

January 2018

East Washington Elementary



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

Happy New Year!!! **1**

*Chicken Nuggets & Roll **2**
 BBQ Rib Pattie Sandwich
 *Sweet Potato Fries
 Peas
 Fruit
 Milk

*Chicken Pattie Sandwich **3**
 Burrito
 *Corn
 Romaine Salad
 Fruit
 Milk

*Spaghetti & Bosco Stick **4**
 Chicken Quesadilla &
 Sauce
 Coleslaw
 *Green Beans
 Fruit & Milk

*Cheeseburger **5**
 Fish
 *Baked Fries
 Baked Beans
 Fruit
 Milk

*Mini Corn Dogs **8**
 Fr. Bread Pizza
 Cook's Choice Veg.
 *Broccoli & Cheese
 Fruit & Milk

Chili **9**
 Ham/Cheese Sandwich
 *Corn
 Baby Carrots
 Fruit
 Milk

Chicken Pattie Sandwich **10**
 Max Stick & Sauce
 *Baked Beans
 Romaine Salad
 Fruit
 Milk

Hamburger **11**
 Fish Sticks & Sauce
 *Tator Tots
 Green Beans
 Fruit
 Milk

*Stuffed Crust Pizza **12**
 Grilled Chicken
 Northern Beans
 *Seasoned Fries
 Fruit
 Milk

Bosco Sticks & Sauce **15**
 Corn Dog
 Vegetable Blend
 *Baked Beans
 Fruit & Milk

*Chicken & Noodles & Roll **16**
 Teriyaki Dippers & Roll
 Glazed Carrots
 *Green Beans
 Fruit
 Milk

*Chicken Pattie **17**
 Meatloaf
 Peas
 *Mashed Potatoes
 Fruit
 Milk

*Nachos **18**
 BBQ Rib Pattie
 *Corn
 Fresh Carrots/Tomatoes
 Fruit
 Milk

*Cheeseburger **19**
 Fish
 *Tator Tots
 Broccoli
 Fruit
 Milk

*Chicken Tenders & Roll **22**
 Pork BBQ Sandwich
 *Sweet Potato Fries
 Cook's Choice Veg
 Fruit & Milk

*Spaghetti & Bosco Stick **23**
 French Bread Pizza
 Coleslaw
 *Green Beans
 Fruit
 Milk

Sloppy Jo Sandwich **24**
 *Hot Dog
 *Baked Fries
 Romaine salad
 Fruit
 Milk

Walking Taco **25**
 Turkey/Cheese Sandwich
 Refried Beans
 Lettuce/Tomato/Salsa
 Fruit
 Milk

*Pepperoni Pizza **26**
 Pork Chop Sandwich
 Baked Beans
 *Hash Brown Stars
 Fruit
 Milk

29

30

31

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