

December 2016—Highline Public Schools Menu

Monday

Tuesday

Wednesday

Thursday

Friday




**Harvest of the Month:
Dark Leafy Greens**

Calcium is not only in milk, it's also in dark leafy greens. Calcium is important for bone health, especially during childhood! Spinach is a delicious dark leafy green. In WA, King County and Walla Walla are the two largest spinach growing counties. Look for Spinach and other greens on the salad bar this month!

1	2
Breakfast Breakfast Pizza Bagel	Breakfast Mini Cinnis
Lunch Spaghetti & Meat Sauce Or Marinara Garlic Toast	Lunch Galaxy Cheese Pizza Roasted Parsnips

5	6	7	8	9
Breakfast Mini Blueberry Loaf	Breakfast Pancake on a Stick	Breakfast Apple Fruit Pocket	Breakfast Cocoa Cherry Bar & String Cheese	Breakfast French Toast Sticks & Turkey Sausage
Lunch Popcorn Chicken Whole Grain Roll Or Cheese Breadsticks	Lunch Beef Burrito Or Pretzel & Hard-Boiled Egg & Steamed Corn	Lunch Teriyaki Beef Dippers Rice Pilaf Or Cheese Quesadilla	Lunch Chicken Drumstick Whole Grain Roll Or Hummus Meal Roasted Potatoes	Lunch Peach Cup Chef's Choice Holiday Cookie

12	13	14	15	16
Breakfast Banana Bread	Breakfast Poblano Cheese Wrap	Breakfast Cinnamon Coffee Cake	Breakfast Chef's Choice	Breakfast & Lunch Chef's Choice
Lunch Sloppy Joe Or Veggie Burger Green Beans	Breakfast for Lunch Dutch Waffle & Colby Cheese Omelet	Lunch Chicken Patty Sandwich Or Yogurt Meal	Lunch Chicken Pot Pie in Bread Bowl Or Bean & Cheese Burrito	

19	20	21	22	23
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Have a safe and relaxing holiday season!

WINTER BREAK—NO SCHOOL



26	27	28	29	30
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WINTER BREAK—NO SCHOOL

Come eat school breakfast—served every morning before school with fruit, 100% juice and milk. Choice of cereal & toast offered daily in addition to a hot entrée choice. Green salad, fresh fruit & vegetables & milk offered daily with lunch. A vegetarian choice is available daily. No pork is served at elementary schools. Questions? Call the Nutrition Services Office at 206-631-3010. Menu subject to change. Highline Public Schools is an equal opportunity employer and provider. Updated: 11/08/16