




# OCTOBER 2019




Washington Community Schools  
Washington, Iowa  
Student Lunch Menu

<p><b>High School, Middle School &amp; Lincoln:</b> 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><b>Tuesday October 1</b> Orange Chicken Brown Rice Stir-Fry Vegetables Fresh Pear Cinnamon Puff Milk Choice\</p>	<p><b>Wednesday October 2</b> Turkey Gravy w/Mashed Potatoes Seasoned Peas &amp; Carrots Fresh Plum WG Dinner Roll Milk Choice</p>	<p><b>Thursday October 3</b> Chicken Fajita Wrap Spanish Rice Refried Beans Fresh Apple Milk Choice</p>	<p><b>Friday October 4 1:10 Dism.</b> Garlic Bread Pizza Steamed Asparagus Fresh Peach Chocolate Chip Cookie Milk Choice</p>
<p><b>Monday October 7</b> Mini Meatball Sub on WG Bun Ranch Potato Wedges Mixed Vegetables Fresh Honeydew Milk Choice</p>	<p><b>Tuesday October 8</b> Walking Taco Black Bean &amp; Corn Salsa Steamed Green Beans Fresh Strawberries Milk Choice</p>	<p><b>Wednesday October 9</b> Corn Dog Potato Wedges Steamed Corn Fresh Grapes Milk Choice</p>	<p><b>Thursday October 10</b> Sloppy Joe on WG Bun Sun Chips Baked Beans Fresh Apple Pear Milk Choice</p>	<p><b>Friday October 11</b> Chicken Tomato Bake w/WG Macaroni Steamed Garlic Broccoli Fresh Orange Milk Choice</p>
<p><b>Monday October 14</b> Cheeseburger on a WG Bun Dark Green Leaf Lettuce Calico Beans Sweet Potato Fries Tropical Fruit Milk Choice</p>	<p><b>Tuesday October 15</b> Chicken Nuggets Mashed Potato &amp; Gravy Apple Salad WG Roll &amp; Honey Milk Choice</p>	<p><b>Wednesday October 16</b> Chili WG Crackers Honey Glazed Carrots Diced Peaches Fresh Baked Cinnamon Roll Milk Choice</p>	<p><b>Thursday October 17</b> Breaded Chicken Sandwich on WG Bun Hash Brown Patty Creamy Cole Slaw Fresh Grapes Milk Choice</p>	<p><b>Friday October 18 1:10 Dism</b> Macaroni &amp; Cheese Little Smokies Sautéed Zucchini Strawberries &amp; Bananas Milk Choice</p>
<p><b>Monday October 21</b> BBQ Rib on WG Bun Sun Chips Steamed Broccoli w/Cheese Sauce Fresh Fruit Cup Milk Choice</p>	<p><b>Tuesday October 22</b> Corn Dog Potato Wedges Steamed Green Beans Fresh Grapes Milk Choice</p>	<p><b>Wednesday October 23</b> Spaghetti w/Meat Sauce Steamed Green Beans Banana Breadsticks Milk Choice</p>	<p><b>Thursday October 24</b> Tangy Chicken Parmesan Baked Potato Steamed Corn Diced Pears Milk Choice</p>	<p><b>Friday October 25</b> Pepperoni Pizza Mixed Vegetables Fresh Cantaloupe Spice Cake Milk Choice</p>
<p><b>Monday October 28</b> Chicken Spinach Alfredo Marinated Fresh Vegetable Salad Applesauce Garlic Breadstick Milk Choice</p>	<p><b>Tuesday October 29</b> Crispitos w/Cheese Sauce &amp; Salsa Corn on the cob Fresh Orange Royal Brownie Milk Choice</p>	<p><b>Wednesday October 30</b> Popcorn Chicken French Fries Baked Beans Fresh Apple Milk Choice</p>	<p><b>Thursday October 31 HALLOWEEN</b>  BOLOGNA SANDWICH ON WG BREAD CHICKEN NOODLE SOUP HAWKEYE SALAD FRESH APPLE PUMPKIN BAR MILK CHOICE</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>

# October 2019



Washington Community Schools  
 Washington, Iowa  
 K-12<sup>th</sup> Student Breakfast Menu

	<b>Tuesday October 1</b> WG Waffle w/Syrup Fresh Strawberries Juice Choice Milk Choice	<b>Wednesday October 2</b> WG Breakfast Egg & Cheese Burrito Diced Pears Juice Choice Milk Choice	<b>Thursday October 3</b> Breakfast Pita w/salsa Fresh Honeydew Juice Choice Milk Choice	<b>Friday October 4</b> <i>1:10 Dism.</i> WG Cereal WG Muffin Fresh Orange Juice Choice Milk Choice
<b>Monday October 7</b> WG Cereal Little Smokies Mandarin Oranges Juice Choice Milk Choice	<b>Tuesday October 8</b> Biscuits & Gravy Fresh Fruit Cup Juice Choice Milk Choice	<b>Wednesday October 9</b> Scrumptious Coffeecake Fresh Cantaloupe Juice Choice Milk Choice	<b>Thursday October 10</b> Western Omelet Quesadilla w/Salsa Diced Peaches Juice Choice Milk Choice	<b>Friday October 11</b> French Toast Sticks w/Syrup Banana Juice Choice Milk Choice
<b>Monday October 14</b> WG Cereal Ham Patty Fresh Apple Juice Choice Milk Choice	<b>Tuesday October 15</b> WG Pancakes w/Syrup Apricots Juice Choice Milk Choice	<b>Wednesday October 16</b> Breakfast Pizza Fresh Apple Pear Juice Choice Milk Choice	<b>Thursday October 17</b> Excellent Egg Taco w/Salsa Graham Crackers Applesauce Juice Choice Milk Choice	<b>Friday October 18</b> Fruit Parfait Sausage Patty Juice Choice Milk Choice
<b>Monday October 21</b> WG Cinnamon Roll Sliced Peaches Juice Choice Milk Choice	<b>Tuesday October 22</b> WG Bagel w/Toppings Fresh Pear Juice Choice Milk Choice	<b>Wednesday October 23</b> Granola Bar Applesauce Juice Choice Milk Choice	<b>Thursday October 24</b> Cheese Omelet WG Toast Mixed Fruit Juice Choice Milk Choice	<b>Friday October 25</b> Pancake on a Stick w/Syrup Pineapple Chunks Juice Choice Milk Choice
<b>Monday October 28</b> WG Cereal WG Muffin Mandarin Oranges Juice Choice Milk Choice	<b>Tuesday October 29</b> Oatmeal Breakfast Round Sausage Patty Fresh Apple Pear Juice Choice Milk Choice	<b>Wednesday October 30</b> French Toast Sticks w/Syrup Hard Boiled Egg Strawberries Juice choice Milk Choice	<b>Thursday October 31</b> <b>HALLOWEEN</b>  BREAKFAST PIZZA FRESH GRAPES JUICE CHOICE MILK CHOICE	**Non-fat (flavored or unflavored) or 1% Milk (unflavored) served daily. WG-Whole Grain Menus are subject to change without notice. This institution is an equal opportunity provider.

