

Washington Elementary Lunch September 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
2 NO SCHOOL LABOR DAY	3 D Day Chicken Fried Chicken-wg Hot Dog on Bun-wg Mashed Potatoes & Gravy Green Beans Fruit Choice Biscuit-wg	4 A Day Toasted Ravioli-wg With Marinara Sauce Riblet on Bun-wg Glazed Carrots Fruit Choice Cookie-wg	5 B Day White Queso Nachos-wg Grilled Cheese-wg Tater Tots Zucchini Fruit Choice	6 C Day Orange Chicken-wg Hot Ham & Cheese on Bun-wg Brown Rice California Vegetables Fruit Choice Cookie-wg
9 D Day Mini Corn Dogs-wg Chicken Patty on Bun-wg Mashed Potatoes Glazed Carrots Fruit Choice	10 A Day Sausage Patty Hot Dog on Bun-wg Pancake-wg Baked Peaches Fruit Choice	11 B Day Stuffed Crust Pizza-wg Riblet on Bun-wg Baked Beans Fruit Choice Cookie-wg	12 C Day Taco In a Bag-wg Grilled Cheese-wg Corn Fruit Choice Brownie-wg	13 D Day Bosco Sticks-wg Beef Fajita on Soft Taco Shell-wg California Vegetables Fruit Choice Cookie-wg
16 A Day Popcorn Chicken-wg Bacon Cheeseburger-wg Baked Beans Broccoli Fruit Choice	17 B Day Chicken Fried Chicken-wg Hot Dog on Bun-wg Mashed Potatoes & Gravy Green Beans Fruit Choice Dinner Roll-wg	18 C Day Toasted Ravioli-wg With Marinara Sauce Riblet on Bun-wg Glazed Carrots Fruit Choice Cookie-wg	19 D Day Soft Beef Taco-wg Grilled Cheese-wg Tater Tots Zucchini Fruit Choice	20 A Day TEACHERS CHOICE Augusta-Toasted Ravs & Brownies Campbellton Spaghetti & Meatballs, and Goopy Butter Cake Clearview-Boneless Wings & Cheese- cake Labadie-BBQ Pork & Carrot Cake Marthasville-BBQ Pork & Cheesecake South Point-Chicken Alfredo & Cherry Cheesecake West-Loaded Tater Tots * & Ding Dong Cake
23 B Day Mini Corn Dogs-wg Chicken Patty on Bun-wg Mashed Potatoes Glazed Carrots Fruit Choice	24 C Day Sausage Patty Hot Dog on Bun-wg Pancake-wg Baked Peaches Fruit Choice	25 D Day Stuffed Crust Pizza-wg Riblet on Bun-wg Baked Beans Fruit Choice Cookie-wg	26 A Day Taco In a Bag-wg Grilled Cheese-wg Corn Fruit Choice Cinnamon Roll-wg	27 B Day Bosco Sticks-wg Beef Fajita on Soft Taco Shell-wg California Vegetables Fruit Choice Cookie-wg
30 C Day Popcorn Chicken-wg Bacon Cheeseburger-wg Baked Beans Broccoli Fruit Choice				

"This institution is an equal opportunity provider."