

September 2017

East Washington Elementary

LUNCH



Fresh Fruit & Salad with 2 Other Sides Daily
 Free/Reduced Applications Available in each office or
 online at www.ewsc.k12.in.us
 *This institution is an equal opportunity provider



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.
 Go light on the meat and top your pizza with vegetables like tomatoes,
 onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast Daily 7:50-8:10

S: \$1.50 A: \$1.80

Lunch

S: \$2.50 A: \$3.30



In the operation of children feeding programs, no child will be discriminated against because of race, color, national origin, age, or disability

*Stuffed Crust Pizza
 Turkey Wrap
 Broccoli
 *Hashbrown

1



No School
 Labor Day!

4

French Bread Pizza
 *Chicken Pattie
 Romaine Salad
 Carrot Sticks

5

*Hot Dog
 Bosco Sticks & Sauce
 Broccoli
 *Tator Tots

6

Nachos
 Grilled Chicken
 Shredded lettuce & tomatoes
 Refried Beans

7

Cheeseburger
 Baked Fish Sandwich
 Baked Fries
 Northern Beans

8

*Chicken & Noodles
 BBQ Rib Pattie
 Sweet Potato Fries
 *Green Beans

11

*Fish Sticks & Roll
 Pork Chop Sandwich
 Romaine Salad
 *Curley Fries

12

Max Sticks & Sauce
 Chicken Pattie
 *Baked Beans
 Corn

13

Taco
 Ham/Cheese Sandwich
 Lettuce/Cheese, Cherry Tomatoes
 Refried Beans

14

Pizza
 Corn Dog
 Fresh Veggies
 *Hash Brown

15

Chicken Tenders & Roll
 Teriyaki Dippers & Roll
 Broccoli & Cheese
 Glazed Carrots

18

*Spaghetti & Mini Bosco Stick
 Cold Cut Combo
 *Corn
 Seasoned Peas

19

Sloppy Jo
 *Hot Dog
 Baked Fries
 *Baked Beans

20

*Sliced Turkey & Roll
 Pork BBQ
 Green Beans
 *Mashed Potatoes

21

*Cheeseburger
 Baked Fish Sandwich
 *Seasoned Strait Fries
 Romaine Salad

22

Chicken Nuggets & Roll
 Ham/Cheese Sandwich
 *Sweet Potato Fries
 Antigua Blend

25

Mini Corn Dogs
 Chicken Parmesan & Roll
 Green Beans
 *Tator Tots

26

Chicken Pattie
 Burrito
 *Baked Beans
 Romaine Salad
 W/G Cookie

27

Taco Soup
 Turkey/Cheese Sandwich
 *corn
 Fresh Veggies

28

Stuffed Crust Pizza
 Cook's Choice
 Baked Fries
 Romaine salad

29