






Elementary October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast Breakfast Pizza Lunch Hamburger/Cheeseburger OR Cheese Breadsticks	3 Breakfast Egg & Cheese Muffin Lunch Savory Chicken Leg w/ Roasted Potatoes & Corn OR Cheese Pizza 	4 Breakfast Mini Pancakes Lunch Grilled Turkey-Ham & Cheese OR Veggie Burger Taste WA Day! 	5 Breakfast Turkey Sausage Wrap Lunch Chicken Nuggets w/ WW Roll OR Cheese Quesadilla	6 Breakfast Mini Turkey Footballs Lunch Fish Sandwich OR Bean & Cheese Burrito
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9 Breakfast Mini Pancakes Lunch Lasagna Roll Ups w/ Garlic Toast OR Cheese Quesadilla	10 Breakfast Omelet, Turkey-Sausage & Toast Lunch Fiesta Rice & Bean Bowl OR Cheese Breadsticks 	11 Breakfast Oatmeal Lunch Beef & Broccoli w/ Brown Rice OR Bean & Cheese Burrito 	12 Breakfast Yogurt Parfait Lunch Homemade Mac & Cheese OR Veggie Burger 	13 NO SCHOOL
16 Breakfast Egg & Cheese Muffin Lunch Beef & Cheese Burrito OR Toasted Cheese 	17 Breakfast Mini Pancakes Lunch Beef Teriyaki Dippers w/ Brown Rice OR Veggie Burger	18 Breakfast Cinnamon Roll Lunch Ultimate Fish Sticks w/ WW Roll OR Hummus Munchable 	19 Breakfast Turkey Sausage Wrap Lunch Chicken Soft Tacos OR Cheese Quesadilla 	20 Breakfast Pear Buckle Lunch French Bread Pizza with or without Chicken-Pepperoni OR Bean & Cheese Burrito
23 Breakfast Waffle Sticks Lunch Chicken Burger OR Bagel Munchable	24 Breakfast Yogurt Parfait Lunch Pancakes, Turkey-Sausage, & Hash Browns OR Cheese Quesadilla 	25 Breakfast Mini Pancakes Lunch Turkey Hot Dog OR Cheese Pizza	26 Breakfast Omelet, Turkey-Sausage, & Toast Lunch Spaghetti w/ Beef Meatballs & Focaccia OR Toasted Cheese 	27 Breakfast Mini Turkey Footballs Lunch BBQ Chicken w/ WW Roll OR Veggie Burger
30 Breakfast Egg & Cheese Muffin Lunch Chicken Corndog OR Cheese Quesadilla 	31 Breakfast Mini Pancakes Lunch Fish & Emoji Chips w/ WW Roll OR Cheese Pizza	 = Scratch Made Families can apply for free or reduced price meals online at: www.paypams.com/onlineapp This institution is an equal opportunity provider and employer.		

Recipe of the Month: Hummus

Yield: 2 cups

Ingredients:

2 Tbsp. Olive Oil
2 Tbsp. Aquafaba (liquid from garbanzo bean can- OK to use water)
1½ Tbsp. Lemon Juice
Dash of Salt
Dash of Pepper
1½ Tbsp. Garlic, minced
1 can Garbanzo Beans
¾ Tbsp. Tahini

Directions:

1. Drain garbanzo beans and keep liquid in a bowl to the side.
2. Combine all ingredients in a food processor and pulse until mixture is smooth.
3. Add more aquafaba (or water) in mixture until you reach the right consistency.



* Fun Fact- aquafaba is the liquid that beans sit in while canned. Aqua means water and faba means beans, so aquafaba translates to the water of beans!

LUNCH CHOICES: All entrées served with fresh fruit and vegetable salad bar & choice of 1%, non-fat, or non-fat chocolate rBST hormone-free milk.

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 for the 2017-18 school year: Van Asselt.

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: Baily Gatzert, Dunlap, Emerson, Martin Luther King Jr. & West Seattle Elementary

UNIVERSAL BREAKFAST: All students can enjoy breakfast daily at no cost in these Seattle elementary schools: Dearborn Park, Lowell, Northgate & Wing Luke.

Harvest of the Month: Carrots

The wild ancestors of the carrot are likely to have come from Iran and Afghanistan, which remain the center of diversity of *Daucus carota*, the wild carrot. Selective breeding over the centuries has occurred to reduce bitterness, increase sweetness and minimize the woody core. Carrot seeds have been found in Switzerland and Southern Germany dating to 2000-3000 BC. The carrot gets its characteristic and bright orange color from Beta Carotene. Carrots are rich in antioxidants and minerals with a focus on Vitamin A. They are also an incredible source of fiber!