

2009 Lunch Menu Sample from Blue Plate Express

If your child has special dietary needs please let the center know.

Blue Plate Express can be contacted at 206-525-2511 or via the web at www.blueplatexpress.com

Monday	Tuesday	Wednesday	Thursday	Friday
Potato soup, toasted cheese sandwiches, apple slices & milk	Quesadilla's refried beans, rice, salad with ranch, bananas & milk	Tofu fried rice with mixed vegetables, egg, mandarin oranges & milk	Cheese slices, mini bagels, spinach salad, peaches & milk	Cheese lasagna, baby carrots, pears & milk
Breaded cheese sticks, green salad, mandarin oranges & milk	Macaroni & cheese, tater tots, sliced apples & milk	Tofu, mashed potatoes with gravy, bread sticks, orange wedges & milk	Bean & cheese enchiladas with corn, peaches & milk	Teriyaki vegetables, rice, pineapple & milk
Hummus, pita bread, fresh vegetables & milk	Bean taco tortilla, lettuce, cheese sliced oranges & milk	Macaroni & cheese, tater tots, sliced apples & milk	Mushroom stroganoff, noodles, green beans, fruit cocktail & milk	Potato skins, cheddar cheese, green beans, apple slices & milk
Vegetarian chili, breadsticks, baby carrots, fruit cocktail & milk	Tofu fried rice with mixed vegetables, egg, mandarin oranges & milk	Cheese lasagna, green salad, applesauce & milk	Bean & cheese quesadilla, corn, apple slices & milk	Teriyaki vegetables, rice, mandarin oranges & milk
Breaded cheese sticks, green salad, fruit cocktail & milk	Bean taco tortilla, lettuce, cheese pears & milk	Tofu, mashed potatoes with gravy, bread sticks, orange wedges & milk	Pasta with tomato sauce, parmesan cheese, carrots, grapes, garlic bread & milk	Hummus, pita bread, fresh vegetables, fruit & milk