

Washington Elementary Lunch August 2019

Offered Daily

- Chef Salad
- Low Fat Cottage Cheese
- Romaine & Tomato Salad
- Fresh Veggies
- At least 1 Fresh Fruit Offered daily: Apples, Oranges, Kiwi, Grapes, Melon, Seasonal Fruit
- 3 of the Following Canned Fruit Choices: Peaches, Pineapple, Mixed Fruit, Applesauce, Pears, Mandarin Oranges
- 100% Juice Choices: Apple, Grape, Fruit Punch & Orange
- Milk: White 1%, Chocolate Non-Fat
- Denotes whole grain-wg

Every Lunch Includes:

1. Fruit-1/2 Cup
2. Vegetable-3/4 Cup
3. Grain-1 to 2 Ounces
4. Protein-2 to 4 Ounces
5. Dairy-8 Ounces

You may have all 5 categories, but may take as few as 3. One of your 3 to 5 items **MUST** be a fruit or vegetable.

Save time & money! No Fees for Food Service online Depositing!

Visit www.washington.k12.mo.us

Click on Online Payment under Quick Links and follow the prompts.

Monday	Tuesday	Wednesday	Thursday	Friday
WELCOME BACK!			1	2
5	6	7	8	9
12	13	14	15 A Day Taco In a Bag-wg Grilled Cheese-wg Corn Fruit Choice Brownie-wg	16 B Day Bosco Sticks-wg Beef Fajita on Soft Taco Shell-wg California Vegetables Fruit Choice Cookie-wg
19 C Day Popcorn Chicken-wg Bacon Cheeseburger-wg Baked Beans Broccoli Fruit Choice	20 D Day Chicken Fried Chicken-wg Hot Dog on Bun-wg Mashed Potatoes & Gravy Green Beans Fruit Choice Biscuit-wg	21 A Day Toasted Ravioli-wg With Marinara Sauce Riblet on Bun-wg Glazed Carrots Fruit Choice Cookie-wg	22 B Day White Queso Nachos-wg Grilled Cheese-wg Tater Tots Zucchini Fruit Choice	23 C Day Orange Chicken-wg Hot Ham & Cheese on Bun-wg Brown Rice California Vegetables Fruit Choice Cookie-wg
26 D Day Mini Corn Dogs-wg Chicken Patty on Bun-wg Mashed Potatoes Glazed Carrots Fruit Choice	27 A Day Sausage Patty Hot Dog on Bun-wg Pancake-wg Baked Peaches Fruit Choice	28 B Day Stuffed Crust Pizza-wg Riblet on Bun-wg Baked Beans Fruit Choice Cookie-wg	29 C Day Taco In a Bag-wg Grilled Cheese-wg Corn Fruit Choice Cinnamon Roll-wg	30 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY FOR STAFF

"This institution is an equal opportunity provider."