



# George Washington Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2/4/19</b> 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	<b>2/5/19</b> Pancake Mini's or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>2/6/19</b> Double Chocolate Muffin or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>2/7/19</b> 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	<b>2/8/19</b> Powdered Sugar Donuts or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
<b>2/11/19</b> 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	<b>2/12/19</b> Grape Filled Crescent Roll or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>2/13/19</b> Apple Frudel or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>2/14/19</b> Sausage & Cheese Bagel or Cereal & Graham Crackers Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>2/15/19</b> No School Teacher In Service 
<b>2/18/19</b> No School 	<b>2/19/19</b> Berry French Toast or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>2/20/19</b> Cinnamon Twist or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>2/21/19</b> 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	<b>2/22/19</b> Glazed Donut or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk
<b>2/25/19</b> 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	<b>2/26/19</b> Dutch Waffle or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>2/27/19</b> Double Chocolate Muffin or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>2/28/19</b> 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	<b>3/1/19</b> 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
<b>3/4/19</b> 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	<b>3/5/19</b> Pancakes on a Stick or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/6/19</b> Apple Frudel or Cereal & Graham Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/7/19</b> Sausage & Cheese Bagel or Cereal & Graham Crackers Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/8/19</b> Chocolate 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

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# George Washington Lunch Menu



## What is a Meal?

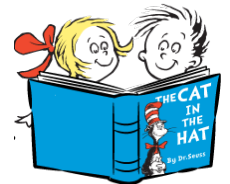
You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2/4/19</b> Chicken Tender Fritters with Whole Grain Roll or Turkey & Cheese Wrap	<b>2/5/19</b> Mozarella Stuffed Breadsticks or Crispy Chicken Wrap	<b>2/6/19</b> Nachos Grande or Italian Wrap	<b>2/7/19</b> French Toast Sticks With Sausage Patties or Canes Pizza Combo	<b>2/8/19</b> Fish Shapes with Whole Grain Roll or Pepperoni Pizza
Featured Veggies: Sweet Potato Tots Celery Sticks Choice of Fruit Choice of Milk	Featured Veggies: Fresh 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
<b>2/11/19</b> Chicken Nuggets with Whole Grain Roll or Turkey Hoagie	<b>2/12/19</b> Cheeseburger On a wg Bun or Taco Wrap	<b>2/13/19</b> Soft Taco or Grilled Chicken Wrap	<b>2/14/19</b> Pepperoni Pinwheel or Buffalo Chicken Wrap	<b>2/15/19</b> <b>No School</b>
Featured Veggies: Tater Tots Baby Carrots Choice of Fruit Choice of Milk	Featured Veggies: Sweet Potato Fries Cole Slaw Choice of Fruit Choice of Milk	Featured Veggies: Black Bean Salad Steamed Corn Choice of Fruit Choice of Milk	Featured Veggies: Romaine Salad Steamed Broccoli Choice of Fruit Choice of Milk	
<b>2/18/19</b> No School 	<b>2/19/19</b> French Toast Sticks With Sausage Patties or Grilled Chicken Wrap	<b>2/20/19</b> Chicken Nachos or Hurricane Hoagie	<b>2/21/19</b> Corn Dog Nuggets or Crispy Chicken Wrap	<b>2/22/19</b> Cheese Pizza or Canes Yogurt Combo
	Featured Veggies: Hash Brown 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
				<u>Smencil Day</u>
<b>2/25/19</b> Cat in The Hat Chicken Tenders or Horton's Ham Wrap	<b>2/26/19</b> Oh The Places You'll Go Walking Taco or One Fish, 2 Fish Turkey Sandwich	<b>2/27/19</b> Green Eggs & Ham with <b>Would You, Could You Waffle</b> or Yurtle's Yogurt Combo	<b>2/28/19</b> Lorax Lasagna with Garlic Bread stick or Hinkle Horn Honkers Hoagie	<b>3/1/19</b> Hop on Pop Pepperoni Pizza or 1 Fish, 2 Fish Nuggets
Featured Veggies: Fox in Sox Tater Tots Mr. Bix Celery Sticks Choice of Fruit Choice of Milk	Featured Veggies: Sylvester McMonkey McBeans Cindy Loo Who Corn Choice of Fruit Choice of Milk	Featured Veggies: Who Hash Brown Conrad Cornelius's Cucumbers Choice of Fruit Choice of Milk	Featured Veggies: Trufalla Trees of Broccoli The Zak's Carrot Snacks Choice of Fruit Choice of Milk	Featured Veggies: Assorted Greens & Other things Sally O Mally Sweet Fries Choice of Fruit Choice of Milk
				<u>One Fish 2 Fish Red Fish Blue fish Jello</u>
<b>3/4/19</b> Chicken Nuggets with Whole Grain Roll or Turkey & Cheese Wrap	<b>3/5/19</b> Italian Meatballs & Cheese On a wg Roll or Ham & Cheese Croissant	<b>3/6/19</b> Grilled Cheese or Italian Wrap	<b>3/7/19</b> Orange Chicken Over Brown Rice or Hurricane Hoagie	<b>3/8/19</b> Stuffed Crust Pizza or Fish Sandwich
Featured Veggies: Tater Tots Baby Carrots Choice of Fruit Choice of Milk	Featured Veggies: Sweet Potato Waffle Fries Chick Pea Salad Choice of Fruit Choice of Milk	Featured Veggies: Tomato Soup 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

## 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



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