



# George Washington Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
12/31/18 	1/1/18 	1/2/18 	1/3/18 Banana Bread or Cereal & Grahm Crackers	1/4/18 Powedered Sugar Donuts or Cereal & Grahm Crackers
1/7/18 Blueberry Bread or Cereal & Grahm Crackers	1/8/18 Grape Filled Crescent Roll or Cereal & Grahm Crackers	1/9/18 Apple Frudel or Cereal & Grahm Crackers	1/10/18 Sausage & Cheese Bagel or Cereal & Grahm Crackers	1/11/18 Chocolate Donuts or Cereal & Grahm Crackers
1/14/18 Chocolate Bread or Cereal & Grahm Crackers	1/15/18 Berry French Toast or Cereal & Grahm Crackers	1/16/18 Mini Cini's or Cereal & Grahm Crackers	1/17/18 Sausage & Cheese Biscuit or Cereal & Grahm Crackers	1/18/18 Glazed Donut or Cereal & Grahm Crackers
1/21/18 No School	1/22/18 Banana Bread or Cereal & Grahm Crackers	1/23/18 Double chocolate Muffine Croissant or Cereal & Grahm Crackers	1/24/18 Sausage & Cheese Croissant or Cereal & Grahm Crackers	1/25/18 Powedered Sugar Donuts or Cereal & Grahm Crackers
1/28/18 Blueberry Bread or Cereal & Grahm Crackers	1/29/18 Pancakes on a Stick or Cereal & Grahm Crackers	1/30/18 Apple Frudel or Cereal & Grahm Crackers	1/31/18 Sausage & Cheese Bagel or Cereal & Grahm Crackers	2/1/18 Chocolate Donuts or Cereal & Grahm Crackers

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, craisins, 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 12/31/18	Tuesday 1/1/18	Wednesday 1/2/18	Thursday 1/3/18	Friday 1/4/18
			Chicken Nuggets with a Roll or Turkey & Cheese Hoagie	Cheese Pizza or Yogurt Combo
Featured Veggies: Baby Carrots & Ranch Sliced Cucumber Choice of Fruit Choice of Milk	Featured Veggies: Hash Brown Red Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Steamed Carrots Celery Sticks Choice of Fruit Choice of Milk	Featured Veggies: Steamed Carrots Celery Sticks Choice of Fruit Choice of Milk	Featured Veggies: Tossed Salad Red Pepper Strips Choice of Fruit Choice of Milk
Act 80 Early Dismissal				
1/7/18	1/8/18	1/9/18	1/10/18	1/11/18
Chicken Tender Fritters with Whole Grain Roll or Turkey & Cheese Bagel	French Toast Sticks With Sausage Patties or Grilled Chicken Wrap	Chicken Soft Taco or Hurricane Hoagie	Corn Dog Nuggets or Crispy Chicken Wrap	Pepperoni Pinwheel or Canes Yogurt Combo
Featured Veggies: Baby Carrots & Ranch Sliced Cucumber Choice of Fruit Choice of Milk	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: Green Beans Celery Sticks Choice of Fruit Choice of Milk	Featured Veggies: Romaine Salad Red Pepper Strips Choice of Fruit Choice of Milk
1/14/18	1/15/18	1/16/18	1/17/18	1/18/18
Chicken Nuggets with Whole Grain Roll or Turkey & Cheese Wrap	Italian Meatballs & Cheese On a wg Roll or Ham & Cheese Croissant	Fiestada Pizza or Italian Wrap	Orange Chicken Over Brown Rice or Hurricane Hoagie	Pepperoni 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: 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 Corn Choice of Fruit Choice of Milk
Strawberry Sundae Day				
1/21/18	1/22/18	1/23/18	1/24/18	1/25/18
No School 	Cheeseburger On a wg Bun or Pizza Hoagie	Walking Taco with Whole Grain Roll or Italian Cold Cut Hoagie	Toasted Cheese Sandwich or Taco Wrap	Pizza Round or French Bread White Pizza
	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: Cucumber Slices Tomato Soup Choice of Fruit Choice of Milk	Featured Veggies: Spinach Salad Steamed Peas Choice of Fruit Choice of Milk
1/28/18	1/29/18	1/30/18	1/31/18	2/1/18
Chicken Patty On a wg Bun or Turkey & Cheese Bagel	WG Pancakes With Ham or Grilled Chicken Wrap	Nachos Grande Over Tortilla Chips or Ham & Cheese Croissant	Penne Pasta & Meat Sauce Garlic Bread Stick or Hurricane Hoagie	Stuffed Crust Pizza or Macaroni & Cheese With a Dinner Roll
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: Steamed Broccoli Red Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Romaine salad Grape Tomatoes 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.  
Monday & Wednesdays Chicken Tenders with a Roll

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