

FEBRUARY 2009 LUNCH MENU

Edmonds School District No. 15

Canadian coin not accepted	ELEMENTARY	SECONDARY
Student Breakfast	\$ 1.75	\$ 2.00
Student Lunch	3.25	4.00
Adult Lunch	\$ 5.00	\$ 5.00
Adult Breakfast	2.50	2.50
Milk	.50	.50
20 Student Breakfast (Pre-paid)	\$35.00	\$40.00
20 Student Lunch (Pre-paid)	\$65.00	\$80.00

The price for reduced cost meals is set by USDA. Breakfast is free and lunch is free for grades K-3 and 40-cents for preschool and grades 4-12. For more information visit edmonds.wednet.edu. This institution is an equal opportunity provider.

Mon., Feb. 2

CHICKEN NUGGETS WITH A ROLL
OR
CHEESEBURGER
OR
MEATLESS BBQ RIBLET** ON A BUN
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

Tue., Feb. 3

COUNTRY BEEF STEAK STRIPS WITH MASHED POTATOES & GRAVY WITH A ROLL
OR
CHICKEN BURGER
OR
TACO HOT POCKET**
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

Wed., Feb. 4

HOT DOG
OR
CHICKEN BURGER
OR
CHEESE PIZZA**
GARDEN SALSA SUN CHIPS
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

Thur., Feb. 5

MACARONI AND CHEESE** WITH A ROLL
OR
CHICKEN BURGER
OR
BBQ BEEF TENDERS WITH A ROLL
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

Fri., Feb. 6

TERIYAKI CHICKEN BITES WITH RICE
OR
CHEESEBURGER
OR
BEAN & CHEESE BURRITO** WITH A ROLL
CHOCOLATE CHIP COOKIE
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

Mon., Feb. 9

CORNDOG
OR
CHICKEN BURGER
OR
CHEESE QUESADILLA**
REDUCED FAT NACHO CHEESE DORITOS
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

Tue., Feb. 10

SPAGHETTI WITH A ROLL
OR
CHICKEN BURGER
OR
BEAN & CHEESE BURRITO** WITH A ROLL
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

Wed., Feb. 11

FISH NUGGETS WITH A ROLL
OR
CHICKEN BURGER
OR
TACO HOT POCKET**
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

Thur., Feb. 12

MACHO NACHOS WITH A ROLL
OR
CHICKEN BURGER
OR
TOASTED CHEESE SANDWICH**
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

Fri., Feb. 13

PROFESSIONAL DEVELOPMENT DAY
NO SCHOOL
*MAY CONTAIN PORK
**MEATLESS ENTREE
Menu subject to change due to product availability

Use your credit card/
debit card
to pay for meals
on-line!

Convenience Control
CONNECT!



Go to mylunchmoney.com and prepay for meals with your credit card or debit card. Just follow the online instructions. Questions call Food Services Office at 425-431-7080.



USE THE SLEEVE!

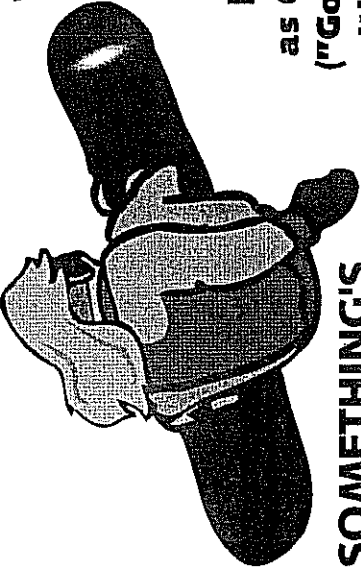
You've always been told to cover your mouth when you cough or sneeze. But that just puts all the germs in your hand! That's why many health experts now advise that you sneeze into your sleeve or the crook of your elbow instead of covering your mouth with your hand.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

SCHOOL MEALS


Do 'Em Daily!



Whether you ride goofy or regular, an hour of snowboarding burns as many as 600 calories. ("Goofy" means with your right foot forward on the board.)

SOMETHING'S BURNING
Exercise for good health

Mon., Feb. 16



PRESIDENTS' DAY
NO
SCHOOL
TODAY

Tue., Feb. 17

TEACHER
NONCONTRACT DAY
NO SCHOOL

Wed., Feb. 18

CHICKEN NUGGETS WITH A ROLL
OR
CHEESEBURGER
OR
MEATLESS BBQ RIBLET ON A BUN**
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

Thur., Feb. 19

SWEET & SOUR MEATBALLS WITH RICE
OR
CHICKEN BURGER
OR
CHEESE PIZZA WITH A ROLL**
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

Fri., Feb. 20

BBQ CHICKEN FILLET ON A BUN
OR
CHEESEBURGER
OR
MACARONI AND CHEESE WITH A ROLL**
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

Mon., Feb. 23

MACHO NACHOS WITH A ROLL
OR
CHICKEN BURGER
OR
STUFFED BREAD STICKS**
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

Tue., Feb. 24

WIENER WINK
OR
CHICKEN BURGER
OR
TACO HOT POCKET**
SUN CHIPS
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

Wed., Feb. 25

RAVIOLI WITH A ROLL
OR
CHICKEN BURGER
OR
CHEESE QUESADILLA**
GOT MILK COOKIES
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

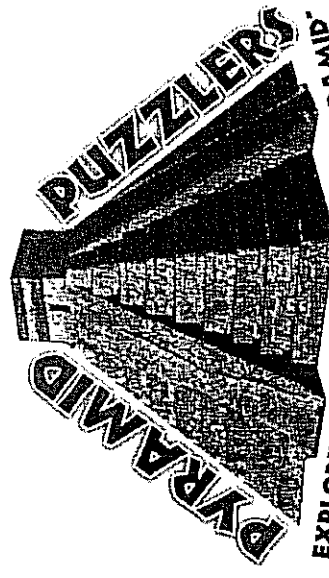
Thur., Feb. 26

CHEESE PIZZA WITH A ROLL**
OR
CHICKEN BURGER
OR
BURRITO WITH CHILI AND A ROLL
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

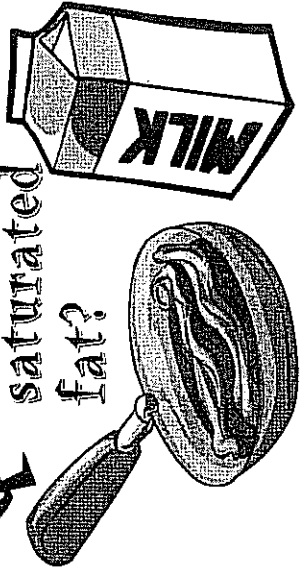
Fri., Feb. 27

FISH NUGGETS WITH A ROLL
OR
CHICKEN BURGER
OR
TOASTED CHEESE SANDWICH**
Tossed Salad
Fresh Vegetables
Fresh Fruit
Canned Fruit
Choice of Milk

Our menus meet the guidelines for the USDA National School Lunch and Breakfast Programs. Nutrition information is available upon request.
Our menus, nutrition information and much more can be found on the district website at edmonds.wednet.edu.



EXPLORING THE SECRETS OF "MY PYRAMID"
Q: Which has more saturated fat?



A: Some milk actually has MORE saturated fat than bacon! Three strips of pan-fried bacon contain about 3 grams of saturated fat (the bad kind). Eight ounces of whole milk contains 5 grams. Even 2% milk contains 3 grams of saturated fat per eight ounces - the same as the bacon. Nonfat milk, of course, has no saturated fat. If you don't already drink nonfat milk, you should try it!

LEARN MORE AT WWW.KIDHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML