




# April 2016



<p><b>Harvest of the Month</b> <b>Frozen Berries</b></p> 				<p><u>1</u> <u>Breakfast</u> Blueberry Bread <u>Lunch</u> Ultimate Fish Stick w/ Roasted Potatoes <u>or</u> Toasted Cheese</p>
<p><u>4</u> <u>Breakfast</u> Breakfast Pizza <u>Lunch</u> Hamburger <u>or</u> Cheeseburger <u>or</u> Bean &amp; Cheese Burrito</p>	<p><u>5</u> <u>Breakfast</u> Apple Pocket <u>Brunch</u> Pancakes, Sausage Links, Hashbrown <u>Lunch</u> Cheese Quesadilla</p>	<p><u>6</u> <u>Breakfast</u> Cinnamon Roll <u>Lunch</u> Teriyaki chicken w/ Brown Rice <u>or</u> Cheese Pizza</p>	<p><u>7</u> <u>Breakfast</u> Sausage Muffin <u>Lunch</u> Veggie Chili with Chips <u>or</u> Fish Filet Sandwich</p>	<p><u>8</u> <u>Breakfast</u> Yogurt Parfait <u>Lunch</u> Chef's Choice Mozzarella Cheese Breadsticks</p>

**School will be closed for Spring Break**  
**April 11<sup>th</sup> through April 15<sup>th</sup>**

<p><u>18</u> <u>Breakfast</u> French Toast <u>Lunch</u> Cheese Pan Pizza <u>or</u> Veggie Burger</p>	<p><u>19</u> <u>Breakfast</u> Egg &amp; Cheese Muffin <u>Lunch</u> Beef Teriyaki Dippers with Brown Rice <u>or</u> Cheese Quesadilla</p>	<p><u>20</u> <u>Breakfast</u> Dutch Waffle <u>Lunch</u> Macaroni &amp; Cheese w/ Whole Wheat Roll <u>or</u> Beef &amp; Cheese Burrito</p>	<p><u>21</u> <u>Breakfast</u> Turkey Sausage Wrap <u>Lunch</u> Chicken Soft Taco <u>or</u> Mozzarella Cheese Breadsticks</p>	<p><u>22</u> <u>Breakfast</u> Banana Bread <u>Lunch</u> Chicken Nuggets with Whole Wheat Roll <u>or</u> Toasted Cheese</p>
<p><u>25</u> <u>Breakfast</u> Breakfast Pizza <u>Lunch</u> Chicken Corndog <u>or</u> Bean &amp; Cheese Burrito</p>	<p><u>26</u> <u>Breakfast</u> Mini Turkey Footballs <u>Lunch</u> Breaded Chicken Burger <u>or</u> Cheese Quesadilla</p>	<p><u>27</u> <u>Breakfast</u> Cinnamon Roll <u>Lunch</u> Cheese Ravioli w/ Meatsauce <u>or</u> Mozzarella Cheese Breadsticks</p>	<p><u>28</u> <u>Breakfast</u> Pancakes <u>Lunch</u> BBQ Chicken with Whole Wheat Roll <u>or</u> Hummus Munchable</p>	<p><u>29</u> <u>Breakfast</u> Egg &amp; Cheese Wrap <u>Lunch</u> Fish Filet Sandwich <u>or</u> Cheese Pizza</p>

<p><b>FREE BREAKFAST SCHOOLS:</b> All students, regardless of eligibility for free, reduced or full priced meals, can enjoy breakfast daily at <b>no cost</b> in these Seattle schools: Bailey Gatzert, Concord, Dearborn Park, Dunlap, Emerson, Martin Luther King, Northgate, Van Asselt, West Seattle Elem, &amp; Wing Luke. In addition, <b>LUNCH</b> is available at <b>no cost</b> for all students at the following schools: Bailey Gatzert, Dunlap, Emerson, Martin Luther King and West Seattle Elementary. 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</p>	<table style="width: 100%;"> <tr> <td style="text-align: center;"><b>Lunch Prices</b></td> <td style="text-align: center;"><b>Breakfast Prices</b></td> </tr> <tr> <td>Elementary School: \$3.00</td> <td>Elementary School: \$2.00</td> </tr> <tr> <td>Middle School: \$3.25</td> <td>Middle School: \$2.25</td> </tr> <tr> <td>Reduced: No Charge</td> <td>Reduced: No Charge</td> </tr> <tr> <td>Adult: \$4.75</td> <td>Adult: \$3.25</td> </tr> </table> <p>Entrées served with fresh fruit and vegetable salad bar &amp; choice of 1% non-fat or non-fat chocolate rBST hormone free milk.</p> <p style="text-align: center;">This institution is an equal opportunity provider and employer</p>	<b>Lunch Prices</b>	<b>Breakfast Prices</b>	Elementary School: \$3.00	Elementary School: \$2.00	Middle School: \$3.25	Middle School: \$2.25	Reduced: No Charge	Reduced: No Charge	Adult: \$4.75	Adult: \$3.25
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