

August/September 2018



Washington Community Schools
Washington, Iowa
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>Thursday August 23 Crispitos w/Lettuce, Cheese Sauce & Salsa Corn on the Cob Apple Royal Brownie Milk</p>	<p>Friday August 24 Orange Chicken Brown Rice Stir-Fry Vegetables Watermelon Cinnamon Puff Milk</p>
<p>Monday August 27 Mini Meatball Sub on WG Bun Ranch Potato Wedges Mixed Vegetables Fresh Honeydew Milk</p>	<p>Tuesday August 28 BBQ Chicken Baked Beans Sweet Potato Fries Fresh Pear WG Roll Milk</p>	<p>Wednesday August 29 Beef Gravy w/Mashed Potatoes Steamed Carrots Banana WG Bread w/Jelly Milk</p>	<p>Thursday August 30 Biscuits & Gravy Sausage Patty Hash Brown Patty Fresh Cantaloupe Milk</p>	<p>Friday August 31 Cheese Pizza Steamed Broccoli Orange Chocolate Chip Cookie Milk</p>
<p>Monday September 3 <i>No School Labor Day</i></p>	<p>Tuesday September 4 Beef Taco on WG Tortilla Lettuce & Salsa Refried Beans Spanish Rice Fresh Strawberries Milk</p>	<p>Wednesday September 5 Corn Dog Potato Wedges Green Beans Grapes Milk</p>	<p>Thursday September 6 Chicken Quesadilla Tortilla Chips w/Salsa Corn Pineapple Tidbits Milk</p>	<p>Friday September 7 Beef Lasagna Seasoned Peas Fresh Fruit Cup WG Roll w/Jelly Milk</p>
<p>Monday September 10 Hamburger on a WG Bun Dark Green Leaf Lettuce Calico Beans Sweet Potato Fries Apple Salad Milk</p>	<p>Tuesday September 11 Chicken Nuggets Mashed Potatoes & Gravy Tropical Fruit WG Roll & Honey Milk</p>	<p>Wednesday September 12 <i>1:10 Dism.</i> Chili WG Crackers Diced Peaches Cinnamon Roll Milk</p>	<p>Thursday September 13 Chicken Fried Steak w/Gravy Apple Glazed Sweet Potatoes Corn Angel Biscuit w/Jelly Fresh Pear Milk</p>	<p>Friday September 14 <i>1:10 Dism. Homecoming</i> Macaroni & Cheese Meatballs Seasoned Peas Strawberries & Bananas Milk</p>
<p>Monday September 17 Chicken Caesar Wrap Broccoli Parmesan Hawkeye Salad Apricots Milk</p>	<p>Tuesday September 18 Sloppy Joe on WG Bun Sun Chips Baked Beans Diced Pears Milk</p>	<p>Wednesday September 19 Walking Taco W/WG Tortilla Chips Black Bean & Corn Salsa Green Beans Strawberries Milk</p>	<p>Thursday September 20 Creamy Chicken w/Vegetables over WG Biscuit Marinated Fresh Vegetable Salad Applesauce Milk</p>	<p>Friday September 21 Grilled Cheese Tomato Soup Savory Carrots Fresh Fruit Cup Milk</p>
<p>Monday September 24 Crispitos w/Lettuce, Cheese Sauce & Salsa Corn on the Cob Apple Royal Brownie Milk</p>	<p>Tuesday September 25 Pig in a Blanket Potato Wedges Broccoli w/Cheese Orange Milk</p>	<p>Wednesday September 26 <i>1:10 Dism.</i> Turkey & Cheese Sub on WG Bun Romaine Lettuce French Fries Steamed Carrots Tropical Fruit Milk</p>	<p>Thursday September 27 Breaded Chicken Sandwich on WG Bun Hash Brown Patty Creamy Cole Slaw Grapes Milk</p>	<p>Friday September 28 Sausage Pizza Green Beans Caesar Salad Banana Milk</p>