

August/September 2019



Washington Community Schools Washington, Iowa Breakfast Menu

<p>**Non-fat Milk (flavored or unflavored or 1% Milk (unflavored) served daily. Menus subject to change without notice. This institution is an equal opportunity provider.</p>				<p>Friday August 23 WG Cereal Yogurt Diced Pears Juice Choice Milk Choice</p>
<p>Monday August 26 WG Cereal WG Biscuit Fresh Grapes Juice Choice Milk Choice</p>	<p>Tuesday August 27 WG French Toast Sticks Fresh Watermelon Juice Choice Milk Choice</p>	<p>Wednesday August 28 Breakfast Egg & Cheese Sandwich on WG English Muffin Fresh Strawberries Juice Choice Milk Choice</p>	<p>Thursday August 29 WG Waffles Fresh Apple Juice Choice Milk Choice</p>	<p>Friday August 30 WG Cereal WG Toast Diced Peaches Juice Choice Milk Choice</p>
<p>Monday September 2 No School Labor Day</p>	<p>Tuesday September 3 WG Pancake Bites Mandarin Oranges Juice Choice Milk Choice</p>	<p>Wednesday September 4 WG Breakfast Egg & Cheese Burrito w/salsa Hash Brown Potatoes Fresh Banana Juice Choice Milk Choice</p>	<p>Thursday September 5 WG Bagel Sausage Patty Apricots Juice Choice Milk Choice</p>	<p>Friday September 6 WG Cereal Hard Boiled Egg Fresh Orange Juice Choice Milk Choice</p>
<p>Monday September 9 WG Cereal WG Toast Mixed Fruit Juice Choice Milk Choice</p>	<p>Tuesday September 10 WG Breakfast Pizza Fresh Honeydew Juice Choice Milk Choice</p>	<p>Wednesday September 11 WG Biscuit Ham Patty Fresh Apple Juice Choice Milk Choice</p>	<p>Thursday September 12 WG Pumpkin Chocolate Chip Muffin Yogurt Fresh Cantaloupe Juice Choice Milk Choice</p>	<p>Friday September 13 WG Cereal Pop-Tart Pineapple Juice Choice Milk Choice</p>
<p>Monday September 16 WG Cereal WG Granola Bar Diced Peaches Juice Choice Milk Choice</p>	<p>Tuesday September 17 WG Bagel Sausage Patty Fresh Banana Juice Choice Milk Choice</p>	<p>Wednesday September 18 WG Pancakes Cinnamon Apples Juice Choice Milk Choice</p>	<p>Thursday September 19 Cheese Omelet WG Toast Fresh Orange Juice Choice Milk Choice</p>	<p>Friday September 20 1:10 Dismissal WG Cereal WG PB&J Sandwich Fresh Grapes Juice Choice Milk Choice</p>
<p>Monday September 23 WG Cereal WG Biscuit Tropical Fruit Juice Choice Milk Choice</p>	<p>Tuesday September 24 WG French Toast Sticks Applesauce Juice Choice Milk Choice</p>	<p>Wednesday September 25 Breakfast Egg & Cheese Sandwich on WG English Muffin Fresh Strawberries Juice Choice Milk Choice</p>	<p>Thursday September 26 WG Breakfast Pizza Pineapple Tidbits Juice Choice Milk Choice</p>	<p>Friday September 27 Homecoming 1:10 Dismissal WG Waffles Fresh Orange Juice Choice Milk Choice</p>
<p>Monday September 30 WG Cereal Yogurt Diced Pears Juice Choice Milk Choice</p>				

