



Washington Elementary Lunch Menu

September
2022

Fresh fruit and vegetable bar offered daily!



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| | This is for Food 4 Thought | | 1 Chicken Bites w/ Sweet & Sour Sauce Brown Rice Yogurt Pak with Bagel Stir Fry Vegetable Cauliflower Floret | 2 Cheeseburger on a Bun Crispy Chicken Wrap Sweet Potato Fries Cucumber Slices |
| 5 Labor Day- No School | 6 Crispy Chicken Nuggets Whole Grain Dinner Roll Chef Salad Baked Beans Cherry Tomato | 7 Beef Hotdog on a Bun Turkey Deli Sandwich Tater Tots Broccoli Salad | 8 Ham & Tater Tot Breakfast Bake Cinnamon Roll Pizza Munchable Roasted Cauliflower Caesar Side Salad | 9 Sausage Pizza 7 Layer Salad Steamed Green Beans Celery Sticks |
| 12 Crispy Chicken Sandwich Turkey Ranch Wrap Golden French Fries Romaine Lettuce | 13 Cheesy Italian Flatbread Ham and Cheese Flatbread Munchable Steamed Broccoli Red Peppers | 14 Crispy Chicken Tenders Whole Grain Dinner Roll Beef Taco Salad Steamed Corn Cherry Tomato | 15 *FFA Pulled Pork Sandwich Ham Deli Sub Sandwich Baked Beans Coleslaw Apple Crisp | 16 Pepperoni Pizza Ham Wrap Roasted Cauliflower Celery Sticks |
| 19 French Toast Sticks Sausage Patty Pretzel Bites & Cheese Munchable Tri Tater Celery Sticks | 20 Soft Beef Tacos Crispy Chicken Salad Refried Beans Romaine Lettuce Salsa | 21 Popcorn Chicken Whole Grain Dinner Roll Turkey Ham Deli Sandwich Mashed Potatoes Steamed Corn | 22 Sub Sandwich Bar Crispy Chicken Wrap Munchable Kettle Potato Chips Cucumber Ranch Salad M&M Cookie | 23 Chicken Bacon Ranch Melt Chef Salad Maple Roasted Apples & Carrots Broccoli Florets |
| 26 Professional Learning- No School | 27 Grilled Cheese Sandwich tomato basil soup Ham and Cheese Flatbread Munchable Roasted Cauliflower Caesar Side Salad | 28 Pasta with Meat Sauce Rip Stick Breadstick Pizza Munchable Garden Salad Cucumber Slices | 29 Beefy Nachos w/Cheese Sauce Yogurt Pak with Bagel Refried Beans Spring Corn Salad Salsa | 30 Chicken & Gravy Mashed Potatoes Beef Taco Salad Whole Grain Dinner Roll Green Beans Homemade Brownie |

PRICES

| | |
|---------|--------|
| Regular | \$2.70 |
| Reduced | \$0.40 |
| Adult | \$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

HARVEST OF



THE MONTH

Your MENUS plus more
information on our app
Taher Food4Life®



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