



# Washington Elementary Lunch Menu

November  
2022

Fresh fruit and vegetable bar offered daily!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b> Sloppy Joe on a Bun</p> <p>Yogurt Pak with Bagel</p> <p>Baked Beans Broccoli Florets Sugar Cookie</p>	<p><b>2</b> Crispito Tortilla Chips</p> <p>Chef Salad</p> <p>Roasted Corn Red/Orange Bell Pepper Salsa</p>	<p><b>3</b> Italian Meatball Sub</p> <p>Turkey Ham Deli Sub Sandwich</p> <p>Sweet Potato Fries Cucumber Slices</p>	<p><b>4</b> Chicken Bacon Alfredo Flatbread</p> <p>Ham and Cheese Flatbread Munchable</p> <p>Caesar Side Salad Cauliflower Floret</p>
<p><b>7</b> French Toast Sticks Sausage Patty</p> <p>Turkey Ranch Wrap</p> <p>Breakfast Potatoes Baby Carrots</p>	<p><b>8</b> Crispy Chicken Nuggets Whole Grain Dinner Roll</p> <p>Beef Taco Salad</p> <p>Cheesy Mashed Potatoes Cherry Tomato</p>	<p><b>9</b> Corn Dog</p> <p>Crispy Chicken Salad</p> <p>Baked Beans Broccoli Salad Chocolate Chip Cookie</p>	<p><b>10</b> Beefy Nachos w/Cheese Sauce</p> <p>Pretzel Bites w/Cheese Cubes</p> <p>Roasted Cauliflower Romaine Lettuce Salsa</p>	<p><b>11</b> Pepperoni Pizza</p> <p>Honey Mustard Ham Wrap</p> <p>Steamed Green Beans Baby Carrots</p>
<p><b>14</b> Hamburger on a Bun</p> <p>Ham Deli Sub Sandwich</p> <p>Golden French Fries Romaine Lettuce</p>	<p><b>15</b> Macaroni &amp; Cheese Rip Stick Breadstick</p> <p>Pizza Munchable</p> <p>Steamed Broccoli Red/Orange Bell Pepper</p>	<p><b>16</b> BBQ Chicken Sandwich</p> <p>Chef Salad</p> <p>Baked Beans Coleslaw</p>	<p><b>17</b> *Family Style*</p> <p>Roast Turkey &amp; Gravy Mashed Potatoes Bread Stuffing Steamed Corn Whole Grain Dinner Roll Harvest Bar Warm Cinnamon Apples</p>	<p><b>18</b> Cheese Pizza</p> <p>Turkey BLT Wrap</p> <p>Green Beans Baby Carrots</p>
<p><b>21</b> Build Your Own Hot Dog</p> <p>Turkey Deli Sandwich</p> <p>Kettle Potato Chips Cucumber Ranch Salad Celery Sticks</p>	<p><b>22</b> <b>HOM: Prickly Pear</b> Cheesy Italian Flatbread</p> <p>Yogurt Pak with Bagel</p> <p>Roasted Broccoli Romaine Lettuce Prickly Pear Showing</p>	<p><b>23</b> Thanksgiving Break</p>	<p><b>24</b> Thanksgiving Break</p>	<p><b>25</b> Thanksgiving Break</p>
<p><b>28</b> Crispy Chicken Sandwich</p> <p>Turkey BLT Salad</p> <p>Baked Beans Red/Orange Bell Pepper</p>	<p><b>29</b> Pasta with Meat Sauce Rip Stick Breadstick</p> <p>Pretzel Bites w/Cheese Cubes</p> <p>Roasted Cauliflower Caesar Side Salad</p>	<p><b>30</b> Grilled Cheese Sandwich Homemade Tomato Soup</p> <p>Ham Deli Sub Sandwich</p> <p>Steamed Peas Cucumber Slices Chocolate Cherry Brownie</p>		

<b>PRICES</b>	Regular Lunch	\$2.70
	Reduced Lunch	\$0.40
	Adult Lunch	\$4.20

**EXTRA INFO**

Milk choice of 1% or ff chocolate available.  
For questions/comments, please contact your FSD  
at 641-257-6505 ext 2316 or  
email [taher@charles-city.k12.ia.us](mailto:taher@charles-city.k12.ia.us)



Your **MENUS** plus more information on our app  
**TaHER Food4Life®**

[www.taher.com](http://www.taher.com)