



# George Washington Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3/2/20</b> 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	<b>3/3/20</b> Cinnamon Roll or Cereal & Graham Crackers Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/4/20</b> Breakfast Burrito or Cereal & Graham Crackers Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/5/20</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>3/6/20</b> 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
<b>3/9/20</b> Zucchini Bread or Cereal/ Pop Tart & Grahm Crackers Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/10/20</b> Ham & Cheese Bagel or Cereal/ Pop Tart & Grahm Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/11/20</b> Pancake Wrap or Cereal/ Pop Tart & Grahm Crackers Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/12/20</b> Yogurt & Goldfish Grahams or Cereal/ Pop Tart & Grahm Crackers Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/13/20</b> <b>No School Act 80 Day</b>
<b>3/16/20</b> <b>No School</b>	<b>3/17/20</b> Double Chocolate Muffin or Cereal & Graham Crackers Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/18/20</b> Sausage Waffle Sandwich or Cereal & Graham Crackers Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/19/20</b> Apple Cinnamon French Toast or Cereal & Graham Crackers Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/20/20</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>3/23/20</b> Lemon 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>3/24/20</b> Breakfast Pizza or Cereal & Graham Crackers Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/25/20</b> Strawberry Turnover or Cereal & Graham Crackers Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/26/20</b> Ham & Cheese Omelette or Cereal & Graham Crackers Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>3/27/20</b> Chocolate 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>3/30/20</b> Cinnamon Burst 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>3/31/20</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>4/1/20</b> Banana Cream Muffin with Graham Cracker or Cereal & Graham Crackers Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>4/2/20</b> Dutch Waffle or Cereal & Graham Crackers Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit or Assorted Dried Fruit Choice of Milk	<b>4/3/20</b> 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

**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	Tuesday	Wednesday	Thursday	Friday
<b>3/2/20</b> Cat in the Hat Chicken Tenders & roll or Horton's Ham Wrap	<b>3/3/20</b> Green Eggs & Ham with Would you, could you waffle or Yurtle's Yogurt Combo	<b>3/4/20</b> Oh The Places You'll go Walking Taco or Conrad Cornelius's Turkey Croissant Sandwich	<b>3/5/20</b> Sneech's Sloppy Joes or Hinkle Horn Honkers Hoagie	<b>3/6/20</b> Hop on Pop Pepperoni Pizza or 1 Fish, 2 Fish Nuggets
<b>Featured Veggies:</b> Fox in Socks Tater Tots Mr. Bix Celery Stix Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Sam I Am Potato Smiles Conrad Cornelius's Cucumbers Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Sylvester Mcmonkey McBeans Cindy Lou Who Corn Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Trufalla Trees of Broccoli The Zak's carrot snacks Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Assorted Greens & other things Sally O Malley Sweet Fries Choice of Fruit Choice of Milk
Cat in the Hat Fruit Stack			1 Fish 2 Fish Red Fish Blue Fish Jello	
<b>3/9/20</b> Salisbury Steak with Whole Grain Roll or Turkey & Cheese Wrap	<b>3/10/20</b> Italian Meatballs & Cheese On a wg Roll or Ham & Cheese Croissant	<b>3/11/20</b> Pulled Pork over cheese fries & garlic knot or Italian Wrap	<b>3/12/20</b> Orange Chicken Over Brown Rice or Hurricane Hoagie	<b>3/13/20</b> No School
<b>Featured Veggies:</b> Scalloped Potatoes Baby Carrots Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Sweet Fries Chick Pea Salad Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Cucumber Slices Romaine Salad Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Steamed Broccoli Grape Tomatoes Choice of Fruit Choice of Milk	
<b>3/16/20</b> No School  	<b>3/17/20</b> Chicken & Waffles or Canes Yogurt combo	<b>3/18/20</b> Walking Taco or Italian Cold Cut Hoagie	<b>3/19/20</b> Pizza Bake with Garlic Knot or Ham & Cheese on Pretzel Bun	<b>3/20/20</b> Personal Pizza or French Bread White Pizza
	<b>Featured Veggies:</b> Hashbrowns Baby Carrots Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Steamed Corn Sliced Cucumbers Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Romaine Salad Red Pepper Strips Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Spinach Salad Baked Beans Choice of Fruit Choice of Milk
Shamrock Cookie				
<b>3/23/20</b> BBQ Ham sandwich On a wg Bun or Turkey & Cheese Bagel	<b>3/24/20</b> WG Pancakes With Sausage or Grilled Chicken Wrap	<b>3/25/20</b> Nachos Grande Over Tortilal Chips or Ham & Cheese Croissant	<b>3/26/20</b> Toasted Cheese Sandwich or Hurricane Hoagie	<b>3/27/20</b> Stuffed Crust Pizza or Canes Yogurt combo
<b>Featured Veggies:</b> Sweet Potato Fries Celery Stick Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Potato Triangles Cucumber Slices Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Taco Beans Steamed Corn Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Fresh Broccoli Tomato Soup Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Romaine salad Steamed Carrots Choice of Fruit Choice of Milk
<b>3/30/20</b> Chicken Tender Fritters with Whole Grain Roll or Turkey & Cheese on Pretzel Bun	<b>3/31/20</b> French Toast Sticks with Sausage Patties or Canes Pizza Combo	<b>4/1/20</b> Hot Dog or Italian Wrap	<b>4/2/20</b> Macaroni & Cheese With a Dinner Roll or Crispy Chicken Wrap	<b>4/3/20</b> Fish Shapes with Whole Grain Roll or Pepperoni Pizza
<b>Featured Veggies:</b> Fries Celery Sticks Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Hashbrown Red Pepper Strips Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Baked Beans Baby Carrots Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Steamed Broccoli Florets Red Pepper Strips Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> 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:** Peanut Butter & Jelly Sandwich with cheese stick, and varying entree salads. Tuesdays & Thursdays Chicken Tenders with a Roll

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