



# Washington Colony Elementary School

## August 2019 Breakfast and Lunch Menu




"This institution is an equal opportunity provider"  
 Non Fat Chocolate and 1% White Milk Offered Daily

### Notice to Parents:

Please advise your child that he or she is required to take at least three food items at each meal. One of these must be 1/2 cup fruit or vegetable.

**Menu Subject to Change**

All Grains Served are Whole Grain Rich (WG)

Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																									
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FIRST DAY OF SCHOOL 8/13/2019																																																																																																													
12 	13 Scrambled Eggs Biscuit WG w/Jam Fruit & Juice  Crispy Chicken Sandwich on a Whole Wheat Bun Tator Tots Lettuce & Tomato & Fruit	14 Breakfast Pizza WG Fruit & Juice  Chicken Tostada Refried Beans Fresh Homemade Salsa Lettuce & Cheese & Fruit	15 Ham & Cheese Breakfast Bar Graham Crackers Fruit & Juice  Chili Beans Fritos Cucumber Slices Garden Salad & Fruit	16 Cold Cereal WG Toast w/Jam & Fruit  French Bread Pizza WG Green Salad w/ Spinach Sliced Cucumbers & Fruit																																																																																																									
19 Cinnamon Roll WG String Cheese & Fruit  Chicken Nuggets WG Tator Tots Carrots w/Ranch & Fruit	20 French Toast WG Sausage Patty Fruit & Juice  Tornado's WG Refried Beans Fresh Salsa & Lettuce & Fruit	21 Pancake & Sausage Roll-up WG Fruit & Juice  Spaghetti w/Meat Sauce Bread Stick Green Salad w/Spinach Sliced Cucumbers & Fruit	22 Eggs & Cheese Biscuit WG Fruit & Juice  Orange Chicken over Brown Rice Steamed Broccoli & Fruit	23 Doughnuts WG Yogurt Fruit & Juice  Bread Stiicks WG w/Marinara Dipping Sauce Green Salad w/ Spinach & Fruit																																																																																																									
26 Chocolate Chip Muffin WG Yogurt & Fruit  Chicken & Cheese Tamale WG Corn Sliced Cucumbers & Fruit	27 Scrambled Eggs Biscuit WG w/Jam Fruit & Juice  Beef Tostada WG Refried Beans Fresh Salsa Lettuce & Cheese & Fruit	28 Breakfast Pizza WG Fruit & Juice  Crispy Chicken Drumstick WG Mashed Potatoes & Gravy Roll Green Salad w/Spinach & Fruit	29 Ham & Cheese Breakfast Bar Graham Crackers Fruit & Juice  Pozole w/ Cabbage, Onions, Cilantro, Tortilla Chips WG & Fruit & Hot Sauce	30 Cold Cereal WG Toast w/Jam & Fruit  Pepperoni Pizza WG Green Salad w/Spinach Sliced Cucumbers & Fruit																																																																																																									
<b>FRESH FRUITS AND VEGETABLES OFFERED DAILY</b>																																																																																																													