

April 2017



Washington Community Schools
Washington, Iowa
Middle School Student Lunch Menu



			<p>Daily Vegetable Bar Combinations: Romaine & Spinach Mix, Onions, Broccoli, Carrots, Cauliflower, Tomatoes, Red or Green Peppers, Celery Cucumbers and Black Bean and Corn Salad, Marinated Corn and Pinto Bean Salad</p>	<p>* Non-fat (flavored or unflavored) or 1% Milk (unflavored) served daily. Reduced fat dressing is served with salads & fresh vegetables Menus are subject to change without notice. This institution is an equal opportunity provider. *Alternate Main Dish Option: Peanut Butter and Jelly Sandwich.</p>
<p>Monday April 3 Cheeseburger on WG Bun w/Dark Green Leaf Lettuce Calico Beans Sweet Potato Fries Diced Peaches Milk</p>	<p>Tuesday April 4 Supper Beef Nacho Refried Beans Steamed Corn Fresh Orange Milk</p>	<p>Wednesday April 5 Meatball Sub Fritos Steamed Green Beans Fresh Grapes Milk</p>	<p>Thursday April 6 Philly Steak w/Red & Green Peppers French Fries Steamed Broccoli Fresh Apple Pear Milk</p>	<p>Friday April 7 Cheese Pizza Steamed Peas & Carrots Strawberries & Banana Fresh Cinnamon Roll Milk</p>
<p>Monday April 10 Crispitos w/Cheese Sauce Mixed Vegetables Fresh Apple Ice Cream Cup Milk</p>	<p>Tuesday April 11 Chicken Nuggets Apple Glazed Sweet Potatoes Fresh Clementine WG Roll Milk</p>	<p>Wednesday April 12 <i>Prof. Devel./1:10 Dism</i> Mr. Rib Sandwich Sun Chips Hummus Diced Pears Milk</p>	<p>Thursday April 13 Taco Burger on WG Bun French Fries Baked Beans Strawberries Milk</p>	<p>Friday April 14 <i>No School Easter Break</i></p>
<p>Monday April 17 <i>No School Easter Break</i></p>	<p>Tuesday April 18 Hamburger on WG Bun w/Dark Green Leaf Lettuce Calico Beans Sweet Potato Fries Fresh Orange Milk</p>	<p>Wednesday April 19 Pig in a Blanket Potato Wedges Mixed Vegetables Banana Milk</p>	<p>Thursday April 20 Pork Tenderloin French Fries Steamed Corn Fresh Fruit Cup Milk</p>	<p>Friday April 21 Italian Chicken Sandwich Sun Chips Steamed Green Beans Diced Peaches Milk</p>
<p>Monday April 24 Sloppy Joe on WG Bun Ranch Potato Fries Baked Beans Tropical Fruit Milk</p>	<p>Tuesday April 25 Biscuits & Gravy Sausage Patty Hash Brown Patty Fresh Orange Milk</p>	<p>Wednesday April 26 <i>Prof. Devel./1:10 Dism</i> Breaded Chicken Sandwich Seasoned Rice Applesauce Milk</p>	<p>Thursday April 27 Spaghetti w/Meat Sauce Broccoli Parmesan Mixed Fruit Fresh Garlic Bread Milk</p>	<p>Friday April 28 Orange Chicken Brown Rice Stir-Fry Vegetables Fresh Apple Pear Sunshine Bar Milk</p>