



EDMONDS SCHOOL DISTRICT NO. 15
This institution is an equal opportunity provider and employer.

Nutrition is packed into every Breakfast and Lunch.

Each day students are offered Tossed Salad, Fresh Vegetables, Fresh Fruit and Canned Fruit. Students are encouraged to take all the fruits and vegetables they can eat! Also, students can choose either 1% White Milk or Non-Fat Chocolate Milk.

*MAY CONTAIN PORK
 **MEATLESS ENTREE

If you have any questions about the Breakfast or Lunch Programs, please contact Barbara Lloyd, Food Service Program Director, at 425-431-7073

CANADIAN COIN NOT ACCEPTED	ELEMENTARY	SECONDARY
Student Breakfast	\$1.50	\$1.75
Student Lunch	2.95	3.75
Adult Lunch	\$5.00	\$5.00
Adult Breakfast	2.50	2.50
Milk	.50	.50
20 Student Breakfast (Pre-paid)	\$30.00	\$35.00
20 Student Lunch (Pre-paid)	\$59.00	\$75.00

The price for reduced cost meals is set by USDA. Reduced Priced Breakfast is free for grades K-12. Reduced Price Lunch is free for grades K-3 and \$.40 for preschool and grades 4-12. For more information visit www.edmonds.wednet.edu.

Average Daily Nutritional Analysis
 November 2-5, 2009

	Actual	Goal	Actual	Goal
Calories	663	600	1231	1333
Calories from Fat	207	200	447	433
% Calories from Fat	31%	30%	4	4
Total Fat (gm)	23	22	374	233
Cholesterol	55	72	19	18
Carbohydrate (gm)	90	83	7	7
Protein (gm)	30	33		

Average Daily Nutritional Analysis
 November 9-13, 2009

	Actual	Goal	Actual	Goal
Calories	681	600	1263	1333
Calories from Fat	207	200	455	433
% Calories from Fat	30%	30%	5	4
Total Fat (gm)	23	22	464	233
Cholesterol	56	72	17	18
Carbohydrate (gm)	78	83	7	7
Protein (gm)	31	33		

Mon., Nov. 2
 TERIYAKI CHICKEN BITES WITH A RICE
 OR
 CHEESEBURGER
 OR
 BEAN & CHEESE BURRITO**
 CHOCOLATE CHIP COOKIE

Tue., Nov. 3
 COUNTRY BEEF STEAK STRIPS WITH MASHED POTATOES & GRAVY WITH A ROLL
 OR
 CHICKEN BURGER
 OR
 TEXAS TOAST**

Wed., Nov. 4
 HOT DOG
 OR
 CHICKEN BURGER
 OR
 CHEESE PIZZA**
 GARDEN SALSAS SUN CHIPS

Thurs., Nov. 5
 MACARONI AND CHEESE** WITH A ROLL
 OR
 CHICKEN BURGER
 OR
 BBQ BEEF TENDERS WITH A ROLL

Fri., Nov. 6
 TEACHER
 PROFESSIONAL
 DAY
 NO SCHOOL

Mon., Nov. 9
 CORNDOG
 OR
 CHICKEN BURGER
 OR
 CHEESE QUESADILLA**
 BAKED CHEETOS

Tue., Nov. 10
 SPAGHETTI WITH A ROLL
 OR
 CHICKEN BURGER
 OR
 CHILI CHEESE WRAP**

Wed., Nov. 11

Veteran's Day
No School
Today

Thurs., Nov. 12
 MACHO NACHOS WITH A ROLL
 OR
 CHICKEN BURGER
 OR
 TOASTED CHEESE SANDWICH**

Fri., Nov. 13
 PEPPERONI PIZZA* WITH A ROLL
 OR
 CHICKEN BURGER
 OR
 STUFFED BREAD STICKS**
 OATMEAL COOKIE

Convenient. Economical. Healthy.

School Meals
We serve education every day.

Nutrition Is Packed Into Every Breakfast and Lunch

School meals in the Edmonds School District have changed a lot over the years. Students today get more variety. More nutritious foods they enjoy, like salads, fresh fruits and vegetables, pizza, and whole grain bread products. And, increasingly, less fat, salt and sugar.

But one item on our menu never changes: Education. Because when your students regularly eat balanced, nutritious meals, they concentrate better in class. They participate more enthusiastically. And they learn better. Edmonds School District Food Service Department provides a community service that helps make educating students easier and more effective.

Convenient, economical, healthy School Meals. Because education should always be at the top of the menu.

**Average Daily Nutritional Analysis
November 16-20, 2009**

	Actual	Goal	Actual	Goal
Calories	649	600	1178	1333
Calories from Fat	198	200	445	433
% Calories from Fat	31%	30%	4	4
Total Fat (gm)	22	22	419	233
Cholesterol	52	72	19	18
Carbohydrate (gm)	89	83	6	7
Protein (gm)	30	33		

**Average Daily Nutritional Analysis
November 23-25, 2009**

	Actual	Goal	Actual	Goal
Calories	649	600	1176	1333
Calories from Fat	207	200	428	433
% Calories from Fat	32%	30%	4	4
Total Fat (gm)	23	22	344	233
Cholesterol	49	72	16	18
Carbohydrate (gm)	88	83	7	7
Protein (gm)	29	33		

**Average Daily Nutritional Analysis
November 30, 2009**

	Actual	Goal	Actual	Goal
Calories	663	600	1231	1333
Calories from Fat	207	200	447	433
% Calories from Fat	31%	30%	4	4
Total Fat (gm)	23	22	374	233
Cholesterol	55	72	19	18
Carbohydrate (gm)	90	83	7	7
Protein (gm)	30	33		

Mon., Nov. 16
BEAN & CHEESE BURRITO**
OR
CHICKEN BURGER
OR
HOT DOG
FRITOS

Tue., Nov. 17
HAMBURGER GRAVY OVER MASHED POTATOES WITH A ROLL
OR
CHICKEN BURGER
OR
TEXAS TOAST**

Wed., Nov. 18
BBQ CHICKEN FILLET ON A BUN
OR
CHEESEBURGER
OR
MACARONI AND CHEESE** WITH A ROLL
GINGER SNAP COOKIE

Thurs., Nov. 19
SWEET & SOUR MEATBALLS WITH RICE
OR
CHICKEN BURGER
OR
CHEESE PIZZA** WITH A ROLL

Fri., Nov. 20
CHICKEN NUGGETS WITH A ROLL
OR
CHEESEBURGER
OR
TACO HOT POCKET**

Mon., Nov. 23
MACHO NACHOS WITH A ROLL
OR
CHICKEN BURGER
OR
TEXAS TOAST**

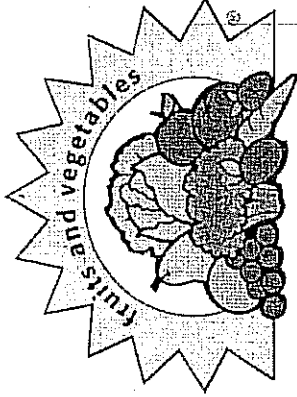
Tue., Nov. 24
HOLIDAY LUNCH
TURKEY GRAVY OVER MASHED POTATOES WITH A ROLL
OR
CHICKEN BURGER
OR
CHEESE QUESADILLA**
KRACKLE SUGAR COOKIE

Wed., Nov. 25
FISH NUGGETS WITH A ROLL
OR
CHICKEN BURGER
OR
TUFFED BREAD STICKS**

November 26 and 27

THANKSGIVING BREAK

NO SCHOOL



EAT 5-9 A DAY

for better health

Convenience Control CONNECT!



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

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

