



# Washington Colony Elementary School

## September 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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| <p><b>2</b></p> <p><b>LABOR DAY</b></p> <p><b>No School</b></p>  | <p><b>3</b></p> <p>French Toast WG<br/>Sausage Patty Fruit &amp; Juice</p> <p>Crispy Chicken Sandwich on a Whole Wheat Bun<br/>Tator Tots Lettuce &amp; Tomato &amp; Fruit</p>  | <p><b>4</b></p> <p>Pancake &amp; Sausage Roll-up WG Fruit &amp; Juice</p> <p>Chicken Tostada WG<br/>Refried Beans Fresh Homemade Salsa Lettuce &amp; Cheese &amp; Fruit</p>      | <p><b>5</b></p> <p>Eggs &amp; Cheese Biscuit WG Fruit &amp; Juice</p> <p>Chili Beans Fritos WG<br/>Cucumber Slices Garden Salad &amp; Fruit</p>                    | <p><b>6</b></p> <p>Doughnuts WG Yogurt Fruit &amp; Juice</p> <p>French Bread Pizza WG<br/>Green Salad w/ Spinach Sliced Cucumbers &amp; Fruit</p>   |          |    |          |    |    |    |    |          |    |   |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |  |  |   |   |   |   |   |   |   |   |   |   |   |    |    |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |    |    |    |    |  |  |  |
| <p><b>9</b></p> <p>Chocolate Chip Muffin Yogurt &amp; Fruit</p> <p>Chicken Nuggets WG<br/>Tator Tots Carrots w/Ranch &amp; Fruit</p>       | <p><b>10</b></p> <p>Scrambled Eggs Biscuit WG w/Jam Fruit &amp; Juice</p> <p>Tornado's WG Refried Beans Fresh Salsa &amp; Lettuce &amp; Fruit</p>   | <p><b>11</b></p> <p>Breakfast Pizza WG Fruit &amp; Juice</p> <p>Spaghetti WG w/Meat Sauce Bread Stick WG<br/>Green Salad w/Spinach Sliced Cucumbers &amp; Fruit</p>              | <p><b>12</b></p> <p>Ham &amp; Cheese Breakfast Bar Graham Crackers Fruit &amp; Juice</p> <p>Orange Chicken over Brown Rice Steamed Broccoli &amp; Fruit</p>        | <p><b>13</b></p> <p>Cold Cereal WG Toast w/Jam &amp; Fruit</p> <p>Bread Sticks WG w/Marinara Dipping Sauce Green Salad w/ Spinach &amp; Fruit</p>   |          |    |          |    |    |    |    |          |    |   |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |  |  |   |   |   |   |   |   |   |   |   |   |   |    |    |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |    |    |    |    |  |  |  |
| <p><b>16</b></p> <p>Cinnamon Roll WG String Cheese &amp; Fruit</p> <p>Chicken &amp; Cheese Tamale WG Corn Sliced Cucumbers &amp; Fruit</p> | <p><b>17</b></p> <p>French Toast WG Sausage Patty Fruit &amp; Juice</p> <p>Beef Tostada WG Refried Beans Fresh Salsa Lettuce &amp; Cheese &amp; Fruit</p>   | <p><b>18</b></p> <p>Pancake &amp; Sausage Roll-up WG Fruit &amp; Juice</p> <p>Crispy Chicken Drumstick WG Mashed Potatoes &amp; Gravy Roll Green Salad w/Spinach &amp; Fruit</p> | <p><b>19</b></p> <p>Eggs &amp; Cheese Biscuit WG Fruit &amp; Juice</p> <p>Pozole w/ Cabbage, Onions, Cilantro, Tortilla Chips WG &amp; Fruit &amp; Hot Sauce</p>   | <p><b>20</b></p> <p>Doughnuts WG Yogurt Fruit &amp; Juice</p> <p>Pepperoni Pizza WG Green Salad w/Spinach Sliced Cucumbers &amp; Fruit</p>          |          |    |          |    |    |    |    |          |    |   |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |  |  |   |   |   |   |   |   |   |   |   |   |   |    |    |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |    |    |    |    |  |  |  |
