

SEPTEMBER | 2019



Washington & Springcreek Primary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 Chicken & Noodles (11) Chicken Nuggets (15) Dinner Roll (15) Mashed Potato (15) Green Beans (4) Pumpkin Custard (32) Fresh Apple Slices (18) Peaches (14)	4 Mozzarella Dippers (26) w/ Marinara (6) Cheeseburger (21) French Fries (12) Steamed Broccoli (2) Grapes (16) Pears (16)	5 Big Daddy Pizza (35) Pulled Pork Sand. (21) Cucumbers (0) & Tomatoes (2) w/ Ranch (5) Peas (11) Grapes (16) Jello & Fruit (23)	6 Cheese Quesadilla (40) Sloppy Joe (31) Glazed Carrots (16) Corn (16) Fresh Banana (27) Mandarin Oranges (20)
9 <i>Dorito</i> Walking Taco (28) Meat & Cheese (3) Pulled Pork Fajita (21) Lettuce & Salsa (5) Refried Beans (16) Fresh Oranges (21) Applesauce (14)	10 East of Chicago (42) Chicken Fingers (8) w/ Dinner Roll (15) California Blend (5) Baby Carrots (12) w/ Ranch (5) Fresh Apple Slices (18) Peaches (14)	11 Chicken & Waffles (34) French Toast (27) & Sausage Patty () Syrup Cup (29) Tater Rounds (14) Glazed Carrots (16) Orange Juice (18) Pears (16)	12 Cheese Garlic Bread (22) Chili (15) Combread (28) Green Beans (4) Salad (4) w/ French (6) or Ranch (5) Grapes (16) Pineapple (20)	13 Hot Ham & Cheese (25) BBQ Chicken Sand (25) Baked Potato (24) Steamed Broccoli (2) Cheese Sauce (5) Fresh Banana (27) Mandarin Oranges (20)
16 Mini Corn Dogs (20) Cheeseburger (25) Baby Carrots (12) w/ Ranch (5) Baked Beans (36) Fresh Oranges (21) Applesauce (14)	17 Spaghetti (18) w/ BBQ Rib w/ Pickle (25) Salad (4) w/ French (6) or Ranch (5) Green beans (4) Fresh Apple Slices (18) Peaches (14)	18 Roasted Chicken (0) Chicken Nuggets (15) Dinner Roll (15) Mashed Potato (15) Glazed Carrots (16) Strawberries (21) Pears (16)	19 Grilled Cheese (31) Chicken Patty (28) Tomato Soup (10) Broccoli (2) Grapes (16) Jello & Fruit (23)	20 Big Daddy Pizza (35) Shredded Pork BBQ (25) Celery (2) w/ Ranch (5) Corn (16) Fresh Banana (27) Mandarin Oranges (20)
23 Mac & Cheese (27) Dinner Roll (15) Fish (21) Potato Wedges (7) Cooked Carrots (16) Fresh Oranges (21) Applesauce (14)	24 East of Chicago (42) Chicken Fingers (8) w/ Dinner Roll (15) Peas (11) Baby Carrots (12) w/ Ranch (5) Fresh Apple Slices (18) Peaches (14)	25 Ravioli (28) BBQ Chicken Sand (25) Salad (4) w/ French (6) or Ranch (5) Green Beans (4) Strawberries (21) Pears (16)	26 Chicken Fajita (21) Taco Salad (21) Lettuce & Salsa (5) Refried Beans (16) Grapes (16) Pineapple (20)	27 General Tso Chicken (18) w/ Rice (29) Popcorn Chicken (9) w/ Dinner Roll (15) French Fries (7) Steamed Broccoli (2) Fresh Banana (27) Mandarin Oranges (20)
30 Coney Dog (2) w/ Cheese (0) Bun (21) Chicken Patty (28) Baked Beans (36) Baby Carrots (12) w/ Ranch (5) Fresh Oranges (21) Applesauce (14)	1 Chicken & Noodles (11) Chicken Nuggets (15) Dinner Roll (15) Mashed Potato (15) Green Beans (4) Pumpkin Custard (32) Fresh Apple Slices (18) Peaches (14)	2 Mozzarella Dippers (26) w/ Marinara (6) Cheeseburger (21) French Fries (12) Steamed Broccoli (2) Strawberries (21) Pears (16)	3 Big Daddy Pizza (35) Pulled Pork Sand. (21) Cucumbers (0) & Tomatoes (2) w/ Ranch (5) Peas (11) Grapes (16) Jello & Fruit (23)	4 Cheese Quesadilla (40) Sloppy Joe (31) Glazed Carrots (16) Corn (16) Fresh Banana (27) Mandarin Oranges (20)

Fruit & Vegetables

*You MAY take 1
Fruit choice and 2
Vegetables with your
meal
But it is
REQUIRED that
You take at least 1 of one
or the other
To count as a
Reimbursable
School meal*

*All lunches come
With low-fat
Or no fat Milk*

*All grains served
Are
Whole grain
Enriched*

*Milk is ALWAYS .50
Unless it is with a meal*

(##) is Carb count