

Fresh fruit, cereal, juice, and milk*
offered daily as breakfast choices.
Homemade Muffins on Mondays




* 8 oz.—1% white, non-fat chocolate, or lactose-free milk

**Breakfast & Lunch Menu
March 2020
Selah Intermediate School**

Deli sandwich**, salad, carrots, fresh fruit and milk*
offered daily with lunch.

*8 oz.—1% white, non-fat chocolate, lactose-free milk

** Ham or Turkey, with/without cheese

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NATIONAL BREAKFAST WEEK March 2-6 <i>Try our all new, homemade breakfast items!</i>				
2) Breakfast - Tropical Smoothie Chicken N Waffles French Bread Pizza <i>Choice of: cauliflower, clementines</i>	3) Breakfast - Homemade Biscuit Breakfast Sandwich Cheese Quesadilla/Salsa Orange Glazed Chicken Wrap <i>Choice of: broccoli, peaches</i>	4) Breakfast - Tutti Frutti Pizza Corn Dog Cheeseburger <i>Choice of: tomato, pears</i>	5) Breakfast - Breakfast Zombie Spaghetti/Breadstick Chickenwich <i>Choice of: peas, fresh apple slices</i>	6) Breakfast—Triple Berry Scone Nachos/Cheese/SF Seeds Chicken Ranch Wrap <i>Choice of: roasted chickpeas, mixed fruit</i>
9) Breakfast - Yogurt, Cereal Chicken Alfredo/Breadstick Chicken Caesar Salad/Croutons <i>Choice of: coleslaw, applesauce</i>	10) Breakfast - Homemade Muffin Popcorn Chicken Bowl Cheeseburger Sliders <i>Choice of: corn, kiwi</i>	11) Breakfast - Bagel/Cream Cheese Chicken Noodle Stir Fry Chicken/Cheese/Bean Burrito <i>Choice of: celery, pears</i>	12) Breakfast - Pancakes, Syrup Beef Enchilada Chicken Nuggets/Garlic Toast <i>Choice of: refried beans, fresh pineapple</i>	13) Breakfast- Breakfast Pizza Pizza (Cheese Available) Chicken Drumstick/WG Roll <i>Choice of: peppers, mixed fruit</i>
16) Breakfast - Ham/Cheese Omelet Breakfast Sandwich Macho Nacho Burger ☆ Mini Corn Dogs <i>Choice of: cauliflower, apple slices</i>	17) Breakfast - Apple Cinnamon Breakfast Square Cajun Chicken ☆ Sandwich w/dill pickles Taco Salad <i>Choice of: garbanzo beans, orange wedges</i>	18) Breakfast - French Toast Sticks, Syrup Cheese Zombie Hamburger <i>Choice of: tomato soup, banana</i>	19) Breakfast - Yogurt Parfait  Chicken Tender Basket Beef and Bean Burrito <i>Choice of: broccoli, mixed berry cup</i>	20) Breakfast - Pancakes, Syrup Mac n Cheese Turkey Bacon Wrap <i>Choice of: corn, applesauce</i>
23) Breakfast - Pancakes/Sausage Stick/Syrup Shepherd's Pie Popcorn Chicken/Garlic Toast <i>Choice of: celery, mixed fruit</i>	24) Breakfast - Yogurt, Cereal BBQ Chicken Sandwich Hot Dog <i>Choice of: baked beans, mandarin orange fruit mix</i>	25) Breakfast-Homemade muffin Turkey Gravy/Whole Grain Roll Fishwich <i>Choice of: peas, peaches</i>	26) Breakfast - Waffles, Syrup Mandarin Orange Chicken/Rice Chicken Crispito <i>Choice of: peppers, applesauce</i>	27) Breakfast - Bagel, Cream Cheese Shredded Pork Burrito Pizza Sticks/Marinara <i>Choice of: broccoli, pears</i>
30) Breakfast - Fresh Fruit Smoothie, Graham Cracker Teriyaki Dippers/Rice Roasted Chicken/WG Roll <i>Choice of: vegetarian beans, orange wedges</i>	31) Breakfast - French Toast Sticks, Syrup Cheeseburger <i>Choice of: baked fries, banana</i> Early Dismissal CONFERENCE WEEK	This institution is an equal opportunity provider. Menu items may be changed without notice. Look for the star ☆ and try our all new lunch items too!	March is:  National Nutrition Month 	Word of the month: In building The Viking Way culture, "Knowledge" being a life long learner!