

SUMMIT PUBLIC SCHOOLS

DENALI, TAHOMA

APRIL

BULK LUNCH K-8 2022 23



Monday	Tuesday	Wednesday	Thursday	Friday
3 - Cheeseburger - Broccoli Cheddar Potato Bowl W/ Roll - Turkey And Cheddar Sandwich - Chicken Pesto Wrap	4 - Beef Hot Dog - Pasta W/ Butter & Cheese - Bagel Kit - Turkey & Cheese On Dutch Crunch	5 - Spaghetti W/ Beef Meatsauce - Bean And Cheese Burrito - Chicken Bacon Ranch Salad W/ Roll - Smoked Chicken Wrap	6 - Chicken Nuggets W/ Rice Pilaf - Cheese Ravioli & Sauce - Tuna Sandwich - Chicken Caesar Wrap	7 - Pepperoni Pizza - Cheese Pizza - Asian Chicken Wrap - Santa Fe Chicken Salad
10 NO MEAL SERVICE	11 NO MEAL SERVICE	12 NO MEAL SERVICE	13 NO MEAL SERVICE	14 NO MEAL SERVICE
17 - Beef Fajita Bowl - Pasta X Plosion! - Sunbutter & Jelly Sandwich - Chicken Fajita Wrap	18 - Beef Hot Dog - Cheese Ravioli & Sauce - Turkey & Cheese On Dutch Crunch - Bagel Kit	19 - Hamburger - Cheese Quesadilla - Chicken Salad On A Hoagie - Big Kahuna Tuna Wrap	20 - Chicken Nuggets W/ Butter & Cheese Pasta - South Of The Border Chili W/ Tortilla Chips - Chicken Bacon Ranch Wrap - Southwest Veggie Taco Salad W/ Tortilla Chips	21 - Pepperoni Pizza - Cheese Pizza - Bbq Chicken Wrap - Italian Market Salad
24 - Greek Chicken & Rice Pilaf - Pasta W/ Butter & Cheese - Sunbutter & Jelly Sandwich - Chicken Caesar Wrap	25 - Mr. Mike's Bbq Chicken Sandwich - Bean And Cheese Burrito - Yogurt Berry Parfait & Muffin - Bagel Kit	26 - Chicken Calzone - Cheesy Breadsticks & Marinara - Chicken Caesar Wrap - Pesto Caprece Salad	27 - Breaded Chicken Sandwich - Mac & Cheese - Farmers Market Egg Salad & Roll - Turkey And Cheese On A Hoagie	28 - Pepperoni Pizza - Cheese Pizza - Chicken Caesar Salad W/ Roll - Italian Deli Sub

Drinks

Nonfat Milk, 1% Milk



ALL MEALS COME WITH A CHOICE OF FRESH FRUIT, FRESH VEGETABLE AND A DRINK.



PERFECT COMBINATION OF NUTRITIOUS AND DELICIOUS



VEGETARIAN



VEGAN

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BREAKFAST K-12 2022 23



Monday	Tuesday	Wednesday	Thursday	Friday
3 - Cheddar Cheese Bagel - Yogurt W/ Grahams - Breakfast Cereal	4 - Sausage, Egg & Cheese Biscuit - Assorted Breakfast Muffins - Breakfast Cereal	5 - Scrambled Eggs & Muffin - Bagel W/ Cream Cheese - Breakfast Cereal	6 - Chicken Patty Biscuit - Apple Cinnamon Frudel - Breakfast Cereal	7 - French Toast Sticks - Sunbutter & Jelly Sandwich - Breakfast Cereal
10 NO MEAL SERVICE	11 NO MEAL SERVICE	12 NO MEAL SERVICE	13 NO MEAL SERVICE	14 NO MEAL SERVICE
17 - Scrambled Eggs & Muffin - Bagel W/ Cream Cheese - Breakfast Cereal	18 - Turkey Sausage On A Bun - Assorted Breakfast Scones - Breakfast Cereal	19 - Sausage, Egg & Cheese Breakfast Burrito - String Cheese W/ Mini Muffin - Breakfast Cereal	20 - Chicken Patty Biscuit - Assorted Breakfast Muffins - Breakfast Cereal	21 - French Toast Sticks - Sunbutter & Jelly Sandwich - Breakfast Cereal
24 - French Toast Sandwich - Assorted Breakfast Scones - Breakfast Cereal	25 - Breakfast Bowl W/ Biscuit - Assorted Breakfast Muffins - Breakfast Cereal	26 - Pancakes W/ Syrup - Bagel W/ Cream Cheese - Breakfast Cereal	27 - Egg & Cheese Burrito - Assorted Breakfast Scones - Breakfast Cereal	28 - Breakfast Chilaquiles - Cheesy Cornbread Muffin - Breakfast Cereal

Drinks

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Vegan / Gluten Free



Monday	Tuesday	Wednesday	Thursday	Friday
3 - Vegan Pinto Pozole W/ Tortilla Chips	4 - Vegan Spanish Beans W/ Rice	5 - Vegan Fried Rice	6 - Vegan Black Bean Burrito Bowl	7 - Vegan Three Bean Chili W/ Chips
10 NO MEAL SERVICE	11 NO MEAL SERVICE	12 NO MEAL SERVICE	13 NO MEAL SERVICE	14 NO MEAL SERVICE
17 - Vegan Black Bean Burrito Bowl	18 - Vegan Three Bean Chili W/ Chips	19 - Myo Vegan Tacos	20 - Vegan Indian Garbanzo W/ Rice	21 - Vegan Pinto Pozole W/ Tortilla Chips
24 - Vegan Spanish Beans W/ Rice	25 - Vegan Fried Rice	26 - Vegan Black Bean Burrito Bowl	27 - Vegan Three Bean Chili W/ Chips	28 - Myo Vegan Tacos

Drinks

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