




OCTOBER 2017



Washington Community Schools
Washington, Iowa
High School Student Lunch Menu

Monday October 2	Tuesday October 3	Wednesday October 4	Thursday October 5	Friday October 6
Chicken Nuggets French Fries Baked Beans Watermelon Milk	Corn Dog Sun Chips Steamed Corn Fresh Strawberries Snickerdoodle Milk	Cheesy Mascot Bread Ranch Potato Wedges Marinated Fresh Vegetable Salad Sliced Peaches Ice Cream Cup Milk	Biscuits & Gravy Sausage Patty Hash Brown Patty Fresh Cantaloupe Milk	Chicken & Noodles Mashed Potatoes Steamed Carrots Fresh Apple Cornbread Milk
Monday October 9	Tuesday October 10	Wednesday October 11	Thursday October 12	Friday October 13
Pork Rib on a Bun Sweet Potato Puffs Pineapple & Mandarin Oranges Royal Brownie Milk	Beef Taco on WG Tortilla Corn Tortilla Chips w/Salsa Fresh Broccoli Fresh Banana Milk	Breaded Chicken Sandwich Steamed Green Beans Potato Wedges Fresh Orange Milk	Bean & Cheese Enchilada Seasoned Brown Rice Refried Beans Fresh Grapes Milk	Pepperoni Pizza Steamed Broccoli Banana Milk
Monday October 16	Tuesday October 17	Wednesday October 18 <i>1:10 Dism. Prof. Development</i>	Thursday October 19	Friday October 20
Cheeseburger on a Bun Dark Green Leaf Lettuce & Tomato Slice Calico Beans Sweet Potato Fries Fresh Honeydew Ice Cream Cup Milk	Popcorn Shrimp Baked Potato Strawberries & Bananas Roll & Honey Milk	Chili Crackers Fresh Orange Fresh Baked Cinnamon Roll Milk	Ham Steak Apple Glazed Sweet Potatoes Steamed Corn Apple Salad Angel Biscuit & Jelly Milk	Macaroni & Cheese Meatballs Diced Peaches Milk
Monday October 23	Tuesday October 24	Wednesday October 25	Thursday October 26	Friday October 27
Orange Chicken w/Brown Rice Stir-Fry Vegetables Diced Pears Cinnamon Puff Milk	Pig in a Blanket Potato Wedges Broccoli W/Cheese Fresh Grapes Milk	Spaghetti w/Meat Sauce Steamed Green Beans Banana Fresh Garlic Bread Milk	Italian Chicken Sandwich Romaine Lettuce & Tomato Slice Refried Beans Steamed Corn Tropical Fruit Milk	Crispitos w/Salsa Cheese Sauce Strawberries Royal Brownie Milk
Monday October 30	Tuesday October 31 HALLOWEEN 			
Cheesy Noodles w/Beef Steamed Carrots Fruit Parfait Apple Milk	GRILLED CHEESE TOMATO SOUP STEAMED BROCCOLI PARMESAN HAWKEYE SALAD ORANGE MILK		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	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.