

# KAMIAK + JEFFERSON ELEMENTARY SCHOOL

## JANUARY 2024

MON

TUE

WED

THU

FRI



Meals include  
choice of assorted  
fruits +  
vegetables, and  
milk choices

Alternate to main

M-W-F

Sunbutter  
Sandwich with  
yogurt or  
cheesestick

T+ Th

Cheese Sandwich

Meals are free  
for all KES and  
JES students!

Adult prices:  
Breakfast \$2.75  
and Lunch \$4.75

Menus may vary based  
on product availability.  
WA Wednesday features  
vary by product  
availability

**Nutrition Services**

**Contact:**

**509-332-5179**

[nutrition@psd267.org](mailto:nutrition@psd267.org)

**Know your Farmer, Know Your Food Taste Test with Courage to Grow Farms: Microgreens**

Visit [www.pullmanschools.org](http://www.pullmanschools.org) for more info!

Menu Highlights: **Cougar Gold Mac + cheese is back!!**

**Friday Try-days Everyone can have a bite size sample of a new food every Friday!**

8

French Toast  
Turkey sausage  
Hashbrown Potatoes  
Cinnamon Applesauce

9

Soft Beef Taco  
Refried beans,  
tortilla chips, + salsa

10

**WA Wednesday!**

Chicken Alfredo  
Breadstick  
WA Apple or Pear or  
Dried cherries

11

BBQ beef ribwich  
on bun or  
  
Corn

12

Turkey + Cheese  
Deli Sandwich  
  
100% juice day

15



16

Chicken Nuggets +  
breadstick  
Tater Tots

17

**WA Wednesday!**

Cheesy Pasta Bake +  
Garlic Bread  
WA apple or pear or  
dried cherries  
Roasted chickpeas

18

Teriyaki Beef  
Dippers+ Rice  
Broccoli  
Pineapple  
Chocolate Pudding

19

Hot Dog on a Bun  
Baked Beans  
100% juice day

22

Turkey  
Pepperoni  
pinwheels  
Italian Beans

23

Chicken Burrito  
  
Lentils of the  
Southwest

24

**WA Wednesday!**

Pasta with Italian  
Meat sauce +  
Breadstick  
WA Apple or Pear  
Dried cherries

25

Hamburger on a bun  
Oven Roasted  
Potatoes

26

Chicken + Waffle  
Applesauce  
  
100% juice day

29

Corndog  
( chicken)  
Berry cup  
Tater tots

30

Nachos with Beef and  
Cheese  
Refried beans

31

**WA Wednesday!**

Cougar Gold  
Macaroni + Cheese  
(Breadstick  
WA apple or pear  
snickerdoodle hummus  
with Scooby Snack

1

Sloppy Joe on Bun  
Chocolate Pudding

2

Chicken Patty  
Sandwich  
Oven roasted  
Potatoes  
100% juice day

**This institution is an equal opportunity provider**