



LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14 Corn Dog or **Main Dish Option Fresh Veggie Bar Carrot Sticks w/ ranch Apples Apple Fruit Pocket	15 Mandarin Orange Chicken or **Main Dish Option Steamed Rice Broccoli Carrot Sticks Mandarin Oranges Fortune Cookie	16 Roast Chicken or **Main Dish Option Mashed Potatoes w/ gravy Peas Peaches Roll w/ butter	17 Pretzel w/ Cheese Sauce or **Main Dish Option Yogurt Carrot and Celery Sticks Wild Coyote Ranch Applesauce	18 Hungry Howie's Pizza or **Main Dish Option Side Salad Cherry Tomatoes Olives Juice Alive Smoothie
21 Breakfast on a Stick or Breakfast Pizza or **Main Dish Option Hashbrown Juice Apple Fruit Pocket	22 Soft Taco or **Main Dish Option Refried Beans Tortilla Chips w/Salsa Carrot Sticks w/ ranch Mandarin Oranges	23 Chicken Alfredo or **Main Dish Option Romaine Lettuce Carrot Sticks w/Wild Coyote Ranch Peaches	24 Chicken Patty Sandwich or **Main Dish Option Tater Tots Applesauce	25 Hungry Howie's Pizza or **Main Dish Option Side Salad Cherry Tomatoes Strawberries Chocolate Chip Cookie
28 Crispy Chicken Strips or **Main Dish Option Corn Carrot Sticks Applesauce Biscuit BBQ Sauce	29 Teriyaki Chicken or **Main Dish Option Steamed Rice Broccoli Carrot Sticks Mandarin Oranges Fortune Cookie	30 Country Fried Steak or **Main Dish Option Mashed Potatoes w/ gravy Peas Peaches Apple Crisp	31 Sloppy Joe on a Roll or **Main Dish Option Fresh Veggie Bar Apples	**Daily Main Dish Substitution Fruit Yogurt Parfait, Deli Sandwich, or PB&J Uncrustable Additional Substitutions for 6th-8th Grades Only BBQ Drummie Salad (M) Oriental/Taco Salad (T) Crispy Chicken Salad (W) Chef Salad (Th)



GEORGE WASHINGTON ACADEMY

“Building a Strong Foundation”

This institution is an equal opportunity provider. Milk served with lunch each day: Skim, 1% Lowfat, Chocolate Milk **(Menu subject to change)**