




# OCTOBER 2017



Washington Community Schools  
Washington, Iowa  
Middle School Student Lunch Menu

<p><b>Monday</b> <b>October 2</b></p> <p>Chicken Nuggets French Fries Baked Beans Watermelon Milk</p>	<p><b>Tuesday</b> <b>October 3</b></p> <p>Corn Dog Sun Chips Corn Fresh Strawberries Snickerdoodle Milk</p>	<p><b>Wednesday</b> <b>October 4</b></p> <p>Cheesy Mascot Bread Ranch Potato Wedges Marinated Fresh Vegetable Salad Sliced Peaches Ice Cream Cup Milk</p>	<p><b>Thursday</b> <b>October 5</b></p> <p>Biscuits &amp; Gravy Sausage Patty Hash Brown Patty Fresh Cantaloupe Milk</p>	<p><b>Friday</b> <b>October 6</b></p> <p>Chicken &amp; Noodles Mashed Potatoes Steamed Carrots Fresh Apple Cornbread Milk</p>
<p><b>Monday</b> <b>October 9</b></p> <p>Pork Rib on a Bun Sweet Potato Puffs Pineapple &amp; Mandarin Oranges Royal Brownie Milk</p>	<p><b>Tuesday</b> <b>October 10</b></p> <p>Beef Taco on WG Tortilla Corn Tortilla Chips w/Salsa Fresh Banana Milk</p>	<p><b>Wednesday</b> <b>October 11</b></p> <p>Breaded Chicken Sandwich Steamed Green Beans Potato Wedges Fresh Orange Milk</p>	<p><b>Thursday</b> <b>October 12</b></p> <p>Bean &amp; Cheese Enchilada Seasoned Brown Rice Refried Beans Fresh Grapes Milk</p>	<p><b>Friday</b> <b>October 13</b></p> <p>Pepperoni Pizza Steamed Broccoli Banana Milk</p>
<p><b>Monday</b> <b>October 16</b></p> <p>Cheeseburger on a Bun Dark Green Leaf Lettuce &amp; Tomato Slice Calico Beans Sweet Potato Fries Fresh Honeydew Ice Cream Cup Milk</p>	<p><b>Tuesday</b> <b>October 17</b></p> <p>Popcorn Shrimp Baked Potato Strawberries &amp; Bananas Roll &amp; Honey Milk</p>	<p><b>Wednesday</b> <b>October 18</b></p> <p><i>1:10 Dism. Prof. Development</i></p> <p>Chili Crackers Fresh Orange Fresh Baked Cinnamon Roll Milk</p>	<p><b>Thursday</b> <b>October 19</b></p> <p>Ham Steak Apple Glazed Sweet Potatoes Steamed Corn Apple Salad Angel Biscuit &amp; Jelly Milk</p>	<p><b>Friday</b> <b>October 20</b></p> <p>Macaroni &amp; Cheese Meatballs Diced Peaches Milk</p>
<p><b>Monday</b> <b>October 23</b></p> <p>Orange Chicken w/Brown Rice Stir-Fry Vegetables Diced Pears Cinnamon Puff Milk</p>	<p><b>Tuesday</b> <b>October 24</b></p> <p>Pig in a Blanket Potato Wedges Broccoli W/Cheese Fresh Grapes Milk</p>	<p><b>Wednesday</b> <b>October 25</b></p> <p>Spaghetti w/Meat Sauce Steamed Green Beans Banana Fresh Garlic Bread Milk</p>	<p><b>Thursday</b> <b>October 26</b></p> <p>Italian Chicken Sandwich on a Bun Romaine Lettuce &amp; Tomato Slice Refried Beans Steamed Corn Tropical Fruit Milk</p>	<p><b>Friday</b> <b>October 27</b></p> <p>Crispitos w/Salsa Cheese Sauce Strawberries Royal Brownie Milk</p>
<p><b>Monday</b> <b>October 30</b></p> <p>Cheesy Noodles w/Beef Steamed Carrots Fruit Parfait Apple Milk</p>	<p><b>Tuesday</b> <b>October 31</b> <b>HALLOWEEN</b></p>  <p>GRILLED CHEESE TOMATO SOUP STEAMED BROCCOLI PARMESAN HAWKEYE SALAD ORANGE MILK</p>		<p>Daily Vegetable Bar Combinations: Romaine &amp; 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 &amp; fresh vegetables. Menus are subject to change without notice. This institution is an equal opportunity provider.</p>