

September Menus 2017

Washington Elementary School

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Breakfast Bagel PopTart WG Long John Yogurt
4 NO SCHOOL	5 WG Long John Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	6 French Toast Sticks Cinnamon Nachos w/Fruit-HS PopTart Yogurt	7 Combo Bar Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	8 Egg & Cheese on a Biscuit PopTart WG Long John Yogurt
11 Breakfast Pizza PopTart Yogurt	12 WG Long John Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	13 Cheesy Breakfast Spiral-HS Cinnamon Nachos w/Fruit-HS Sausage Links-ES/MS PopTart Yogurt	14 Cheese Omelet Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	15 Breakfast Bagel PopTart WG Long John Yogurt
18 Breakfast Pizza PopTart Yogurt	19 WG Long John Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	20 Mini Pancake Wrapped Sausage Cinnamon Nachos w/Fruit-HS PopTart Yogurt	21 Combo Bar Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	22 Egg & Cheese on a Biscuit PopTart WG Long John Yogurt
25 Breakfast Pizza PopTart Yogurt	26 WG Long John Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	27 French Toast Sticks Cinnamon Nachos w/Fruit-HS PopTart Yogurt	28 Cheese Omelet Fruit Smoothie-HS Fruit & Yogurt Parfait-ES/MS	29 Breakfast Bagel PopTart WG Long John Yogurt

Also offered daily: Toast, Muffins, Variety of Cereal, (Cereal Bars, Nutri Grain Bars, Bagels at MS & HS)
Variety of fruit and 100% juice. Variety of milk

To make a complete breakfast you MUST take at least 3 items offered, but no more than 5 items. One of the items MUST be a fruit or juice.
Less than 3 or more than 5 will be charged as a la carte.

NOTE: If no fruit or juice is chosen, all items will be charged a la carte
CHOOSING A COMPLETE BREAKFAST IF YOUR BEST VALUE

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Grilled Cheese Sandwich ½ Baked Potato Steamed Broccoli Pineapple
4 NO SCHOOL	5 Cheeseburger Potato Wedges Cherry Tomato & Corn Salad Peaches	6 Mustang Meal: Goldfish Crackers Turkey Carrot Sticks Pears Yogurt Early Dismissal 1:00	7 Mini Corn Dogs Oven Roasted Potatoes Steamed Cauliflower w/cheese Watermelon Sugar Cookie	8 Popcorn Chicken Mashed Potatoes & Gravy Corn Mixed Fruit Dinner Roll
11 Macaroni & Cheese Steamed Peas Fresh Baby Carrots Pears Apple Crisp	12 Sub Sandwich Ham, Turkey, Cheese Lettuce-Sliced Tomato Tater Tots Baked Beans Peaches	13 Breaded Chicken Sandwich Green Beans Cucumbers & Tomatoes Red Grapes	14 Cheese Pizza Lettuce Salad Broccoli/Grape Salad Pineapple	15 Turkey & Cheese Wrap Glazed Carrots Fresh Cauliflower w/Ranch Applesauce
18 Spaghetti w/Garlic Toast Marinara or Alfredo Sauce Meatballs Lettuce Salad Mandarin Oranges	19 French Toast Sticks Scrambled Eggs Sausage Links Potato Triangle Apple/Grape Salad	20 Mustang Meal: Goldfish Crackers Turkey Carrot Sticks Honey Dew Melon Yogurt Early Dismissal 1:00	21 Orange Chicken Brown Rice Steamed Broccoli Pineapple Snickerdoodle	22 Chili Crispito Refried Beans Fresh Baby Carrots Applesauce
25 Chicken Strip Wrap Lettuce-Tomato-Cheese Green Beans Pears	26 Beef & Bean Dip-Cheese Sauce Tortilla Chips Corn Red & Green Pepper Strips Pineapple	27 Sloppy Joe Baked Beans Celery w/sunbutter Red & Green Grapes Rice Crispy Bar	28 Garlic Cheese Bread with Marinara Sauce Lettuce Salad Watermelon	29 Shrimp Poppers Tater Tots Broccoli w/cheese Applesauce Dinner Roll

MUSTANG MEAL OFFERED DAILY AS AN ALTERNATIVE TO THE HOT LUNCH.

IT IS THE ONLY OPTION ON EARLY DISMISSAL DAYS.

A VARIETY OF PROTEIN, GRAIN, FRUIT, AND VEGGIES ARE INCLUDED THROUGHOUT THE WEEK.

VARIETY OF MILK OFFERED DAILY