| <p><b>23</b></p> <p>Chocolate Chip Muffin Yogurt &amp; Fruit</p> <p>Corn Dogs WG Curly Fries Fresh Carrots &amp; Fruit</p>                 | <p><b>24</b></p> <p>Scrambled Eggs Biscuit WG w/Jam Fruit &amp; Juice</p> <p>Crispy Chicken Sandwich on a Whole Wheat Bun<br/>Tator Tots Lettuce &amp; Tomato &amp; Fruit</p>   | <p><b>25</b></p> <p>Breakfast Pizza WG Fruit &amp; Juice</p> <p>Chicken Tostada WG Refried Beans Fresh Homemade Salsa Lettuce &amp; Cheese &amp; Fruit</p>                       | <p><b>26</b></p> <p>Ham &amp; Cheese Breakfast Bar Graham Crackers Fruit &amp; Juice</p> <p>Chili Beans Fritos WG<br/>Cucumber Slices Garden Salad &amp; Fruit</p> | <p><b>27</b></p> <p>Cold Cereal WG Toast w/Jam &amp; Fruit</p> <p>French Bread Pizza WG<br/>Green Salad w/ Spinach Sliced Cucumbers &amp; Fruit</p> |          |    |          |    |    |    |    |          |    |   |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |  |  |   |   |   |   |   |   |   |   |   |   |   |    |    |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |    |    |    |    |  |  |  |
| <p><b>30</b></p> <p>Cinnamon Roll WG String Cheese &amp; Fruit</p> <p>Chicken Nuggets WG<br/>Tator Tots Carrots w/Ranch &amp; Fruit</p>    | <table border="1"> <thead> <tr> <th colspan="7">Aug 2019</th> <th colspan="7">Oct 2019</th> </tr> <tr> <th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th> <th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td> <td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> </tr> <tr> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> <td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td> </tr> <tr> <td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td> <td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td> </tr> <tr> <td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td> <td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td> </tr> <tr> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td> <td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td> </tr> </tbody> </table> |  |  |   | Aug 2019 |    |          |    |    |    |    | Oct 2019 |    |   |  |  |  |  | M | T | W | T | F | S | S | M | T | W | T | F | S | S |  |  |  | 1 | 2 | 3 | 4 |  |  | 1 | 2 | 3 | 4 | 5 | 6 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 26 | 27 | 28 | 29 | 30 | 31 |  | 28 | 29 | 30 | 31 |  |  |  |
| Aug 2019   |   |  |  |   |          |    | Oct 2019 |    |    |    |    |          |    |   |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |  |  |   |   |   |   |   |   |   |   |   |   |   |    |    |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |    |    |    |    |  |  |  |
| M  | T   | W  | T  | F   | S        | S  | M        | T  | W  | T  | F  | S        | S  |   |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |  |  |   |   |   |   |   |   |   |   |   |   |   |    |    |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |    |    |    |    |  |  |  |
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| 5  | 6   | 7  | 8  | 9   | 10       | 11 | 7        | 8  | 9  | 10 | 11 | 12       | 13 |   |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |  |  |   |   |   |   |   |   |   |   |   |   |   |    |    |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |    |    |    |    |  |  |  |
| 12   | 13  | 14   | 15   | 16  | 17       | 18 | 14       | 15 | 16 | 17 | 18 | 19       | 20 |   |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |  |  |   |   |   |   |   |   |   |   |   |   |   |    |    |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |    |    |    |    |  |  |  |
| 19   | 20  | 21   | 22   | 23  | 24       | 25 | 21       | 22 | 23 | 24 | 25 | 26       | 27 |   |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |  |  |   |   |   |   |   |   |   |   |   |   |   |    |    |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |    |    |    |    |  |  |  |
| 26   | 27  | 28   | 29   | 30  | 31       |    | 28       | 29 | 30 | 31 |    |          |    |   |  |  |  |  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |  |  |   |   |   |   |  |  |   |   |   |   |   |   |   |   |   |   |   |    |    |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |  |    |    |    |    |  |  |  |

**FRESH FRUITS AND VEGETABLES OFFERED DAILY**