

# September 2018

## East Washington Elementary

### LUNCH



Free/Reduced Applications Available in each office or online at [www.ewsc.k12.in.us](http://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

NO SCHOOL  
LABOR DAY

3

\*Chicken Nuggets & Roll  
Pork BBQ  
Broccoli  
\*Sweet Potato Fries  
Milk

4

Cheeseburger  
Baked Fish  
Baked Beans  
\*Tator Tots  
Milk

5

Chicken Pattie  
Bosco Sticks & Sauce  
\*Green Beans  
Glazed Carrots  
Milk

6

Papa John's Pizza  
Hot Ham/Cheese Sandwich  
Fresh Veggies  
\*Baked Fries  
Milk

7

\*Fish Sticks  
BBQ Rib Pattie  
Romaine Salad  
\*Curley Fries  
Milk

10

Chicken/Noodles & Roll  
Hamburger  
Sweet Potato Fries  
\*Green Beans  
Milk

11

Chicken Pattie  
Max Sticks & Sauce  
\*Baked Beans  
Cole Slaw  
Milk

12

Nachos  
Chicken Quesadilla & Salsa  
\*Corn  
Fresh Carrot Sticks  
Milk

13

Pizza  
Corn Dog  
Winter Blend  
\*Hash Brown  
Milk

14

Chicken Tenders & Roll  
Teriyaki Dippers & Roll  
Romaine Salad  
\*Broccoli & Cheese  
Milk

17

Tacos  
Ham/Cheese Sandwich  
\*Corn  
Shredded lettuce, cheese, and cherry tomatoes  
Milk

18

Hot Dog  
Sloppy jo  
Baked Beans  
\*Seasoned Strait Fries  
Milk

19

Chicken Pattie  
Bosco Sticks & Sauce  
\*Green Beans  
\*Sweet Potato Fries  
Milk

20

\*Cheeseburger  
Baked Fish  
Fresh Veggies  
\*Baked Fries  
Milk

21

\*Chicken Nuggets & Cheez-It  
Crackers  
Pork BBQ  
\*Corn  
Northern Beans  
Milk

24

\*Spaghetti & Mini Bosco  
Cold Cut Combo  
\*Green Beans  
Cook's Choice Veggie  
Milk

25

\*Chicken Pattie  
Burrito  
\*Broccoli  
Romaine Lettuce  
Milk

26

\*Cheezy Breadsticks  
Country Fried Steak & Roll  
Seasoned Peas  
\*Mashed Potatoes  
Milk

27

\*Pizza  
Grilled Chicken  
Glazed Carrots  
\*Tator Tots

28

If you need Free/Reduced Applications, please visit our website or contact your child's school



Breakfast Daily 7:50-8:10  
S: \$1.70 A: \$2.05  
Lunch:  
S: \$2.55 A: \$3.35

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

