

August/September 2017



Washington Community Schools Washington, Iowa Middle School Student Lunch Menu

<p>** Non-fat Milk(flavored or unflavored) or 1% Milk (unflavored) served daily. Reduced fat dressing is served with salads & fresh vegetables, WG-Whole Grain. Menus are subject to change without notice. This institution is an equal opportunity provider.</p>	<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 style="text-align: center;">Wednesday August 23</p> <p>Crispitos w/Lettuce Cheese Sauce Salsa Corn on the Cob Apple Royal Brownie Milk</p>	<p style="text-align: center;">Thursday August 24</p> <p>Spaghetti w/Meat Sauce Garden Salad Green Beans Fresh Grapes Fresh Garlic Bread Milk</p>	<p style="text-align: center;">Friday August 25</p> <p>Orange Chicken Brown Rice Stir-Fry Vegetables Pineapple Tidbits Cinnamon Puff Milk</p>
<p style="text-align: center;">Monday August 28</p> <p>Mini Meatball Sub on WG Bun Ranch Potato Wedges Tossed Salad Fresh Honeydew Milk</p>	<p style="text-align: center;">Tuesday August 29</p> <p>BBQ Chicken Baked Beans Sweet Potato Fries Fresh Pear WG Roll Milk</p>	<p style="text-align: center;">Wednesday August 30</p> <p>Beef Tips w/Mashed Potatoes Cucumber Slices Banana WG Bread w/Jelly Milk</p>	<p style="text-align: center;">Thursday August 31</p> <p>Biscuits & Gravy Sausage Patty Hash Brown Patty Fresh Cantaloupe Milk</p>	<p style="text-align: center;">Friday September 1</p> <p>Cheese Pizza Steamed Broccoli Fresh Baby Carrots w/Spicy Hummus Orange Milk</p>
<p style="text-align: center;">Monday September 4 <i>No School</i> <i>Labor Day</i></p>	<p style="text-align: center;">Tuesday September 5</p> <p>Beef Taco on WG Tortilla Lettuce & Salsa Fresh Broccoli Fresh Strawberries Milk</p>	<p style="text-align: center;">Wednesday September 6</p> <p>Corn Dog Potato Wedges Green Beans Grapes Milk</p>	<p style="text-align: center;">Thursday September 7</p> <p>Chicken Quesadilla Tortilla Chips w/Salsa Corn Grapefruit Milk</p>	<p style="text-align: center;">Friday September 8</p> <p>Beef Lasagna Seasoned Peas Garden Salad Fresh Fruit Cup WG Roll w/Jelly Milk</p>
<p style="text-align: center;">Monday September 11</p> <p>Hamburger on a WG Bun Dark Green Leaf Lettuce Calico Beans Sweet Potato Fries Apple Salad Milk</p>	<p style="text-align: center;">Tuesday September 12</p> <p>Chicken Nuggets Mashed Potatoes & Gravy Tossed Salad Fresh Honeydew WG Roll & Honey Milk</p>	<p style="text-align: center;">Wednesday September 13 <i>1:10 Dism.</i></p> <p>Chili WG Crackers Red Pepper & Cucumber Slices Mandarin Orange Cinnamon Roll Milk</p>	<p style="text-align: center;">Thursday September 14</p> <p>Chicken Fried Steak w/Gravy Apple Glazed Sweet Potatoes Corn Angel Biscuit w/Jelly Fresh Pear Milk</p>	<p style="text-align: center;">Friday September 15</p> <p>Macaroni & Cheese Meatballs Seasoned Peas Fresh Baby Carrots Strawberries & Bananas Milk</p>
<p style="text-align: center;">Monday September 18</p> <p>Chicken Caesar Wrap Broccoli Parmesan Hawkeye Salad Apricots Milk</p>	<p style="text-align: center;">Tuesday September 19</p> <p>Sloppy Joe on WG Bun Carrots and Celery Sticks w/Spicy Hummus Baked Beans Diced Pears Milk</p>	<p style="text-align: center;">Wednesday September 20</p> <p>Walking Taco W/WG Tortilla Chips Black Bean & Corn Salsa Green Beans Strawberries Milk</p>	<p style="text-align: center;">Thursday September 21</p> <p>Creamy Chicken w/Vegetables over WG Biscuit Marinated Fresh Vegetable Salad Applesauce Milk</p>	<p style="text-align: center;">Friday September 22 <i>1:10 Dism. Homecoming</i></p> <p>Grilled Cheese Tomato Soup Savory Carrots Fresh Fruit Cup Milk</p>
<p style="text-align: center;">Monday September 25</p> <p>Crispitos w/Lettuce Cheese Sauce Salsa Corn on the Cob Apple Royal Brownie Milk</p>	<p style="text-align: center;">Tuesday September 26</p> <p>Pig in a Blanket Potato Wedges Broccoli w/Cheese Orange Milk</p>	<p style="text-align: center;">Wednesday September 27 <i>1:10 Dism.</i></p> <p>Turkey & Cheese Sub on WG Bun Romaine Lettuce Refried Beans Spanish Rice Steamed Carrots Tropical Fruit Milk</p>	<p style="text-align: center;">Thursday September 28</p> <p>Breaded Chicken Sandwich on WG Bun Hash Brown Patty Creamy Cole Slaw Grapes Milk</p>	<p style="text-align: center;">Friday September 29</p> <p>Sausage Pizza Green Beans Caesar Salad Banana Milk</p>