



# George Washington Breakfast

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| <b>3/4/19</b><br>Blueberry Bread<br><br>or<br>Cereal & Graham Crackers   | <b>3/6/19</b><br>Pancakes on a Stick<br><br>or<br>Cereal & Graham Crackers   | <b>3/7/19</b><br>Apple Frudel<br><br>or<br>Cereal & Graham Crackers  | <b>3/8/19</b><br>Sausage & Cheese Bagel<br><br>or<br>Cereal & Graham Crackers  | <b>3/9/19</b><br>Chocolate Donuts<br><br>or<br>Cereal & Graham Crackers  |
| Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit<br>Choice of Milk | Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit<br>Choice of Milk                              | Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit<br>Choice of Milk                              | Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit<br>Choice of Milk | Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit<br>Choice of Milk                              |
| <b>3/12/19</b><br>Chocolate Bread<br><br>or<br>Cereal & Graham Crackers  | <b>3/13/19</b><br>Mini Cini's<br><br>or<br>Cereal & Graham Crackers  | <b>3/14/19</b><br>Sausage & Cheese Biscuit<br>or<br>Cereal & Graham Crackers   | <b>3/15/19</b><br>Glazed Donut<br><br>or<br>Cereal & Graham Crackers   | <b>3/16/19</b><br>No School<br>Teacher In Service  |
| Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit<br>Choice of Milk | Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit<br>Choice of Milk | Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit<br>Choice of Milk | Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit<br>Choice of Milk |  |
| <b>3/19/19</b><br>Banana Bread<br><br>or<br>Cereal & Graham Crackers   | <b>3/20/19</b><br>Pancake Mini's<br><br>or<br>Cereal & Graham Crackers   | <b>3/21/19</b><br>Double chocolate Muffin Croissant<br>or<br>Cereal & Graham Crackers                                | <b>3/22/19</b><br>Sausage & Cheese Croissant<br>or<br>Cereal & Graham Crackers                                       | <b>3/23/19</b><br>Powdered Sugar Donuts<br><br>or<br>Cereal & Graham Crackers  |
| Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit<br>Choice of Milk | Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit<br>Choice of Milk                              | Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit<br>Choice of Milk                              | Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit<br>Choice of Milk | Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit<br>Choice of Milk                              |
| <b>3/26/19</b><br>Blueberry Bread<br><br>or<br>Cereal & Graham Crackers  | <b>3/27/19</b><br>Chocolate Filled Crescent Roll<br>or<br>Cereal & Graham Crackers                                   | <b>3/28/19</b><br>Apple Frudel<br><br>or<br>Cereal & Graham Crackers   | <b>3/29/19</b><br>Sausage & Cheese Bagel<br><br>or<br>Cereal & Graham Crackers                                       | <b>3/30/19</b><br>Chocolate Donuts<br><br>or<br>Cereal & Graham Crackers   |
| Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit<br>Choice of Milk | Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit<br>Choice of Milk                              | Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit<br>Choice of Milk                              | Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit<br>Choice of Milk | Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit<br>Choice of Milk |

**What is a Meal?**  
You must choose at least 3 of the 4 components available for the schoolbreakfast price.

Choice of: 1 Grain or protein  
Choice of fruit or vegetable (must take at least a 1/2 cup) and  
Choice of Milk

Choice of Milk - 1% white, fat-free white,

You must take at least 1/2 cup of fruit or vegetable

## Daily Fruit Selections

### May Include:

oranges, apples, bananas, applesauce, raisins, or 100% juice.

