




OCTOBER 2018



<p>Washington Community Schools Washington, Iowa Student Lunch Menu</p>

<p>Monday October 1</p> <p>Popcorn Chicken French Fries Baked Beans Watermelon Milk</p>	<p>Tuesday October 2</p> <p>Corn Dog Sun Chips Steamed Corn Fresh Strawberries Carrot Cake Milk</p>	<p>Wednesday October 3</p> <p>Pork Tenderloin Sandwich on a Bun Tater Rounds Marinated Fresh Vegetable Salad Fresh Nectarines Milk</p>	<p>Thursday October 4</p> <p>Tangy Chicken Parmesan Baked Potato Steamed Green Beans WG Roll w/honey Diced Peaches Milk</p>	<p>Friday October 5</p> <p>Beef & Noodles Mashed Potatoes Steamed Carrots Fresh Apple Pear Cornbread Milk</p>
<p>Monday October 8</p> <p>Pork Rib on a Bun Sweet Potato Puffs Fresh Peaches Royal Brownie Milk</p>	<p>Tuesday October 9</p> <p>Beef Taco on WG Tortilla Corn Tortilla Chips w/Salsa Spanish Rice Refried Beans Fresh Honeydew Milk</p>	<p>Wednesday October 10 <i>1:10 Dism.</i></p> <p>Breaded Chicken Sandwich on a Bun Steamed Green Beans Potato Wedges Apricots Milk</p>	<p>Thursday October 11</p> <p>Sweet and Zesty Chicken Brown Rice Pilaf Steamed Broccoli Fresh Grapes Milk</p>	<p>Friday October 12</p> <p>Pepperoni Pizza Mixed Vegetables Fresh Cantaloupe Spice Cake Milk</p>
<p>Monday October 15</p> <p>Cheeseburger on a Bun Dark Green Leaf Lettuce & Tomato Slice Sweet Potato Fries Calico Beans Fresh Pear Milk</p>	<p>Tuesday October 16</p> <p>Chicken Nuggets Baked Potato Strawberries & Bananas WG Roll & Honey Milk</p>	<p>Wednesday October 17</p> <p>Chili WG Crackers Steamed Corn Fresh Orange Fresh Baked Cinnamon Roll Milk</p>	<p>Thursday October 18</p> <p>Philly Steak Sandwich w/Peppers & Onions French Fries Apple Salad Milk</p>	<p>Friday October 19</p> <p>Chicken Tomato Bake w/WG Macaroni Steamed Garlic Broccoli Diced Peaches Milk</p>
<p>Monday October 22</p> <p>Orange Chicken w/Brown Rice Stir-Fry Vegetables Fresh Apple Oatmeal Cookie Milk</p>	<p>Tuesday October 23</p> <p>Pig in a Blanket Potato Wedges Fresh Grapes Orange-Pineapple Gelatin Milk</p>	<p>Wednesday October 24 <i>1:10 Dism</i></p> <p>Spaghetti w/Meat Sauce Steamed Green Beans Banana Breadsticks Milk</p>	<p>Thursday October 25</p> <p>Italian Chicken Sandwich Romaine Lettuce & Tomato Slice Refried Beans Steamed Corn Tropical Fruit Milk</p>	<p>Friday October 26</p> <p>Macaroni & Cheese Meatballs Steamed Carrots Strawberries Cinnamon Puffs Milk</p>
<p>Monday October 29</p> <p>Crispitos w/Salsa Cheese Sauce Steamed Corn Fruit Parfait Apricots Milk</p>	<p>Tuesday October 30</p> <p>Oven Fried Chicken Drumsticks Garlic Mashed Potatoes Carrot-Raisin Salad Fresh Fruit Cup WG Roll & Jelly Milk</p>	<p>Wednesday October 31 HALLOWEEN</p>  <p>BOLOGNA SANDWICH ON WG BREAD CHICKEN NOODLE SOUP HAWKEYE SALAD APPLE SAUCE PUMPKIN BAR MILK</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>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.</p>