

OCTOBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Breakfast on a Stick or Breakfast Pizza or **Main Dish Option Hashbrown Juice	2 Soft Taco or **Main Dish Option Refried Beans Tortilla Chips w/Salsa Fruit Fresh Veggie Bar	3 Chicken Alfredo Breadstick or **Main Dish Option Fruit Fresh Veggie Bar	4 Chicken Patty Sandwich or **Main Dish Option Tater Tots Fruit Fresh Veggie Bar	5 Hungry Howie's Pizza or **Main Dish Option Side Salad Fruit Chocolate Chip Cookie
8 Crispy Chicken Strips Biscuit or **Main Dish Option Corn Fresh Veggie Bar	9 Teriyaki Chicken w/Steamed Rice ** or Main Dish Option Fruit Fresh Veggie Bar	10 Country Fried Steak ** or Main Dish Option Mashed Potatoes w/Gravy Fruit	11 	12 
15 Apple Cinnamon French Toast Turkey Sausage ** or Main Dish Option Hashbrown Fruit Fresh Veggie Bar	16 Orange Chicken Steamed Rice ** or Main Dish Option Fruit Fresh Veggie Bar Fortune Cookies	17 National Apple Crunch Day  Popcorn Chicken ** or Main Dish Option Mashed Potatoes w/ gravy Crunchy Apple	18 Hamburger ** or Main Dish Option Fruit Fresh Veggie Bar	19 Hungry Howie's Pizza or **Main Dish Option Side Salad Fruit Nacho Cheese Doritos
22 Crispy Chicken Strips Biscuit ** or Main Dish Option Fruit Fresh Veggie Bar	23 Taco Soup Corn Bread ** or Main Dish Option Fruit Fresh Veggie Bar	24 Penne Pasta w/ Meat Sauce ** or Main Dish Option Fruit Fresh Veggie Bar	25 Chicken Patty Sandwich ** or Main Dish Option Tator Tots Fruit Fresh Veggie Bar	26 Hungry Howie's Pizza or **Main Dish Option Side Salad Fruit Jello Snack Pack
29 Corn Dog ** or Main Dish Option Fruit Fresh Veggie Bar	30 Orange Chicken Steamed Rice ** or Main Dish Option Fruit Fresh Veggie Bar Fortune Cookies	31 Roast Chicken Roll w/ butter ** or Main Dish Option Mashed Potatoes w/ gravy Fruit	**Daily Main Dish Substitution Fruit Yogurt Parfait, Deli Sandwich, or PB&J Uncrustable	Additional Substitutions for 6th-8th Grades Only Oriental Chicken Salad (M) 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)