

August/September 2017



Washington Community Schools Washington, Iowa Stewart Student Lunch Menu

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| <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>Wednesday August 23 Crispitos w/Lettuce Cheese Sauce Salsa Corn on the Cob Apple Royal Brownie Milk</p> | <p>Thursday August 24 Spaghetti w/Meat Sauce Garden Salad Green Beans Fresh Grapes Fresh Garlic Bread Milk</p> | <p>Friday August 25 Orange Chicken Brown Rice Stir-Fry Vegetables Pineapple Tidbits Cinnamon Puff Milk</p> |
| <p>Monday August 28 Mini Meatball Sub on WG Bun Ranch Potato Wedges Tossed Salad Fresh Honeydew Milk</p> | <p>Tuesday August 29 BBQ Chicken Baked Beans Sweet Potato Fries Fresh Pear WG Roll Milk</p> | <p>Wednesday August 30 Beef Tips w/Mashed Potatoes Cucumber Slices Banana WG Bread w/Jelly Milk</p> | <p>Thursday August 31 Biscuits & Gravy Sausage Patty Hash Brown Patty Fresh Cantaloupe Milk</p> | <p>Friday September 1 Cheese Pizza Steamed Broccoli Fresh Baby Carrots w/Spicy Hummus Orange Milk</p> |
| <p>Monday September 4 No School Labor Day</p> | <p>Tuesday September 5 Beef Taco on WG Tortilla Lettuce & Salsa Fresh Broccoli Fresh Strawberries Milk</p> | <p>Wednesday September 6 Corn Dog Potato Wedges Green Beans Grapes Milk</p> | <p>Thursday September 7 Chicken Quesadilla Tortilla Chips w/Salsa Corn Grapefruit Milk</p> | <p>Friday September 8 Beef Lasagna Seasoned Peas Garden Salad Fresh Fruit Cup WG Roll w/Jelly Milk</p> |
| <p>Monday September 11 Hamburger on a WG Bun Dark Green Leaf Lettuce Calico Beans Sweet Potato Fries Apple Salad Milk</p> | <p>Tuesday September 12 Chicken Nuggets Mashed Potatoes & Gravy Tossed Salad Fresh Honeydew WG Roll & Honey Milk</p> | <p>Wednesday September 13 1:10 Dism. Chili WG Crackers Red Pepper & Cucumber Slices Mandarin Orange Cinnamon Roll Milk</p> | <p>Thursday September 14 Chicken Fried Steak w/Gravy Apple Glazed Sweet Potatoes Corn Angel Biscuit w/Jelly Fresh Pear Milk</p> | <p>Friday September 15 Macaroni & Cheese Meatballs Seasoned Peas Fresh Baby Carrots Strawberries & Bananas Milk</p> |
| <p>Monday September 18 Chicken Caesar Wrap Broccoli Parmesan Hawkeye Salad Apricots Milk</p> | <p>Tuesday September 19 Sloppy Joe on WG Bun Carrots and Celery Sticks w/Spicy Hummus Baked Beans Diced Pears Milk</p> | <p>Wednesday September 20 Walking Taco W/WG Tortilla Chips Black Bean & Corn Salsa Green Beans Strawberries Milk</p> | <p>Thursday September 21 Creamy Chicken w/Vegetables over WG Biscuit Marinated Fresh Vegetable Salad Applesauce Milk</p> | <p>Friday September 22 1:10 Dism. Homecoming Grilled Cheese Tomato Soup Savory Carrots Fresh Fruit Cup Milk</p> |
| <p>Monday September 25 Crispitos w/Lettuce Cheese Sauce Salsa Corn on the Cob Apple Royal Brownie Milk</p> | <p>Tuesday September 26 Pig in a Blanket Potato Wedges Broccoli w/Cheese Orange Milk</p> | <p>Wednesday September 27 1:10 Dism. Turkey & Cheese Sub on WG Bun Romaine Lettuce Refried Beans Spanish Rice Steamed Carrots Tropical Fruit Milk</p> | <p>Thursday September 28 Breaded Chicken Sandwich on WG Bun Hash Brown Patty Creamy Cole Slaw Grapes Milk</p> | <p>Friday September 29 Sausage Pizza Green Beans Caesar Salad Banana Milk</p> |