

Elementary March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>FREE BREAKFAST SCHOOLS: All students, regardless of eligibility for free, reduced, or full-priced meals, can enjoy breakfast daily at no cost in these Seattle schools: Concord, Dearborn Park, Lowell, Northgate, Olympic Hills, Sanislo, Van Asselt, & Wing Luke.</p> <p>COMMUNITY ELIGIBILITY PROVISION (CEP): All students can enjoy breakfast & lunch daily at no cost in these Seattle elementary schools for the 2017-18 school year: Bailey Gatzert, Dunlap, Emerson, Martin Luther King Jr. & West Seattle Elementary</p> <p>This is an equal opportunity provider and employer.</p>		<p>Elementary Lunch 3.00 Breakfast 2.00 Middle School 3.25 2.25 Reduced No Charge Adult 4.75 3.25</p> <p>Families can apply for free or reduced price meals online at: www.paypams.com/onlineapp</p> <p>Menus are subject to change. = Scratch Made</p>	<p>1</p> <p>Breakfast Mini Pancakes Lunch Salisbury Steak w/ Mashed Potatoes, Gravy, & WW Roll OR Cheese Breadsticks</p>	<p>2</p> <p>Breakfast Egg & Sausage Muffin Lunch Chicken Fajitas w/ Spanish Rice OR Toasted Cheese</p>
National School Breakfast Week SCHOOL BREAKFAST				
5	6	7	8	9
<p>Breakfast Turkey Sausage Wrap Lunch Lasagna Roll Up w/ Marinara & Garlic Toast OR Toasted Cheese</p>	<p>Breakfast Yogurt Parfait Lunch Hamburger or Cheeseburger OR Bean & Cheese Burrito</p>	<p>Breakfast Egg & Cheese Muffin Lunch French Bread Pizza w/ or w/o Chicken Pepperoni OR Bagel Munchable </p>	<p>Breakfast Blueberry Buckle Lunch Fiesta Rice & Bean Bowl OR Cheese Quesadilla</p>	<p>Breakfast Mini Turkey Footballs Lunch Penne Chicken Alfredo OR Veggie Burger</p>
12	13	14	15	16
<p>Breakfast Eggs, Turkey-Sausage, & Toast Lunch Chicken Teriyaki w/ Brown Rice OR Cheese Pizza</p>	<p>Breakfast Yogurt Parfait Lunch Beef Gyro w/ Tzatziki Sauce OR Veggie Burger</p>	<p>Breakfast French Toast Sticks Lunch Veggie Chili w/ Cornbread OR Bean & Cheese Burrito</p>	<p>Breakfast Breakfast Quesadilla Lunch Chicken Yakisoba OR Cheese Breadsticks</p>	<p>Breakfast Mini Pancakes Lunch Gold Coin Chicken Nuggets w/ WG Goldfish Crackers OR Rainbow Hummus Munchable</p>
19	20	21	22	23
<p>Breakfast Breakfast Pizza Lunch BBQ Shredded Chicken Sandwich OR Bagel Munchable</p>	<p>Breakfast Yogurt Parfait Lunch Cheese Ravioli w/ Marinara & Focaccia Bread OR Veggie Burger</p>	<p>Breakfast Egg & Sausage Muffin Lunch Bean & Cheese Burrito OR Toasted Cheese</p>	<p>Breakfast Mini Turkey Footballs Lunch Beef or Cheese Nachos OR Cheese Breadsticks</p>	<p>Breakfast Cinnamon Roll Lunch Chicken Burger OR Cheese Quesadilla</p>
26	27	28	29	30
<p>Breakfast Mini Pancakes Lunch Beef Teriyaki Dippers w/ Brown Rice OR Cheese Breadsticks</p>	<p>Breakfast Yogurt Parfait Lunch Picnic Munchable OR Cheese Pizza</p>	<p>Breakfast Breakfast Quesadilla Lunch French Toast, Eggs, & Hash Browns OR Bean & Cheese Burrito</p>	<p>Breakfast Eggs, Turkey-Sausage, & Toast Lunch Turkey Hot Dog w/ French Fries OR Veggie Burger</p>	<p>Breakfast Apple Buckle Lunch Chef's Choice OR Hummus Munchable</p>

Recipe of the Month: Focaccia Bread



INGREDIENTS

- 2 ½ cups whole wheat flour
- 2 ½ cups all-purpose flour
- 3 Tbsp. sugar
- 1 tsp. salt
- 1 Tbsp. dry, active yeast
- 1 cup milk
- 1 medium egg
- 3 Tbsp. vegetable oil
- 2 cups water
- ½ cup garlic, minced

Serves 24



DIRECTIONS

1. Mix flour, sugar, salt, and yeast together in a large bowl.
2. In a separate bowl, mix milk, egg, oil, and water together.
3. Slowly mix the dry ingredients into the wet ingredients.
4. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic.
5. Lightly oil a large bowl, place the dough in the bowl and turn to cover with the oil.
6. Cover with a damp cloth and let rise in a warm place for 20 minutes.
7. Preheat oven to 350°F, place on a greased baking sheet. Pat into a ½ inch thick rectangle. Brush top with olive oil & sprinkle with garlic.
8. Bake in oven for 15 minutes, or until golden brown. Serve warm.

Harvest of the Month: Grains

Wheat is a relative of the grass plant. (Have you ever seen grass get very tall and grow seeds? It looks like tiny wheat plants!) In our state, wheat is planted and harvested at many different times of the year. This depends on the variety of wheat a farmer wants to grow.

There are six main kinds of wheat grown in this country: hard red winter, hard red spring, soft red winter, hard white, soft white, and durum. “Hard” and “soft” describe how hard the grain is to grind. These six varieties also have different color grains and are planted in different seasons.

After it is planted, wheat grows in four main stages. Tillering happens first This is when the first shoot comes out of the ground, followed by other new shoots that start to grow closer and closer together. Next comes jointing, where the larger shoots grow joints (nodes) that turn into the new branches or leaves. This helps the plant get taller, get more sunlight to make nutrients, and balance itself. The third stage is booting, where the “head” of the plant comes out of the top, wrapped inside of a new leaf. Last, the head unwraps itself during flowering.

The wheat plant now turns from green to golden brown, and then the wheat is harvested. Most farmers use a machine called a combine to cut the wheat (called

reaping) and separate the wheat grains from the rest of the plant (called threshing). Grain trucks take the wheat to grain elevators for storage, where it waits until someone buys it. Then it will travel by boat, train, or truck to a mill to be ground into flour, to a local baking company, or restaurant for cooking, or to another country around the world.

Source: <http://www.wheatfoods.org/UrbanWheatfield-25/index.htm>

Did you know?

- There are five main kinds of wheat grown in Washington: soft white, hard red winter, hard red spring, hard white, and durum wheat.
- The first wheat in the PNW was planted in 1825 at Fort Vancouver, Washington.
- Farmers plant “winter wheat” in the fall and harvest it the next summer. They plant “spring wheat” in spring and harvest it in early fall.
- Whitman County has been the #1 wheat-growing county in the United States since 1978!
- 85-90% of Washington’s wheat is exported to other countries around the world.

Source: *Washington Wheat Facts 2009-2010*, by the Washington Grain Commission