

Washington Elementary Lunch December 2023

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
- All grains are whole grain.

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
27 C Day Mini Corn Dogs Cheeseburger on Bun Tater Tots Glazed Carrots Fruit Choice	28 D Day Pancakes & Sausage Patty Hot Dog on Bun Baked Apples Fruit Choice Rice Krispy Treat	29 A Day Orange Chicken Turkey & Cheese on Bun Chicken Brown Rice Broccoli Fruit Choice	30 B Day Taco in a Bag Grilled Cheese Baked Beans Fruit Choice Cookie	1 C Day Bosco Sticks Chicken Patty on Bun Mac & Cheese California Vegetables Fruit Choice
4 D Day Chicken Fried Chicken Cheeseburger on Bun Mashed Potatoes & Gravy Green Beans Fruit Choice Biscuit	5 A Day Popcorn Chicken Hot Dog on Bun Mac & Cheese Vegetable Medley Fruit Choice Edible Cookie Dough	6 B Day Toasted Ravioli With Marinara Sauce Turkey & Cheese on Bun Spaghetti in Marinara Glazed Carrots Fruit Choice	7 C Day White Queso Beef Nachos Grilled Cheese Baked Beans Fruit Choice Cookie	8 D Day Pizza Chicken Patty on Bun Chicken Brown Rice Ranch Tossed Salad w/Cheese Fruit Choice
11 A Day Mini Corn Dogs Cheeseburger on Bun Tater Tots Glazed Carrots Fruit Choice	12 B Day Pancakes & Sausage Patty Hot Dog on Bun Baked Apples Fruit Choice Brownie	13 C Day Orange Chicken Turkey & Cheese on Bun Chicken Brown Rice Broccoli Fruit Choice	14 D Day Taco in a Bag Grilled Cheese Baked Beans Fruit Choice Cookie	15 A Day Bosco Sticks Chicken Patty on Bun Mac & Cheese California Vegetables Fruit Choice
18 B Day Chicken Fried Chicken Cheeseburger on Bun Mashed Potatoes & Gravy Green Beans Fruit Choice Biscuit	19 C Day Popcorn Chicken Hot Dog on Bun Mac & Cheese Vegetable Medley Fruit Choice Edible Cookie Dough	20 D Day Toasted Ravioli With Marinara Sauce Turkey & Cheese on Bun Spaghetti in Marinara Glazed Carrots Fruit Choice	21 A Day HALF DAY Hamburger on Bun Baked Chips Baby Carrots Sliced Apples Cookie	22 B Day HALF DAY Chicken Patty on Bun Baked Chips Baby Carrots Sliced Apples Cookie
25 NO SCHOOL 	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL

"This institution is an equal opportunity provider."