






MONDAY	TUESDAY	THURSDAY	FRIDAY
	<p>Additional Substitutions for 6th-8th Grades Only</p> <p>Oriental Chicken Salad (M) Taco Salad (T) Crispy Chicken Salad (W) Chef Salad (Th)</p>	<p>**Daily Main Dish Substitution</p> <p>Smoothie, Deli Sandwich, or PB&J Uncrustable</p> 	<p>3</p> <p>Taco Soup Cornbread ** or Main Dish Option Baked Tostitos Fruit Fresh Veggie Bar</p>
<p>7</p> <p>Crispy Chicken Strips Biscuit ** or Main Dish Option Fruit Fresh Veggie Bar</p>	<p>8</p> <p>Nacho Bites Refried Beans ** or Main Dish Option Fruit Fresh Veggie Bar</p>	<p>9</p> <p>Penne Pasta w/ Meat Sauce ** or Main Dish Option Breadstick Fruit Fresh Veggie Bar</p>	<p>10</p> <p>Chicken Patty Sandwich ** or Main Dish Option Tater Tots Fruit Fresh Veggie Bar</p>
<p>14</p> <p>Corn Dog ** or Main Dish Option Fruit Cinnamon Graham Crackers Fresh Veggie Bar</p>	<p>15</p> <p>Orange Chicken Steamed Rice ** or Main Dish Option Fruit Fresh Veggie Bar Fortune Cookie</p> 	<p>16</p> <p>Turkey and Roll ** or Main Dish Option Mashed Potatoes w/Gravy Fruit</p>	<p>17</p> <p>Pretzel w/Cheese Sauce Yogurt ** or Main Dish Option Fruit Fresh Veggie Bar</p>
<p>21</p> 	<p>22</p> <p>Café Rio Style Pork Salad Black Beans or **Main Dish Option Fruit</p>	<p>23</p> <p>Chicken Alfredo Breadstick or **Main Dish Option Fruit Fresh Veggie Bar</p>	<p>24</p> <p>Chicken Patty Sandwich ** or Main Dish Option Tater Tots Fruit Fresh Veggie Bar</p>
<p>28</p> <p>Crispy Chicken Strips Biscuit ** or Main Dish Option Fruit Fresh Veggie Bar</p>	<p>29</p> <p>Teriyaki Chicken w/Steamed Rice ** or Main Dish Option Fruit Fresh Veggie Bar</p>	<p>30</p> <p>Country Fried Steak ** or Main Dish Option Mashed Potatoes w/ Gravy Fruit Apple Crisp</p>	<p>31</p> <p>Hot Dog ** or Main Dish Option Fruit Chips Fresh Veggie Bar</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)

