

Every day – You Have:
A Choice of Entree and A
Choice of 3 Fruits/Vegetables
and Grain

Extras
FRUIT SLUSHIE - \$1.00
ICE CREAM - \$1.00
SWITCH JUICE - \$1.00

Washington-Wilkes Middle/High Schools
September, 2019 Menu

Note: Market conditions, delivery, and/or availability of food may require changes in menus.

<p style="text-align: center;">2</p> <p style="text-align: center;">Labor Day Holiday</p> 	<p style="text-align: center;">3</p> <p style="text-align: center;">Breakfast: Breakfast Pizza, Fruit, Juice, Milk</p> <p style="text-align: center;">Lunch: Meatball Sub OR Chicken Tetrazzini, Steamed Broccoli, Black-eyed Peas, Dragon Punch, Fruit, Fresh Fruit, Milk</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">Breakfast: WG Donut Holes, Fruit, Juice, Milk</p> <p style="text-align: center;">Lunch: Ravioli OR Turkey & Cheese Wrap, Lettuce, Pickle, Tomato, Tossed Green Salad, Sweet Potato Tots, Squash, Fruit, Fresh Fruit, Milk</p>	<p style="text-align: center;">5</p> <p style="text-align: center;">Breakfast: Steak Biscuit, Fruit, Juice, Milk</p> <p style="text-align: center;">Lunch: Breakfast for Lunch: Pancakes with Sausage Links OR French Toast, Hash Browns, Wango Mango Juice, Baked Cinnamon Apple Slices, Fruit, Fresh Fruit, Milk</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">Breakfast: Honey Bun, Fruit, Juice, Milk</p> <p style="text-align: center;">Lunch: Spicy Chicken Filet Sandwich on WG Bun, Lettuce, Pickle, Tomato, Baked Potato, Celery & Carrots with Dip, Fruit Freeze, Fresh Fruit, Milk</p>
<p style="text-align: center;">9</p> <p style="text-align: center;">Breakfast: Steak Biscuit, Fruit, Juice, Milk</p> <p style="text-align: center;">Lunch: Hot Dog on WG Bun OR Asian Chicken with Brown Rice and Stir Fry Veggies, Coleslaw, Baked Beans, Tri Taters, Fruit, Fresh Fruit, Milk</p>	<p style="text-align: center;">10</p> <p style="text-align: center;">Breakfast: WG Waffles, Fruit, Juice, Milk</p> <p style="text-align: center;">Lunch: Ravioli WW Roll OR Deli Sandwich on WW Bun, Lettuce/Tomato, Leafy Green Salad, Green Beans, Corn, Fruit Freeze, Fresh Fruit, Milk</p>	<p style="text-align: center;">11</p> <p style="text-align: center;">Breakfast: Pancake, Sausage Link, Fruit, Juice, Milk</p> <p style="text-align: center;">Lunch: Boom Boom Chicken Bites OR Steak Nuggets Creamed Potatoes with Gravy, WG Roll, Steamed Broccoli, Glazed Carrots, Fruit, Fruit Freeze, Milk</p>	<p style="text-align: center;">12</p> <p style="text-align: center;">Breakfast: Chicken Biscuit, Fruit, Juice, Milk</p> <p style="text-align: center;">Lunch: Hamburger on WG Bun OR Tacos, Lettuce, Tomato, Cheese, Salsa, Black-eyed Peas, Okra, Fries, Fruit, Fresh Fruit, Milk</p>	<p style="text-align: center;">13</p> <p style="text-align: center;">Breakfast: Honey Bun, Fruit, Juice, Milk</p> <p style="text-align: center;">Lunch: Chicken Tenders, WG Roll, Cream Potatoes with Gravy, Lima Beans, Mac N Cheese, Fruit, Fresh Fruit, Milk</p>
