

Nix Cafeteria

September 2019

Offered Daily

Salad of the Day

Chef Salad

Low Fat Cottage Cheese

Hamburger on Bun-wg

Peanut Butter & Jelly-wg

Bean & Cheese Burrito-wg

Romaine & Tomato Salad

Fresh Baby Carrots

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

Milk: White 1%, Chocolate Non-Fat

Denotes whole grain-wg

Every Lunch Includes:

1. Fruit-1 Cup
2. Vegetable-1 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 De-
positing!**

Visit
www.washington.k12.mo.us

*Click on Online Payments under Quick
Links and follow the prompts.*

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL LABOR DAY	3 Spaghetti & Meatballs-wg Chicken Parmesan BBQ Riblet on Bun-wg Chicken with Cheese on Bun-wg Roasted Potato Wedges Broccoli Variety Grab & Go Salads Dinner Roll-wg	4 Taco in a Bag or Soft Taco-wg Pulled Pork on Bun-wg Southwest Chicken Tornado-wg Ham/Cheese on Pretzel Bun-wg Mexican Rice Corn Variety Grab & Go Salads Cake with Icing-wg	5 Toasted Ravioli-wg Spicy Chicken on Bun-wg Deep Dish Individual Pepperoni Pizza-wg Macaroni & Cheese-wg Zucchini Variety Grab & Go Salads	6 Bosco Sticks-wg Bacon Cheeseburger-wg Dilly-fil-a Chicken Sandwich-wg Tater Tots California Vegetables Variety Grab & Go Salads Cookie-wg
9 Domino's Pizza Wing Dings-wg Ranchero Beef Tornado-wg Baked Beans Glazed Carrots Variety Grab & Go Salads	10 Chicken Fried Chicken-wg Italian Sub-wg BBQ Burger-wg Chicken with Cheese on Bun-wg Mashed Potatoes Green Beans Variety Grab & Go Salads Biscuit-wg	11 General Tso Chicken-wg Southwest Chicken Tornado-wg Ham/Cheese on Pretzel Bun-wg Pulled Pork on Bun-wg Brown Rice/Au Gratin Potatoes California Vegetables Variety Grab & Go Salads Brownie-wg	12 Variety-Stuffed Crust Pizza-wg Turkey Club-wg Spicy Chicken on Bun-wg Tater Tots Zucchini Variety Grab & Go Salads	13 White Queso Beef Nachos-wg Dilly-fil-a Chicken Sandwich-wg Cheeseburger-wg French Fries California Vegetables Variety Grab & Go Salads Cookie-wg
16 Domino's Pizza Chicken Club-wg Ranchero Beef Tornado-wg Baked Beans Glazed Carrots Variety Grab & Go Salads	17 Spaghetti & Meatballs-wg Chicken Parmesan BBQ Riblet on Bun-wg Chicken with Cheese on Bun-wg Roasted Potato Wedges Broccoli Variety Grab & Go Salads Dinner Roll-wg	18 Taco in a Bag or Soft Taco-wg Pulled Pork on Bun-wg Southwest Chicken Tornado-wg Ham/Cheese on Pretzel Bun-wg Mexican Rice Corn Variety Grab & Go Salads Cinnamon Roll-wg	19 Toasted Ravioli-wg Spicy Chicken on Bun-wg Deep Dish Individual Pepperoni Pizza-wg Macaroni & Cheese-wg Zucchini Variety Grab & Go Salads	20 Bosco Sticks-wg Bacon Cheeseburger-wg Dilly-fil-a Chicken Sandwich-wg Tater Tots California Vegetables Variety Grab & Go Salads Cookie-wg
23 Domino's Pizza Wing Dings-wg Ranchero Beef Tornado-wg Baked Beans Glazed Carrots Variety Grab & Go Salads	24 Chicken Fried Chicken-wg Italian Sub-wg BBQ Burger-wg Chicken with Cheese on Bun-wg Mashed Potatoes Green Beans Variety Grab & Go Salads Biscuit-wg	25 General Tso Chicken-wg Southwest Chicken Tornado-wg Ham/Cheese on Pretzel Bun-wg Pulled Pork on Bun-wg Brown Rice/Au Gratin Potatoes California Vegetables Variety Grab & Go Salads Brownie-wg	26 Variety-Stuffed Crust Pizza-wg Turkey Club-wg Spicy Chicken on Bun-wg Tater Tots Zucchini Variety Grab & Go Salads	27 White Queso Beef Nachos-wg Dilly-fil-a Chicken Sandwich-wg Cheeseburger-wg French Fries California Vegetables Variety Grab & Go Salads Cookie-wg
30 Domino's Pizza Chicken Club-wg Ranchero Beef Tornado-wg Baked Beans Glazed Carrots Variety Grab & Go Salads				