## Daily Whole Grain Selections

**May Include:** Cereal, Cereal Bar, or Pop Tart, and Graham

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

| 4/2/19  | 4/3/19  | 4/4/19  | 4/5/19  | 4/6/19  |
|---|---|---|---|---|
| Chocolate Bread<br>or<br>Cereal & Grahm Crackers  | Berry French Toast<br>or<br>Cereal & Grahm Crackers   | Mini Cini's<br>or<br>Cereal & Grahm Crackers  | Sausage & Cheese Biscuit<br>or<br>Cereal & Grahm Crackers   | Grape Filled Crescent Roll<br>or<br>Cereal & Grahm Crackers                                   |
| Assorted 100% Fruit Juice<br>or Assorted Fresh Fruit or<br>Assorted Canned Fruit or<br>Assorted Dried Fruit<br>Choice of Milk | Assorted Fresh Fruit or<br>Assorted Canned Fruit or<br>Assorted Dried Fruit<br>Choice of Milk | Assorted Fresh Fruit or<br>Assorted Canned Fruit or<br>Assorted Dried Fruit<br>Choice of Milk | Assorted 100% Fruit Juice<br>or Assorted Fresh Fruit or<br>Assorted Canned Fruit or<br>Assorted Dried Fruit<br>Choice of Milk | Assorted Fresh Fruit or<br>Assorted Canned Fruit or<br>Assorted Dried Fruit<br>Choice of Milk |

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).



# George Washington Lunch Menu

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday   |
|---|---|---|--|--|
| <b>3/4/19</b><br>Chicken Nuggets<br>with Whole Grain Roll<br>or<br>Turkey & Cheese Wrap             | <b>3/5/19</b><br>Italian Meatballs & Cheese<br>On a wg Roll<br>or<br>Ham & Cheese Croissant                   | <b>3/6/19</b><br>Grilled Cheese<br><br>or<br>Italian Wrap   | <b>3/7/19</b><br>Orange Chicken<br>Over Brown Rice<br>or<br>Hurricane Hoagie                           | <b>3/8/19</b><br>Stuffed Crust Pizza<br><br>or<br>Fish Sandwich  |
| <b>Featured Veggies:</b><br>Tater Tots<br>Baby Carrots<br>Choice of Fruit<br>Choice of Milk         | <b>Featured Veggies:</b><br>Sweet Potato Waffle Fries<br>Chick Pea Salad<br>Choice of Fruit<br>Choice of Milk | <b>Featured Veggies:</b><br>Tomato Soup<br>Celery Sticks<br>Choice of Fruit<br>Choice of Milk       | <b>Featured Veggies:</b><br>Steamed Broccoli<br>Grape Tomatoes<br>Choice of Fruit<br>Choice of Milk    | <b>Featured Veggies:</b><br>Romaine Salad<br>Steamed Peas<br>Choice of Fruit<br>Choice of Milk   |
| <b>3/11/19</b><br>Popcorn Chicken<br>with Whole Grain Roll<br>or<br>Turkey Lunch Pack               | <b>3/12/19</b><br>Cheeseburger<br>On a wg Bun<br>or<br>Pizza Hoagie   | <b>3/13/19</b><br>Walking Taco<br>with Whole Grain Roll<br>or<br>Italian Cold Cut Hoagie            | <b>3/14/19</b><br>Pepperoni Pizza<br><br>or<br>Taco Wrap   | <b>3/15/19</b><br><b>No School</b><br><b>Act 80 Day</b><br> |
| <b>Featured Veggies:</b><br>French Fries<br>Baby Baby Carrots<br>Choice of Fruit<br>Choice of Milk  | <b>Featured Veggies:</b><br>Baked Beans<br>Celery Sticks<br>Choice of Fruit<br>Choice of Milk                 | <b>Featured Veggies:</b><br>Steamed Corn<br>Grape tomatoes<br>Choice of Fruit<br>Choice of Milk     | <b>Featured Veggies:</b><br>Cucumber Slices<br>Tossed Salad<br>Choice of Fruit<br>Choice of Milk       |  |
| <b>3/18/19</b><br>Chicken Patty<br>On a wg Bun<br>or<br>Turkey & Cheese Bagel                       | <b>3/19/19</b><br>WG Pancakes<br>With Ham<br>or<br>Grilled Chicken Wrap                                       | <b>3/20/19</b><br>Nachos Grande<br>Over Tortilal Chips<br>or<br>Ham & Cheese Croissant              | <b>3/21/19</b><br>Penne Pasta & Meat Sauce<br>Garlic Knot<br>or<br>Hurricane Hoagie                    | <b>3/22/19</b><br>Stuffed Crust Pizza<br><br>or<br>Macaroni & Cheese<br>With a Dinner Roll   |
| <b>Featured Veggies:</b><br>Sweet Potato Fries<br>Celery Stick<br>Choice of Fruit<br>Choice of Milk | <b>Featured Veggies:</b><br>Potato Triangles<br>Cucumber Slices<br>Choice of Fruit<br>Choice of Milk          | <b>Featured Veggies:</b><br>Taco Beans<br>Steamed Corn<br>Choice of Fruit<br>Choice of Milk         | <b>Featured Veggies:</b><br>Steamed Broccoli<br>Red Pepper Strips<br>Choice of Fruit<br>Choice of Milk | <b>Featured Veggies:</b><br>Romaine salad<br>Grape Tomatoes<br>Choice of Fruit<br>Choice of Milk   |
| <b>3/25/19</b><br>Chicken Tender Fritters<br>with Whole Grain Roll<br>or<br>Turkey & Cheese Wrap    | <b>3/26/19</b><br>Sloppy Joe's<br><br>or<br>Crispy Chicken Wrap   | <b>3/27/19</b><br>Beef Burrito<br><br>or<br>Italian Wrap  | <b>3/28/19</b><br>Pepperoni Pinwheel<br>with Marinara Dip<br>or<br>Canes Pizza Combo                   | <b>3/29/19</b><br>Fish Shapes with Whole<br>Grain Roll<br><br>or<br>Pepperoni Pizza  |
| <b>Featured Veggies:</b><br>Sweet Potato Tots<br>Celery Sticks<br>Choice of Fruit<br>Choice of Milk | <b>Featured Veggies:</b><br>Baked Beans<br>Red Pepper Strips<br>Choice of Fruit<br>Choice of Milk             | <b>Featured Veggies:</b><br>Lettuce & Tomatoes<br>Baby Carrots<br>Choice of Fruit<br>Choice of Milk | <b>Featured Veggies:</b><br>Hash Brown<br>Red Pepper Strips<br>Choice of Fruit<br>Choice of Milk       | <b>Featured Veggies:</b><br>Cole Slaw<br>Spinach Salad<br>Choice of Fruit<br>Choice of Milk  |

