

# FEBRUARY 2023

## SEDRO-WOOLLEY SCHOOL DISTRICT CMS BREAKFAST & LUNCH MENU

### BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Yogurt Parfait with Berries & Granola or Cereal Bowl	Glazed Breakfast Bar or Cereal Bowl	Breakfast Pizza or Cereal Bowl	Blueberry or Chocolate Chip Muffin or Cereal Bowl	Mini French Toast or Cereal Bowl

Every breakfast meal comes with 1% or nonfat regular milk, fruit and/or 100% juice!



### LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Each student must select a 1/2 cup of fruit or veggie with their lunch meal.		1 Meatball Sub Sandwich with Marinara Sauce & Mozzarella Cheese	2 Nachos With Seasoned Beef & Cheese	3 Slice of Pizza
6 Cheeseburger On Franz Bakery Bun Potato Tots	7 Breaded Chicken Drumstick Cornbread Muffin	8 Southwest Chicken Wrap	9 Taco Salad With Seasoned Beef & Cheddar Cheese	10 Slice of Pizza
13 Chicken Nuggets Crinkle Cut Fries	14 Garlic Cheese Toast With Marinara Dipping Sauce	15 BBQ Beef Sandwich on Franz Hoagy Roll Baked Beans	16 Bean & Cheese Burrito Sweet Corn	17 <b>No School</b> Make-Up Day (if needed)
20 <b>No School</b> President's Day	21 Chicken Burger On Franz Bakery Bun Potato Tots	22 Southwest Chicken Wrap	23 Nachos With Seasoned Beef & Cheese	24 Slice of Pizza
27 Hamburger On Franz Bakery Bun Crinkle Cut Fries	28 Cheesy Breadsticks With Marinara Dipping Sauce			
Daily Choice Offerings				
PB&J Meal Pack ----- Turkey Hoagy Sandwich	PB&J Meal Pack ----- Chef Salad	PB&J Meal Pack ----- Turkey Hoagy Sandwich	PB&J Meal Pack ----- Caesar Salad	PB&J Meal Pack ----- Turkey Hoagy Sandwich

**MEAL PRICES**  
Breakfast and lunch meals can continue to be enjoyed **FREE OF CHARGE** for SY 2022-23!

**Please Note:** Milk is an a la carte item that costs \$0.60 by itself. Students may select a fruit and vegetable to accompany their milk, and enjoy a reimbursable meal free of charge.

This institution is an equal opportunity provider and employer.

Menu subject to change without notice.