

THE CITY OF SEATTLE SUMMER FOOD SERVICE PROGRAM

Lunch Menu - June - August, 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
<p style="text-align: center;"><u>Mini Bagel Munchable</u> sliced whole wheat mini bagels w/ cream cheese, mozzarella string cheese, honey roasted sunflower seeds</p> <p style="text-align: center;">Baby Carrots & Cucumber Coins Sliced Wa. Apples Nonfat Chocolate Milk</p>	<p style="text-align: center;"><u>Turkey Pastrami Sliders</u> <i>turkey pastrami, cheddar cheese, slider rolls, mayonnaise & mustard</i></p> <p style="text-align: center;">Cucumbers & Cherry Tomatoes 100% Fruit Juice 1% Milk</p>	<p style="text-align: center;"><u>Beef Taco Salad</u> <i>fresh cut garden salad, seasoned beef, black beans, cheddar cheese, tri-color tortilla chips, ranch dressing, picante sauce</i></p> <p style="text-align: center;">Seasonal Fresh Fruit Whole Wheat Roll 1% Milk</p>	<p style="text-align: center;"><u>Crispy Chicken Wrap</u> <i>crispy chicken tender, cheddar cheese, shredded cabbage & lettuce, tortilla, ranch dressing</i></p> <p style="text-align: center;">Jicama Juicy Orange Wedges Nonfat Chocolate Milk</p>	<p style="text-align: center;"><u>Turkey & Cheese Hoagie</u> <i>roast turkey, American cheese whole wheat bun, mayonnaise & mustard</i></p> <p style="text-align: center;">Broccoli Florets Pineapple Nonfat Chocolate Milk</p>
<p style="text-align: center;"><u>Picnic Munchable</u> <i>boneless chicken drummies, barbecue sauce</i></p> <p style="text-align: center;">Fresh Broccoli Juicy Orange Wedges Whole Wheat Roll 1% Milk</p>	<p style="text-align: center;"><u>Cheese Pizza Munchable</u> <i>mini pita rounds, shredded mozzarella & cheddar cheese, marinara sauce</i></p> <p style="text-align: center;">Baby Carrots & Snap Peas Sliced Wa. Apples Nonfat Chocolate Milk</p>	<p style="text-align: center;"><u>Chicken Caesar Salad</u> <i>fresh cut romaine, garlic chicken, tomatoes, parmesan cheese, Caesar dressing</i></p> <p style="text-align: center;">Seasonal Fresh Fruit Whole Wheat Roll 1% Milk</p>	<p style="text-align: center;"><u>Turkey & Swiss Sandwich</u> <i>roast turkey, Swiss cheese, whole wheat bun, lettuce leaf, mayonnaise & mustard</i></p> <p style="text-align: center;">Baby Carrots & Cucumbers Seasonal Melon Nonfat Chocolate Milk</p>	<p style="text-align: center;"><u>Asian Chicken Wrap</u> <i>seasoned chicken, cabbage & carrot mix, whole wheat tortilla, Asian style dressing & garnish</i></p> <p style="text-align: center;">Kiwi Fruit 100% Fruit Juice Nonfat Chocolate Milk</p>

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Snack Menu: June - August, 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Animal Crackers & 100% Fruit Juice	Tostitos Tortilla Chips & 100% Fruit Juice	Chocolate Bear Grahams & 100% Fruit Juice	Giant Cinnamon Goldfish Crackers & 100% Fruit Juice	Assorted Snacks & 100% Fruit Juice
WG Cheddar Goldfish & 100% Fruit Juice	Cinnamon Bug Bites & 100% Fruit Juice	Sun Chips & 100% Fruit Juice	Vanilla Physedible Crackers & 100% Fruit Juice	Assorted Snacks & 100% Fruit Juice

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Breakfast Menu: June - August, 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk	Yogurt* Nutrigrain Bar 100% Fruit Juice 1% Milk <i>*Gluten & gelatin free yogurt,</i>	Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk	Whole Grain Mini Pancakes* 100% Fruit Juice 1% Milk <i>*Served with fruit garnish</i>	Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk
Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk	Summertime Special Breakfast Bar* 100% Fruit Juice 1% Milk <i>*May include Honey Wheat Bar, Bagel Bar or Muffin. Served with fruit garnish</i>	Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk	Whole Grain Maple Waffle* 100% Fruit Juice 1% Milk * <i>*Served with fruit garnish</i>	Assorted Cold Cereal Honey Graham Crackers 100% Fruit Juice 1% Milk