

OCTOBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Crispy Chicken Strips or **Main Dish Option Corn Fruit Fresh Veggie Bar Biscuit	3 Teriyaki Chicken w/Rice or **Main Dish Option Fruit Fresh Veggie Bar	4 Country Fried Steak Mashed Potatoes or **Main Dish Option Fruit	5 Hot Dog or **Main Dish Option Fruit Fresh Veggie Bar	6 Hungry Howie's Pizza or **Main Dish Option Side Salad Fruit Fresh Veggie Bar
9 Apple Cinnamon French Toast or **Main Dish Option Fruit Fresh Veggie Bar	10 Orange Chicken Steamed Rice or **Main Dish Option Fruit Fresh Veggie Bar	11 Popcorn Chicken Mashed Potatoes w/Gravy or **Main Dish Option Fruit		
16 Crispy Chicken Strips or **Main Dish Option Fruit Fresh Veggie Bar	17 Chicken Fajitas Rice or **Main Dish Option Fruit Fresh Veggie Bar	18 Penne Pasta w/Meat Sauce or **Main Dish Option Fruit Fresh Veggie Bar	19 Chicken Patty Sandwich Tater Tots or **Main Dish Option Fruit Fresh Veggie Bar	20 Hungry Howie's Pizza or **Main Dish Option Side Salad Fruit Fresh Veggie Bar
23 Corn Dog or **Main Dish Option Fruit Fresh Veggie Bar	24 Orange Chicken Steamed Rice or **Main Dish Option Fruit Fresh Veggie Bar	25 Roast Chicken Mashed Potatoes or **Main Dish Option Fruit	26 Pretzel w/ Cheese Sauce or **Main Dish Option Fruit Fresh Veggie Bar	27 Hungry Howie's Pizza or **Main Dish Option Fruit Fresh Veggie Bar
30 Breakfast on a Stick Hashbrown or **Main Dish Option Fruit Fresh Veggie Bar	31 Soft Taco Refried Beans or **Main Dish Option Fruit Fresh Veggie Bar		**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)