

WASHINGTON COLONY ELEMENTARY SCHOOL

SEPTEMBER 2023 BREAKFAST & LUNCH MENU



Monday

Tuesday

Wednesday

Thursday

Friday



All of the Grains
We Serve Are
Whole Grains



Nonfat Chocolate
and 1% White Milk
Provided

THIS MENU IS SUBJECT TO CHANGE

1 Cinnamon Rolls
Yogurt
Fruit & Juice

French Bread
Pizza, Green Salad
Cucumbers
Fruit

4 **NO SCHOOL!**
HAPPY
LABOR DAY



5 **Pancake & Sausage
On A Stick**
Fruit & Juice

Corn Dogs,
Potato, Wedges
Graham Crakers
Cucumbers &
Fruit

6 **Breakfast Pizza**
Fruit & Juice

Pozole, Chips
Cabbage, Onions,
Cilantro, Oranges
Hot Sauce

7 **Ham and Cheese
Bar, Graham
Crackers**
Fruit & Juice

Tamales
Refried Beans
Carrots &
Fruit

8 **French Toast**
Yogurt
Fruit & Juice

Cheeseburger on a
Whole Wheat Bun
Tator Tots
Tomatoes, Lettuce
& Fruit

11 **Cold Corral
Graham Cracker
Banana**

Crispy Chicken
Sandwich, Fries
Carrots &
Fruit

12 **Concha
Yogurt**
Fruit & Juice

Orange Chicken
Brown Rice
Broccoli & Carrots
Fruit

13 **Chocolate Muffin
String Cheese**
Fruit & Juice

**Spaghetti w/Meat
Sauce, Bread Stick**
Green Salad
**Cucumbers &
Fruit**

14 **Pancakes &
Sausage**
Fruit & Juice

Crunchy Tacos
Refried Beans
Shredded Lettuce
Fruit & Salsa

15 **Cinnamon Rolls**
Yogurt
Fruit & Juice

Homemade Turkey &
Cheese Sandwich
Tomatoes, Lettuce
Chips & Fruit

18 **Cold Corral
Graham Cracker
Banana**

Chicken Nuggets
Tator Tots
Carrots & Fruit
Graham Crackers

19 **Pancake & Sausage
On A Stick**
Fruit & Juice

Chicken Drumstick
Mashed Potatoes &
Gravy
Cucumbers, Roll &
Fruit

20 **Breakfast Pizza**
Fruit & Juice

Chicken Alfredo
Whole Grain Noodles
Green Salad, Carrots
Roll & Fruit

21 **Ham and Cheese
Bar, Graham
Crackers**
Fruit & Juice

Tornados, Refried
Beans, Corn &
Fruit

22 **French Toast**
Yogurt
Fruit & Juice

French Bread
Pizza, Green Salad
Cucumbers
Fruit

25 **Cold Corral
Graham Cracker
Banana**

Egg Rolls
Brown Rice
Carrots & Broccoli
Fruit

26 **Concha
Yogurt**
Fruit & Juice

Chicken Strips
Potato Wedges
Graham Crakers
Cucumbers &
Fruit

27 **Chocolate Muffin
String Cheese**
Fruit & Juice

Pozole, Chips
Cabbage, Onions,
Cilantro, Oranges
Hot Sauce

28 **Pancakes &
Sausage**
Fruit & Juice

Tamales
Refried Beans
Carrots &
Fruit

29 **Cinnamon Rolls**
Yogurt
Fruit & Juice

Cheeseburger on a
Whole Wheat Bun
Tator Tots
Tomatoes, Lettuce
& Fruit