



| Lunch Prices | | Breakfast Prices | | 1 | 2 |
|--|--|--|--|--|------------------------------------|
| Elementary School: 3.00 Middle School: \$3.25 Reduced: No Charge Adult: \$4.75 | | Elementary School: \$2.00 Middle School: \$2.25 Reduced: No Charge Adult: \$3.25 | | Breakfast Breakfast Quesadilla | Breakfast Zucchini Bread |
| Entrées served with fresh fruit and vegetable salad bar & choice of 1%, non-fat or non-fat chocolate rBST hormone free milk. | | | | | |
| 5 Breakfast Breakfast Pizza | 6 Breakfast Apple Pocket | 7 Breakfast Cinnamon Roll | 8 Breakfast Turkey Sausage Wrap | 9 Breakfast Egg and Cheese Muffin | |
| Lunch Choices Hamburger or Cheeseburger <u>or</u> Bean and Cheese Burrito | Lunch Choices Beef Taco Snack <u>or</u> Mozzarella Cheese Breadsticks | Lunch Choices Chicken Nuggets with Wheat Roll <u>or</u> Veggie Burger <i>Local Fingerling Potatoes</i> | Lunch Choices Cheese Pan Pizza <u>or</u> Chicken Caesar Salad with Wheat Roll | Lunch Choices BBQ Chicken with Wheat Roll <u>or</u> Bagel Munchable | |
| 12 Breakfast Breakfast Bagel | 13 Breakfast French Toast | 14 Breakfast Mini Turkey Footballs | 15 Breakfast Yogurt Parfait | 16 Breakfast Breakfast Quesadilla | |
| Lunch Choices Brunch: Pancakes, Sausage, Hash Brown <u>or</u> Cheese Quesadilla | Lunch Choices Turkey Hotdog <u>or</u> Bean and Cheese Burrito <i>Local Cabbage Coleslaw</i> | Lunch Choices French Bread Pizza <u>or</u> Veggie Burger | Lunch Choices Beef Teriyaki Dippers with Brown Rice <u>or</u> Cheese Pizza | Lunch Choices Chicken Burger <u>or</u> Toasted Cheese | |
| 19 Breakfast Breakfast Pizza | 20 Breakfast Apple Pocket | 21 Breakfast Cinnamon Roll | 22 Breakfast Waffle Sticks | 23 Breakfast Blueberry Bread | |
| Lunch Choices Chicken Corndog <u>or</u> Bean and Cheese Burrito | Lunch Choices Chicken Soft Taco <u>or</u> Cheese Quesadilla | Lunch Choices Ultimate Fish Sticks w/Roasted Potatoes <u>or</u> Mozzarella Cheese Breadsticks | Lunch Choices Macaroni & Cheese w/Focaccia Bread <u>or</u> Turkey Ultra Dog | Lunch Choices Chicken Egg Roll with Brown Rice <u>or</u> Toasted Cheese | |
| 26 Breakfast Breakfast Bagel | 27 Breakfast French Toast | 28 Breakfast Mini Turkey Footballs | 29 Breakfast Turkey Sausage Wrap | 30 Breakfast Egg & Cheese Muffin | |
| Lunch Choices Hamburger or Cheeseburger <u>or</u> Cheese Pizza | Lunch Choices Chicken Nuggets with Wheat Roll <u>or</u> Veggie Burger | Lunch Choices Vegetarian Chili w/Tortilla Chips <u>or</u> Fish Filet Sandwich | Lunch Choices Cheese Pan Pizza <u>or</u> Chicken Caesar Salad with Wheat Roll | Lunch Choices BBQ Chicken with Wheat Roll <u>or</u> Bagel Munchable | |

October 12-16 is National
School Lunch Week!

FREE BREAKFAST SCHOOLS: All students, regardless of eligibility for free, reduced or full priced meals, can enjoy breakfast daily at no cost in these Seattle schools for the 2015-16 school year: Bailey Gatzert, Concord, Dearborn Park, Dunlap, Highland Park, Martin Luther King, Northgate, Van Asselt, West Seattle Elem, & Wing Luke.

BREAKFAST: A nutritious breakfast is served each day at your child's school. In addition to the primary entrée mentioned on the menu, students may also select from a variety of low sugar cereals, 100% whole wheat toast, fresh and canned fruits or 100% fruit juice, and low-fat white milk.

This institution is an equal opportunity provider and employer