

EAST WASHINGTON MIDDLE SCHOOL

September 2017

CHOICE OF: PIZZA, DELI SANDWICH, OR ENTRÉE SALAD / FRESH FRUIT, JUICE, & RAISINS OFFERED DAILY

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Themed Thursday</u>	<u>Friday</u>
Ham/apple	Turkey/orange	Ham/apple	Turkey/Banana/Grapes	Comb/PBJ
			<u>South Of The Border 8/31</u> Walking Taco/ Chips Refried Beans Lettuce/Tomatoes/Salsa Mexi- Corn Pineapple Cups	1 Baja Fish Sticks Seasoned Green Beans Fresh Baby Carrots/dip Garden Salad Mix Fruit
4	5	6	7	8
Have a safe Labor Day	Chicken Nuggets/Roll Van/Cinn Sweet Potato Fries Seasoned Green Beans Garden Salad Pears	Country Fried Steak, Mashed Potatoes Buttered Corn Garden Salad Applesauce	<u>Beat the Heat</u> Chipotle/Ranch Chicken Wrap Fresh Veggies/ Dip Cole Slaw Garden Salad Strawberries	Cheeseburger on WG Bun Seasoned Mega Fries Baked Beans Garden Salad Mix Fruit
11	12	13	14	15
Bosco Sticks/ Marinara Sauce Refried Beans Seasoned Broccoli/cheese Garden Salad Peaches	Beef Bites /WG Roll Mashed Potatoes Baked Beans Garden Salad Pears	Chicken Patty/ WG Bun Van/Cinn Sweet Potato Fries Catalina Blend Vegetable Garden Salad Applesauce	<u>It's Italian!!</u> Spaghetti & Meatballs Italian Blend Vegetables Seas. Carrots, Garlic Bread Garden Salad Fresh Grapes	Mac & Cheese, Seasoned Green Beans Fresh Veggies/dip Garden Salad Mix Fruit
18	19	20	21	22
Mini Corn Dog Bites Broccoli w/ Cheese Sauce Mashed Potatoes Garden Salad Peaches	Chicken & Noodles/ WG Roll Buttered Corn Catalina Blend Vegetables Garden Salad Pears	Pork BBQ on WG Bun Sweet Potato Fries California Blend Vegetable Garden Salad Applesauce	<u>Bistro Lunch</u> Open Face Philly Steak on Hoagie Baked Beans Seasoned Fries Garden Salad Fruit Slushy	Fish Sandwich Seasoned Green Beans Fresh Baby Carrots/dip Garden Salad Mix Fruit
25	26	27	28	29
Chicken Quesadilla, Salsa Refried Beans Catalina Blend Vegetables Garden Salad Peaches	Chicken Nuggets/Roll Vanilla/Cin Sw Potato Fries Seasoned Green Beans Garden Salad Pears	Country Fried Steak Mashed Potatoes Buttered Corn Garden Salad Applesauce	<u>Pizzeria Time</u> "Stuffed Ctrust" Pizza Italian Vegetables Fresh Veggies/ Dip Garden Salad Strawberry Cups	Cheeseburger on WG Bun Seasoned Mega Fries Seasoned Broccoli Garden Salad Mix Fruit

USDA is an equal opportunity provider and employer.

Breakfast served daily 7:50-8:10 (no breakfast served when school is on 2 hour delay)

**Free/Reduced Meal applications can be picked up in any School Office or online at www.ewsc.k12.in.us

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