.40	\$3.25