






# Mercer Island School District Elementary Menu

May 2019

USDA and this institution are equal opportunity providers and employers.

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Waste Free Wednesday!</b> 1 Beef Teriyaki Dippers w/ Cilantro Lime Rice or Crispy Chicken Sandwich or Sunbutter & Jelly Sandwich Roasted Broccoli Milk Choices <b>Fruit &amp; Veggie Bar</b>	<b>Favorite!</b> 2 Chicken Nuggets w/ a Flakey Biscuit or Turkey & Apple Sandwich or Pretzel, Yogurt & String Cheese Fun Lunch Baked Potato Smiles Milk Choices <b>Fruit &amp; Veggie Bar</b>	<b>Pizza Day!</b> 3 Pepperoni Pizza or Cheese Pizza or Bagel, Yogurt & String Cheese Crunchy Carrots Milk Choices <b>Fruit &amp; Veggie Bar</b>
		<b>Meatless Monday!</b> 6 Cheese Ravioli w/ Herbed Breadstick or 3 Cheese Pretzel Roll Sandwich or or Pizza Bagel Fun Lunch Seasoned Peas Milk Choices <b>Fruit &amp; Veggie Bar</b>	<b>Brunch for Lunch!</b> 7 French Toast Sticks w/ Turkey Sausage or Egg & Cheese Breakfast Sandwich or Bagel, Yogurt & String Cheese Hash Brown Puffs Milk Choices <b>Fruit &amp; Veggie Bar</b>	<b>Waste Free Wednesday!</b> 8 Teriyaki Chicken w/ Lo Mein Noodles or Cheese Burger or Sunbutter & Banana Rollup Garlic Lemon Bok Choy Milk Choices <b>Fruit &amp; Veggie Bar</b>
<b>Meatless Monday!</b> 13 Cheese Lasagna Rollup w/ Garlic Twist or Mediterranean Bulger Wheat Salad or Pizza Bagel Fun Lunch Fresh Baked Cookie Milk Choices <b>Fruit &amp; Veggie Bar</b>	<b>Brunch for Lunch!</b> 14 Fluffy Pancakes w/ Turkey Sausage or Cheese Omelet and Biscuit or Bagel, Yogurt & String Cheese 100% Fruit Juice Milk Choices <b>Fruit &amp; Veggie Bar</b>	<b>Waste Free Wednesday!</b> 15 Meatball Sub on a Fresh Baked Roll or Crispy Chicken Sandwich or Sunbutter & Jelly Sandwich Crunchy Kale Chips Milk Choices <b>Fruit &amp; Veggie Bar</b>	<b>Favorite!</b> 16 Chicken Nuggets w/ a Flakey Biscuit or Turkey Deli Sandwich or Pretzel, Yogurt & String Cheese Fun Lunch Baked Potato Smiles Milk Choices <b>Fruit &amp; Veggie Bar</b>	<b>Pizza Day!</b> 17 Pepperoni Pizza or Cheese Pizza or Bagel, Yogurt & String Cheese Crunchy Carrots Milk Choices <b>Fruit &amp; Veggie Bar</b>
<b>Meatless Monday!</b> 20 Creamy Macaroni & Cheese w/ a Fluffy Dinner Roll or Bean and Cheese Burrito or Pizza Bagel Fun Lunch Warm Blueberry Crisp Milk Choices <b>Fruit &amp; Veggie Bar</b>	<b>Brunch for Lunch!</b> 21 French Toast Sticks w/ Turkey Sausage or Egg & Cheese Breakfast Sandwich or Bagel, Yogurt & String Cheese Hash Brown Puffs Milk Choices <b>Fruit &amp; Veggie Bar</b>	<b>Waste Free Wednesday!</b> 22 Mandarin Orange Chicken w/ Wild Rice Pilaf or Cheese Burger or Sunbutter & Banana Rollup Cucumber Mandarin Salad Milk Choices <b>Fruit &amp; Veggie Bar</b>	<b>Favorite!</b> 23 Penne Pasta w/ Italian Meat Sauce & Fresh Baked Breadstick or Italian Hoagie or Pretzel Fun Lunch Roasted Italian Vegetables Milk Choices <b>Fruit &amp; Veggie Bar</b>	<b>Pizza Day!</b> 24 Pepperoni Pizza or Cheese Pizza or Bagel, Yogurt & String Cheese Crunchy Carrots Milk Choices <b>Fruit &amp; Veggie Bar</b>
27 	<b>Brunch for Lunch!</b> 28 Fluffy Pancakes w/ Turkey Sausage or Cheese Omelet and Biscuit or Bagel, Yogurt & String Cheese 100% Fruit Juice Milk Choices <b>Fruit &amp; Veggie Bar</b>	<b>Waste Free Wednesday!</b> 29 Soft Beef Taco or Cheese Quesadilla or or Sunbutter & Jelly Sandwich Pineapple Corn Salsa Mexican Rice Milk Choices <b>Fruit &amp; Veggie Bar</b>	<b>By Request!</b> 30 Crunchy Fish Sticks w/ Fluffy Dinner Roll or or Chicken Ranch Wrap or Pretzel Fun Lunch Homemade Coleslaw Baked Oven Fries Milk Choices <b>Fruit &amp; Veggie Bar</b>	<b>Pizza Day!</b> 31 Pepperoni Pizza or Cheese Pizza or Bagel, Yogurt & String Cheese Crunchy Carrots Milk Choices <b>Fruit &amp; Veggie Bar</b>

**Lunch Prices:** - \$3.50, Reduced - K-3 are free & 4-8 \$0.40, \$4.25 Adults (Including Visitors). Milk \$0.50. All meals include choice of 1% White or FF Chocolate Milk



ALL GRAINS ARE WHOLE GRAIN RICH

You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program you can call the food service office at (206) 236-3306