





November



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>**Daily Main Dish Substitution Smoothie, Deli Sandwich, or PB&J Uncrustable</p>	<p>Additional Substitutions for 6th-8th Grades Only Oriental Chicken Salad (M) Taco Salad (T) Crispy Chicken Salad (W) Chef Salad (Th)</p>		<p>1 Pretzel w/Cheese Sauce Yogurt ** or Main Dish Option Fruit Fresh Veggie Bar</p>	<p>Hungry Howie's Pizza **or Main Dish Option Side Salad Fruit Treat</p>
<p>5 Breakfast on a Stick or Breakfast Pizza or **Main Dish Option Hashbrown Juice</p>	<p>6 Café Rio Style Pork Salad Black Beans or **Main Dish Option Fruit</p>	<p>7 Chicken Alfredo Breadstick or **Main Dish Option Fruit Fresh Veggie Bar</p>	<p>8 Chicken Noodle Soup Breadstick **or Main Dish Option Fruit Fresh Veggie Bar</p>	<p>9 Hungry Howie's Pizza **or Main Dish Option Side Salad Fruit Treat</p>
<p>12 Crispy Chicken Strips Biscuit ** or Main Dish Option Fruit Fresh Veggie Bar</p>	<p>13 Teriyaki Chicken w/Steamed Rice ** or Main Dish Option Fruit Fresh Veggie Bar</p>	<p>14 Thanksgiving Dinner Turkey and Roll ** or Main Dish Option Mashed Potatoes w/Gravy Fruit Salad</p>	<p>15 Hot Dog ** or Main Dish Option Fruit Chips Fresh Veggie Bar</p>	<p>16 Hungry Howie's Pizza **or Main Dish Option Side Salad Fruit Treat</p>
<p>19 Apple Cinnamon French Toast Turkey Sausage ** or Main Dish Option Hashbrown Fruit Fresh Veggie Bar</p>	<p>20 Orange Chicken Steamed Rice ** or Main Dish Option Fruit Fresh Veggie Bar Fortune Cookies</p>	  		
<p>26 Crispy Chicken Strips Biscuit ** or Main Dish Option Fruit Fresh Veggie Bar</p>	<p>27 Chicken Fajitas ** or Main Dish Option Refried Beans Fruit Fresh Veggie Bar</p>	<p>Penne Pasta w/ Meat Sauce ** or Main Dish Option Fruit Fresh Veggie Bar</p>	<p>29 Chicken Patty Sandwich ** or Main Dish Option Tator Tots Fruit Fresh Veggie Bar</p>	<p>30 Hungry Howie's Pizza **or Main Dish Option Side Salad Fruit Treat</p>

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)

