

Washington Middle School Lunch Menu September 2019

Offered Daily

Salad of the Day

Chef Salad

Low Fat Cottage Cheese

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL LABOR DAY	3 Chicken Fried Chicken-wg Roast Beef on Bun-wg Mashed Potatoes Green Beans Fruit Choice Southwest Chicken Salad Biscuit-wg	4 Domino's Cheese or Pepperoni Pizza Ham & Cheese on Pretzel Bun-wg Fettucine Alfredo-wg Zucchini Fruit Choice BLT Salad Cookie-wg	5 White Queso Nachos-wg Chicken Fajita-wg Tater Tots Broccoli Fruit Choice Chicken Cobb Salad	6 Toasted Ravioli-wg Bosco Sticks-wg Baked Beans California Vegetables Chicken Caesar Fruit Choice Cookie-wg
9 Chicken Wing Dings-wg Bacon-Cheeseburger on Bun-wg French Fries Glazed Carrots Fruit Choice Chicken Taco Salad	10 General Tso Chicken-wg Mini Corn Dogs-wg Chicken Brown Rice Broccoli Fruit Choice Southwest Chicken Salad	11 Domino's Cheese or Pepperoni Pizza Ham & Cheese on Pretzel Bun-wg Au Gratin Potatoes Zucchini Fruit Choice BLT Salad Cookie-wg	12 Taco in a Bag-wg Turkey Club on Bun-wg Mexican Rice-wg Corn Fruit Choice Chicken Cobb Salad Cinnamon Roll-wg	13 Bosco Sticks-wg Breaded Chicken on Bun-wg Baked Beans California Vegetables Chicken Caesar Fruit Choice Cookie-wg
16 Stuffed Crust Cheese Pizza-wg Riblet on Bun-wg French Fries Glazed Carrots Fruit Choice Chicken Taco Salad	17 Chicken Fried Chicken-wg Roast Beef on Bun-wg Mashed Potatoes Green Beans Fruit Choice Southwest Chicken Salad Biscuit-wg	18 Domino's Cheese or Pepperoni Pizza Ham & Cheese on Pretzel Bun-wg Fettucine Alfredo-wg Zucchini Fruit Choice BLT Salad Cookie-wg	19 White Queso Nachos-wg Chicken Fajita-wg Tater Tots Broccoli Fruit Choice Chicken Cobb Salad	20 Toasted Ravioli-wg Bosco Sticks-wg Baked Beans California Vegetables Chicken Caesar Fruit Choice Cookie-wg
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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.

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