



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
9/2/19 No School				
	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
9/9/19				
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
9/16/19				
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
9/23/19				
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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George Washington Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
8/26/19 Chicken Tender Fritters with Whole Grain Roll or Turkey & Cheese Bagel	8/27/19 Corn Dog Nuggets or Canes Yogurt Combo	8/28/19 Chicken Soft Taco or Crispy Chicken Wrap	8/29/19 Sloppy Joe's or Grilled Chicken Wrap	8/30/19 Cheese Pizza or Turkey & Cheese Hoagie
Featured Veggies: Baby Carrots & Ranch Sliced Cucumber Choice of Fruit Choice of Milk	Featured Veggies: Steamed Peas Red Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Refried Beans Steamed Corn Choice of Fruit Choice of Milk	Featured Veggies: Steamed Broccoli Celery Sticks Choice of Fruit Choice of Milk	Featured Veggies: Romaine Salad Red Pepper Strips Choice of Fruit Choice of Milk
9/2/19 No School	9/3/19 Italian Meatballs & Cheese On a wg Roll or Ham & Cheese Croissant	9/4/19 Fiestada Pizza or Italian Wrap	9/5/19 Orange Chicken Over Brown Rice or Hurricane Hoagie	9/6/19 Pepperoni Pizza or Fish Sandwich
	Featured Veggies: Sweet Potato Waffle Fries Chick Pea Salad Choice of Fruit Choice of Milk	Featured Veggies: Cucumber Slices Celery Sticks Choice of Fruit Choice of Milk	Featured Veggies: Steamed Broccoli Grape Tomatoes Choice of Fruit Choice of Milk	Featured Veggies: Romaine Salad Steamed Peas Choice of Fruit Choice of Milk
9/9/19 Popcorn Chicken with Whole Grain Roll or Turkey Lunch Pack	9/10/19 Cheeseburger On a wg Bun or Pizza Hoagie	9/11/19 Walking Taco with Whole Grain Roll or Italian Cold Cut Hoagie	9/12/19 Baked Ziti Garlic Knot or Taco Wrap	9/13/19 Personal Pizza or French Bread White Pizza
Featured Veggies: French Fries Baby Baby Carrots Choice of Fruit Choice of Milk	Featured Veggies: Baked Beans Celery Sticks Choice of Fruit Choice of Milk	Featured Veggies: Steamed Corn Grape tomatoes Choice of Fruit Choice of Milk	Featured Veggies: Romaine Salad Red Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Spinach Salad Sliced Cucumbers Choice of Fruit Choice of Milk
9/16/19 Chicken Patty On a wg Bun or Turkey & Cheese Bagel	9/17/19 WG Pancakes With Ham or Grilled Chicken Wrap	9/18/19 Nachos Grande Over Tortilal Chips or Ham & Cheese Croissant	9/19/19 Toasted Cheese Sandwich or Hurricane Hoagie	9/20/19 Stuffed Crust Pizza or Canes Yogurt combo
Featured Veggies: Sweet Potato Fries Celery Stick Choice of Fruit Choice of Milk	Featured Veggies: Potato Triangles Cucumber Slices Choice of Fruit Choice of Milk	Featured Veggies: Taco Beans Steamed Corn Choice of Fruit Choice of Milk	Featured Veggies: Fresh Broccoli Tomato Soup Choice of Fruit Choice of Milk	Featured Veggies: Romaine salad Grape Tomatoes Choice of Fruit Choice of Milk
9/23/19 Chicken Tender Fritters with Whole Grain Roll or Turkey & Cheese Wrap	9/24/19 Macaroni & Cheese With a Dinner Roll or Crispy Chicken Wrap	9/25/19 Hot Dog or Italian Wrap	9/26/19 French Toast Sticks With Sausage Patties or Canes Pizza Combo	9/27/19 Fish Shapes with Whole Grain Roll or Pepperoni Pizza
Featured Veggies: Fries Celery Sticks Choice of Fruit Choice of Milk	Featured Veggies: Steamed Broccoli Florets Red Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Baked Beans Baby Carrots Choice of Fruit Choice of Milk	Featured Veggies: Hash Brown Red Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Cole Slaw Spinach Salad Choice of Fruit 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, melon, strawberries, applesauce, pineapple and mandarin oranges

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

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