

EAST WASHINGTON MIDDLE SCHOOL

Sept 2018

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

<u>Meatless Monday</u>	<u>Taco Tuesday</u>	<u>Wednesday Winner</u>	<u>Themed Thursday</u>	<u>Fries-day</u>
Ham/apple 03	Turkey Wrap/orange 04	Ham/apple 05	Turkey/orange 06	Comb/PBJ 07
Labor Day	Walking Taco/ Chips Refried Beans Lettuce/Tomatoes Salsa Sliced Pears	Chicken Patty/ WG Bun Mashed Potatoes Seasoned Green Beans Garden Salad Applesauce	<u>South Of The Border</u> Chicken Crisпитos, Salsa Broccoli /Cheese Sauce Mexi Corn Garden Salad Strawberries	Cheeseburger on WG Bun Seasoned Fries Fresh Veggies/Dip Garden Salad Mix Fruit
10 Bosco Sticks/ Marinara Sauce Sweet Potato Fries Seasoned Green Beans Garden Salad Peaches	11 Walking Taco/ Chips Refried Beans Lettuce/Tomatoes Salsa Sliced Pears	12 Country Fried Steak Mashed Potatoes Buttered Peas Garden Salad Applesauce	13 <u>Ah "Soy" Good</u> Orange Glazed Chicken/ WG Roll General Tso Rice Oriental Blend Vegetables Garden Salad Strawberries	14 Open Face Philly Steak on Hoagie Seasoned Fries Fresh Veggies /Dip Garden Salad Mixed Fruit
17 Cheesy Bread/Marinara Sauce Glazed Carrots Seasoned Green Beans Garden Salad Peaches	18 Walking Taco/ Chips Refried Beans Lettuce/Tomatoes Salsa Sliced Pears	19 Chipotle/Ranch Chicken Wrap Broccoli / Cheese Sauce Cole Slaw, Baby Carrots Garden Salad Applesauce	20 <u>It's Italian Pizzeria !!</u> Deluxe Stuffed Crust Pizza Italian Blend Vegetables Spinach, Garlic Bread Garden Salad Strawberries	21 Cheeseburger on WG Bun Seasoned Fries Fresh Veggies/Dip Garden Salad Mix Fruit
24 Max Sticks, Salsa Sweet Potato Fries Seasoned Green Beans Garden Salad Peaches	25 Walking Taco/ Chips Refried Beans Lettuce/Tomatoes Salsa Sliced Pears	26 Chicken Nuggets/Roll Mashed Potatoes California Blend Vegetables Garden Salad Applesauce	27 <u>Brunch for Lunch</u> French Toast, Sausage Hash brown Cherry Tomatoes Garden Salad Strawberris	28 Pork BBQ on WG Bun Seasoned Fries Fresh Veggies/Dip Garden Salad Mixed 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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