August/September 2019



Washington Community Schools Washington, Iowa 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.</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>Friday August 23 Crispitos w/cheese sauce Salsa Corn on the cob Fresh Apple Royal Brownie Milk Choice</p>
<p>Monday August 26 Mini Meatball Sub on WG Bun Ranch Potato Wedges Steamed Mixed Vegetables Fresh Pear Milk Choice</p>	<p>Tuesday August 27 Orange Chicken Brown Rice Stir Fry Vegetables Fresh Honeydew Cinnamon Puff Milk Choice</p>	<p>Wednesday August 28 Beef Gravy w/Mashed Potatoes Steamed Carrots Fresh Banana WG Bread w/Jelly Milk Choice</p>	<p>Thursday August 29 Biscuits & Gravy Sausage Patty Hash Brown Patty Fresh Cantaloupe Milk Choice</p>	<p>Friday August 30 Cheese Pizza Steamed Broccoli Fresh Orange Chocolate Chip Cookie Milk Choice</p>
<p>Monday September 2 <i>No School Labor Day</i></p>	<p>Tuesday September 3 Beef Taco on WG Tortilla Refried Beans Spanish Rice Fresh Strawberries Milk Choice</p>	<p>Wednesday September 4 Corn Dog Potato Wedges Steamed Green Beans Fresh Grapes Milk Choice</p>	<p>Thursday September 5 Chicken Fajita Wrap w/peppers & onions Tortilla Chips w/Salsa Steamed Carrots Pineapple Tidbits Milk Choice</p>	<p>Friday September 6 Beef Lasagna Seasoned Peas Fresh Fruit Cup WG Roll w/Jelly Milk Choice</p>
<p>Monday September 9 Hamburger on a WG Bun Dark Green Leaf Lettuce Calico Beans Sweet Potato Fries Tropical Fruit Milk Choice</p>	<p>Tuesday September 10 Chicken Nuggets Mashed Potatoes & Gravy Apple Salad WG Roll & Honey Milk Choice</p>	<p>Wednesday September 11 Chili WG Crackers Diced Peaches Honey Glazed Carrots Cinnamon Roll Milk Choice</p>	<p>Thursday September 12 Chicken Fried Steak Mashed Potatoes w/Country Gravy Steamed Corn Angel Biscuit w/Jelly Fresh Pear Milk Choice</p>	<p>Friday September 13 Macaroni & Cheese Little Smokies Sautéed Zucchini Strawberries & Bananas Milk Choice</p>
<p>Monday September 16 Wiener Wink French Fries Broccoli Parmesan Apricots Snickerdoodle Cookie Milk Choice</p>	<p>Tuesday September 17 Sloppy Joe on WG Bun Sun Chips Baked Beans Diced Pears Milk Choice</p>	<p>Wednesday September 18 Walking Taco Black Bean & Corn Salsa Steamed Green Beans Strawberries Milk Choice</p>	<p>Thursday September 19 Chicken Spinach Alfredo Marinated Fresh Vegetable Salad Applesauce Garlic Breadstick Milk Choice</p>	<p>Friday September 20 1:10 Dismissal Philly Cheese Steak Sandwich Sun Chips Confetti Corn Salad Fresh Clementine Milk Choice</p>
<p>Monday September 23 Crispitos w/Lettuce, Cheese Sauce & Salsa Corn on the Cob Fresh Apple Royal Brownie Milk Choice</p>	<p>Tuesday September 24 BBQ Rib on WG Bun Potato Wedges Broccoli w/Cheese Fresh Orange Milk Choice</p>	<p>Wednesday September 25 Turkey & Cheese Sub on WG Bun Romaine Lettuce Sun Chips Seasoned Peas Tropical Fruit Milk Choice</p>	<p>Thursday September 26 Breaded Chicken Sandwich on WG Bun Hash Brown Patty Creamy Cole Slaw Fresh Grapes Milk Choice</p>	<p>Friday September 27 Homecoming 1:10 Dismissal Sausage Pizza Steamed Mixed Vegetables Caesar Salad Fresh Banana Milk Choice</p>
<p>Monday September 30 Hot Dog French Fries Steamed Asparagus Watermelon Milk Choice</p>				<p>**Alternate Main Dish Option Offered Daily at the High School, Middle School and Lincoln: PB&J Sandwich. ** Menus are subject to change without notice. This institution is an equal opportunity provider.</p>