## What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

## Daily Fruit Selections

### May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, mellow, strawberries, applesauce, pineapple

## Daily Entree Options:

Sunbutter & Jelly with Cheese Stick, and Chef Salad.

Monday & Wednesdays Chicken Tenders with a Roll

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| 4/1/19  | 4/2/19   | 4/3/19  | 4/4/19  | 4/5/19   |
|---|--|---|---|--|
| Chicken Nuggets<br>with Whole Grain Roll<br>or<br>Turkey Hoagie                             | Cheeseburger<br>On a wg Bun<br>or<br>Taco Wrap   | Fiestada Pizza<br><br>or<br>Grilled Chicken Wrap  | Salsbury Steak<br><br>or<br>Ham & Cheese Hoagie   | Mozzarella Stuffed Breadstick<br>with Marinara Dip<br>or<br>Buffalo Chicken Wrap                   |
| <b>Featured Veggies:</b><br>Tater Tots<br>Baby Carrots<br>Choice of Fruit<br>Choice of Milk | <b>Featured Veggies:</b><br>Sweet Potato Fries<br>Cole Slaw<br>Choice of Fruit<br>Choice of Milk | <b>Featured Veggies:</b><br>Black Bean Salad<br>Steamed Corn<br>Choice of Fruit<br>Choice of Milk | <b>Featured Veggies:</b><br>Mashed Potatoes<br>Steamed Green Beans<br>Choice of Fruit<br>Choice of Milk | <b>Featured Veggies:</b><br>Romaine Salad<br>Steamed Broccoli<br>Choice of Fruit<br>Choice of Milk |

Program of Interest:  
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