

2024 October

*** Daily Main Dish
Substitution:

Yogurt, Deli Sandwich,
or PB&J Uncrustable

Substitutions for
5th-7th Grades Only:

Oriental Chicken Salad (M)
Taco Salad (T)
Crispy Chicken Salad (W)
Chef Salad (TH)

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Orange Chicken & Rice ***or Substitution Veggie Bar & Fruit	2 Tenderloin Steak ***or Substitution Mashed Potatoes Veggie Bar & Fruit	3 Soft Pretzel ***or Substitution Yogurt Veggie Bar & Fruit	4 Hungry Howie's Pizza ***or Substitution Veggie Bar & Fruit
7 Pancake on a Stick ***or Substitution Hashbrowns Veggie Bar & Fruit	8 Soft Taco ***or Substitution Refried Beans Veggie Bar & Fruit	9 Chicken Alfredo ***or Substitution Garlic Toast Veggie Bar & Fruit	10 Chicken Patty Sandwich ***or Substitution Tator Tots Veggie Bar & Fruit	11 Hungry Howie's Pizza ***or Substitution Veggie Bar & Fruit
14 Chicken Strips & Biscuit ***or Substitution Veggie Bar & Fruit	15 Teriyaki Chicken & Rice ***or Substitution Veggie Bar & Fruit	16 Pizza Bites w/ Marinara ***or Substitution Veggie Bar & Fruit	17  Fall Break: No School	18  Fall Break: No School
21  Teacher Prep: No School	22 Orange Chicken & Rice ***or Substitution Veggie Bar & Fruit	23 Popcorn Chicken ***or Substitution Mashed Potatoes Veggie Bar & Fruit	24 Hamburger ***or Substitution Sun Chips Veggie Bar & Fruit	25 Hungry Howie's Pizza ***or Substitution Veggie Bar & Fruit
28 Chicken Strips & Biscuit ***or Substitution Veggie Bar & Fruit	29 Cheesy Nachos ***or Substitution Refried Beans Veggie Bar & Fruit	30 Spaghetti ***or Substitution Garlic Toast Veggie Bar & Fruit	31 Chicken Patty Sandwich ***or Substitution Tator Tots Veggie Bar & Fruit	

George Washington Academy
"Building a Strong Foundation"

This institution is an equal opportunity provider.

Menu may change due to product availability. Milk served with lunch: 1% Lowfat, Chocolate Milk.