



George Washington Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
4/1/19 Chocolate Bread or Cereal & Graham Crackers Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/2/19 Berry French Toast or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/3/19 Mini Cini's or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/4/19 Sausage & Cheese Biscuit or Cereal & Graham Crackers Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/5/19 Grape Filled Crescent Roll or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
4/8/19 Banana Bread or Cereal & Graham Crackers or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/9/19 Pancake Mini's or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/10/19 Double Chocolate Muffin Croissant or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/11/19 Sausage & Cheese Croissant or Cereal & Graham Crackers Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/12/19 Powdered Sugar Donuts or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
4/15/19 Blueberry Bread or Cereal & Graham Crackers Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/16/19 Sausage & Cheese Bagel or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/17/19 Chocolate Donuts or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/18/19 No School 4/19/19 No School 	
4/22/19 No School 	4/23/19 Chocolate Bread or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/24/19 Cinnamon Twists or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/25/19 Sausage & Cheese Biscuit or Cereal & Graham Crackers Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/26/19 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
4/29/19 Banana Bread or Cereal & Graham Crackers Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	4/30/19 Pancake Mini's or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	5/1/19 Double chocolate Muffin Croissant or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	5/2/19 Sausage & Cheese Croissant or Cereal & Graham Crackers Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	5/3/19 Powdered Sugar Donuts or Cereal & Graham Crackers 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

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. 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.



George Washington Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
4/1/19 Chicken Nuggets with Whole Grain Roll or Turkey Hoagie Featured Veggies: Tater Tots Baby Carrots Choice of Fruit Choice of Milk	4/2/19 Cheeseburger On a wg Bun or Taco Wrap Featured Veggies: Sweet Potato Fries Cole Slaw Choice of Fruit Choice of Milk	4/3/19 Fiestada Pizza or Grilled Chicken Wrap Featured Veggies: Black Bean Salad Steamed Corn Choice of Fruit Choice of Milk	4/4/19 Salisbury Steak or Ham & Cheese Hoagie Featured Veggies: Mashed Potatoes Steamed Green Beans Choice of Fruit Choice of Milk	4/5/19 Mozzarella Stuffed Breadstick with Marinara Dip or Buffalo Chicken Wrap Featured Veggies: Romaine Salad Steamed Broccoli Choice of Fruit Choice of Milk
Act 80 Early Dismissal				
4/8/19 Popcorn Chicken with Whole Grain Roll or Turkey Lunch Pack Featured Veggies: French Fries Baby Baby Carrots Choice of Fruit Choice of Milk	4/9/19 Toasted Cheese Sandwich or Pizza Hoagie Featured Veggies: Cucumber Slices Tomato Soup Choice of Fruit Choice of Milk	4/10/19 Walking Taco with Whole Grain Roll or Italian Cold Cut Hoagie Featured Veggies: Steamed Corn Grape Tomatoes Choice of Fruit Choice of Milk	4/11/19 Chicken Patty on WG Bun or Taco Wrap Featured Veggies: Tater tots Baked Beans Choice of Fruit Choice of Milk	4/12/19 Pizza Round or French Bread White Pizza Featured Veggies: Spinach Salad Steamed Peas Choice of Fruit Choice of Milk
4/15/19 ChickenTenders With a Roll or Turkey & Cheese Bagel Featured Veggies: Sweet Potato Fries Celery Stick Choice of Fruit Choice of Milk	4/16/19 Roasted Turkey with Dinner Roll or Baked Ham Featured Veggies: Scalloped Potatoes Green Beans Choice of Fruit Choice of Milk	4/17/19 Stuffed Crust Pizza or Grilled Chicken Wrap Featured Veggies: Tossed Salad Cucumber Slices Choice of Fruit Choice of Milk	4/18/19 No School Spring Break 	4/19/19 No School Spring Break 
4/22/19 No School 	4/23/19 Chicken Tender Fritters with Whole Grain Roll or Turkey & Cheese Wrap Featured Veggies: Sweet Potato Tots Celery Sticks Choice of Fruit Choice of Milk	4/24/19 Sloppy Joes or Crispy Chicken Wrap Featured Veggies: Baked Beans Red Pepper Strips Choice of Fruit Choice of Milk	4/25/19 Chicken Burrito or Italian Wrap Featured Veggies: Steamed Corn Fresh Broccoli Choice of Fruit Choice of Milk	4/26/19 French Toast Sticks With Sausage Patties or Canes Pizza Combo Featured Veggies: Hash Brown Green Pepper Strips Choice of Fruit Choice of Milk
4/29/19 Chicken Nuggets with Whole Grain Roll or Turkey Hoagie Featured Veggies: French Fries Baby Carrots Choice of Fruit Choice of Milk	4/30/19 Cheeseburger On a wg Bun or Taco Wrap Featured Veggies: Baked Beans Cole Slaw Choice of Fruit Choice of Milk	5/1/19 Nachos or Grilled Chicken Wrap Featured Veggies: Steamed Corn Fresh Broccoli Choice of Fruit Choice of Milk	5/2/19 Pancakes with Sausage or Ham & Cheese Hoagie Featured Veggies: Tater Tots Cucumber Sliced Choice of Fruit Choice of Milk	5/3/19 Pepperoni Pinwheel or Buffalo Chicken Wrap Featured Veggies: Romaine Salad Red Pepper Strips Choice of Fruit Choice of Milk

Frozen Juice Cup Treat Day

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

Daily Entree Options: Sunbutter & Jelly with Cheese Stick, and Chef Salad. Monday & Wednesdays Chicken Tenders with a Roll

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. 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.