



# George Washington Breakfast

Monday 8/26/19	Tuesday 8/27/19	Wednesday 8/28/19	Thursday 8/29/19	Friday 8/30/19
Banana Bread or Cereal & Graham Crackers	Pancake Mini's or Cereal & Graham Crackers	Double Chocolate Muffin or Cereal & Graham Crackers	Sausage & Cheese Croissant or Cereal & Graham Crackers	Powdered Sugar Donuts or Cereal & Graham Crackers
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
<b>9/2/19 No School</b>				
	Lemon Bread or Cereal & Graham Crackers	Chocolate Filled Crescent Roll or Cereal & Graham Crackers	Strawberry Turnover or Cereal & Graham Crackers	Sausage & Cheese Bagel or Cereal & Graham Crackers
	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
<b>9/9/19</b>				
Cinnamon Burst Bread or Cereal & Graham Crackers	Dutch Waffle or Cereal & Graham Crackers	Banana Cream Muffin with Graham Cracker or Cereal & Graham Crackers	Sausage & Cheese Biscuit or Cereal & Graham Crackers	Glazed Donut or Cereal & Graham Crackers
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
<b>9/16/19</b>				
Chocolate Bread or Cereal & Graham Crackers	Cinnamon Roll or Cereal & Graham Crackers	Apple Turnover or Cereal & Graham Crackers	Ham & Cheese Croissant or Cereal & Graham Crackers	Donut sticks or Cereal & Graham Crackers
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
<b>9/23/19</b>				
Zucchini Bread or Cereal & Graham Crackers	Yogurt & Goldfish Graham's or Cereal & Graham Crackers	Raspberry & Cream Danish or Cereal & Graham Crackers	Ham & Cheese Bagel or Cereal & Graham Crackers	Donut Holes or Cereal & Graham Crackers
Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit 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 Crackers