<p style="text-align: center;">16</p> <p style="text-align: center;">Breakfast: Sausage Biscuit, Fruit, Juice, Milk</p> <p style="text-align: center;">Lunch: Beef & Cheese Nachos, Lettuce, Tomato, Cheese, Salsa, OR Chicken Sandwich on WG Bun, Peas & Carrots, Fries, Fruit, Fresh Fruit, Milk</p>	<p style="text-align: center;">17</p> <p style="text-align: center;">Breakfast: Breakfast Pizza, Fruit, Juice, Milk</p> <p style="text-align: center;">Lunch: Steak Nuggets OR Cheese Breadsticks with Marinara Sauce, Creamed Potatoes, Tossed Green Salad, WK Corn, Fruit, Fresh Fruit, Milk</p>	<p style="text-align: center;">18</p> <p style="text-align: center;">Breakfast: WG Muffin, Yogurt, Fruit, Juice, Milk</p> <p style="text-align: center;">Lunch: Corndog OR Fish Sticks with Hushpuppies, Baked Beans, Coleslaw, Sweet Potato Fries, Fruit, Fresh Fruit, Milk</p>	<p style="text-align: center;">19</p> <p style="text-align: center;">Breakfast: Steak Biscuit, Fruit, Juice, Milk</p> <p style="text-align: center;">Lunch: Spaghetti WW Roll OR Ham & Cheese Sandwich, Lettuce, Tomato, Tossed Green Salad, Italian Veggies, Steamed Cabbage, Fruit, Fresh Fruit, Milk</p>	<p style="text-align: center;">20</p> <p style="text-align: center;">Breakfast: Pancake on Stick, Fruit, Juice, Milk</p> <p style="text-align: center;">Lunch: Hot Wings, Creamed Potatoes with Gravy, Steamed Broccoli, Celery & Dip, Fruit, Fresh Fruit, Milk</p>
<p style="text-align: center;">23</p> <p style="text-align: center;">Breakfast: Breakfast Pizza, Fruit, Juice, Milk</p> <p style="text-align: center;">Lunch: Chicken Quesadilla with Salsa OR Hot Dog on WG Bun, Coleslaw, Refried Beans, Tri Taters, Fruit, Fresh Fruit, Milk</p>	<p style="text-align: center;">24</p> <p style="text-align: center;">Breakfast: Sausage Biscuit, Fruit, Juice, Milk</p> <p style="text-align: center;">Lunch: Cheeseburger on WG Bun Lettuce, Pickle, Tomato OR Ravioli, Sweet Potato Fries, WK Corn, Three Bean Salad, Fruit, Fresh Fruit, Milk</p>	<p style="text-align: center;">25</p> <p style="text-align: center;">Breakfast: WG Donut Holes, Fruit, Juice, Milk</p> <p style="text-align: center;">Lunch: Pork Sandwich on WW Bun OR Chicken Casserole with WW Roll, Lima Beans, Steamed Broccoli, Tossed Green Salad, Fruit, Fresh Fruit, Milk</p>	<p style="text-align: center;">26</p> <p style="text-align: center;">Breakfast: Chicken Biscuit, Fruit, Juice, Milk</p> <p style="text-align: center;">Lunch: Turkey and Cheese on WG Sub, Chips OR Steak Nuggets, WW Roll, Creamed Potatoes & Gravy, Green Beans, Squash, Fruit Freeze, Fresh Fruit, Milk</p>	<p style="text-align: center;">27</p> <p style="text-align: center;">Breakfast: Honey Bun, Fruit, Juice, Milk</p> <p style="text-align: center;">Lunch: Chicken Filet Sandwich on WG Bun, Lettuce, Pickle, Tomato, Baked Potato, Celery & Carrots with Dip, Fruit Freeze, Fresh Fruit, Milk</p>

Breakfast:
Daily Choice of Entrée
Item, Pop Tart, OR Cereal
Choice of Milk

Lunch:
Daily Entrée Choices, Pizza
Line, Salad Bar OR
Sandwich Ling
Choice of Milk