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# 6th Grade Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>8/26/19</b> Pancakes & Sausage or Assorted Pizzas or Garden Salad Featured Veggies: Hash Brown Baby Carrots Choice of Fruit Choice of Milk	<b>8/27/19</b> Chicken Nuggets w/ Roll or Assorted Pizzas or Garden Salad Featured Veggies: Fries Celery Sticks Choice of Fruit Choice of Milk	<b>8/28/19</b> Walking Taco or Assorted Pizzas or Garden Salad Featured Veggies: Refried Beans Red Pepper Strips Choice of Fruit Choice of Milk	<b>8/29/19</b> Orange Chicken W/ Brown Rice or Assorted Pizzas or Garden Salad Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk	<b>8/30/19</b> Breaded Ravioli with Sauce or Assorted Pizzas or Garden Salad Featured Veggies: Grape Tomatoes Romaine salad Choice of Fruit Choice of Milk
Weekly Alternates: Garden Salad & Italian Wrap				
<b>9/2/19</b> No School 	<b>9/3/19</b> Chicken Wings w/ Garlic Knot or Assorted Pizzas or Garden Salad Featured Veggies: Celery Sticks Carrot Sticks Choice of Fruit Choice of Milk	<b>9/4/19</b> Hard Tacos or Assorted Pizzas or Garden Salad Featured Veggies: Black Bean Salad Steamed corn Choice of Fruit Choice of Milk	<b>9/5/19</b> Hot Turkey Sandwich or Assorted Pizzas or Garden Salad Featured Veggies: Mashed Potatoes Red Pepper Strips Choice of Fruit Choice of Milk	<b>9/6/19</b> Chicken Patty on a Bun or Assorted Pizzas or Garden Salad Featured Veggies: Tossed Salad Baby Carrots Choice of Fruit Choice of Milk
Weekly Alternates: Yogurt Combo & Taco Salad				
<b>9/9/19</b> Baked Ziti w/ Bread Stick or Assorted Pizzas or Garden Salad Featured Veggies: Romaine Salad Baby Carrots Choice of Fruit Choice of Milk	<b>9/10/19</b> Pop Chicken & Soft Pretzel or Assorted Pizzas or Garden Salad Featured Veggies: Mashed Potatoes Corn Choice of Fruit Choice of Milk	<b>9/11/19</b> Nachos Grande or Assorted Pizzas or Garden Salad Featured Veggies: Cucumber Slices Grape Tomatoes Choice of Fruit Choice of Milk	<b>9/12/19</b> Mozz Stuffed Breadsticks with Marinara or Assorted Pizzas or Garden Salad Featured Veggies: Baked Beans Sweet Tots Choice of Fruit Choice of Milk	<b>9/13/19</b> Pretzel Dog with Onion Rings or Assorted Pizzas or Garden Salad Featured Veggies: Hot Broccoli Celery Sticks Choice of Fruit Choice of Milk
Weekly Alternates: Chef Salad or Hurricane Hoagie				
<b>9/16/19</b> Chicken & Waffles or Assorted Pizzas or Garden Salad Featured Veggies: Hash Brown Cucumber Slices Choice of Fruit Choice of Milk	<b>9/17/19</b> General Tsos Chicken w.Rice or Assorted Pizzas or Garden Salad Featured Veggies: Steamed Broccoli Baby Carrots Choice of Fruit Choice of Milk	<b>9/18/19</b> Walking Tacos or Assorted Pizzas or Garden Salad Featured Veggies: Red Pepper Strips Green Beans Choice of Fruit Choice of Milk	<b>9/19/19</b> Baked Chicken Leg with Roll or Assorted Pizzas or Garden Salad Featured Veggies: Mashed Potatoes Romaine Salad Choice of Fruit Choice of Milk	<b>9/20/19</b> Hot Ham & Cheese Pretzel or Assorted Pizzas or Garden Salad Featured Veggies: Sweet Fries Baked Beans Choice of Fruit Choice of Milk
Weekly Alternates: Asian Chicken Salad & Hummus Platter				
<b>9/23/19</b> Baked Italian Hoagie or Assorted Pizzas or Garden Salad Featured Veggies: Cucumber Slices Steamed Cauliflower Choice of Fruit Choice of Milk	<b>9/24/19</b> Boneless Wings & Roll or Assorted Pizzas or Garden Salad Featured Veggies: Steamed Peas Baby Carrots Choice of Fruit Choice of Milk	<b>9/25/19</b> Beef Burrito with Nacho Cheese or Assorted Pizzas or Garden Salad Featured Veggies: Refried beans Red Pepper Strips Choice of Fruit Choice of Milk	<b>9/26/19</b> Chicken Alfredo w/ Garlic Knot or Assorted Pizzas or Garden Salad Featured Veggies: Steamed Broccoli Tossed Salad Choice of Fruit Choice of Milk	<b>9/27/19</b> Meatball Hoagie or Assorted Pizzas or Garden Salad Featured Veggies: Fries Grape Tomatoes Choice of Fruit Choice of Milk
Weekly Alternates: Crispy Chicken Salad & Turkey Wrap				

## 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, melon, strawberries, applesauce, pineapple and mandarin oranges  
***DID YOU KNOW, 100% OF THE APPLES SERVED IN SCHOOL NUTRITION PROGRAMS AT NEW CASTLE AREA SCHOOL DISTRICT COME FROM APPLE CASTLE!***

**Leave Your Lunch at Home**  
Daily entrée options may include:

**Garden Salad with Whole Wheat Roll**

**"PB&J" on Whole Grain Bread**

**Fresh Baked Pizza is offered Daily:**

**Monday: Pepperoni & French Bread**

**Tuesday: Chesse & Taco Pizza**

**Wednesday: Cheese & Meat**

**Lovers**

**Thursday: Pepperoni & Garlic**

**Chicken**

**Friday: Buffalo Chicken & Cheese**