



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pizza Pocket <i>or **Main Dish Option</i> Fruit Fresh Veggie Bar	4 Cheese Enchilada <i>or **Main Dish Option</i> Refried Beans Juice Fresh Veggie Bar	5 Spaghetti w/Meat Sauce <i>or **Main Dish Option</i> Garlic Toast Fruit Fresh Veggie Bar	6 Grilled Cheese Sandwich <i>or **Main Dish Option</i> Tater Tots Fruit Fresh Veggie Bar	7 Hungry Howie's Pizza <i>or **Main Dish Option</i> Side Salad Fruit Treat
10 Crispy Chicken Strips Biscuit <i>or **Main Dish Option</i> Fruit Fresh Veggie Bar	11 Orange Chicken w/Rice <i>or **Main Dish Option</i> Fruit Fresh Veggie Bar Fortune Cookie	12 Breaded Mozzarella Sticks <i>or **Main Dish Option</i> French Fries Fruit	13 Pretzel w/ Cheese Sauce Yogurt <i>or **Main Dish Option</i> Fruit Fresh Veggie Bar	14 Hungry Howie's Pizza <i>or **Main Dish Option</i> Side Salad Fruit Treat
17 Grilled Cheese Sandwich <i>or **Main Dish Option</i> Tater Tots Fruit Fresh Veggie Bar	18 Soft Taco <i>or **Main Dish Option</i> Refried Beans Fruit Fresh Veggie Bar	19 Chicken Alfredo <i>or **Main Dish Option</i> Breadstick Fruit Fresh Veggie Bar	20 Chicken Patty Sandwich <i>or **Main Dish Option</i> Tater Tots Fruit Fresh Veggie Bar	21 Hungry Howie's Pizza <i>or **Main Dish Option</i> Side Salad Fruit Treat
24 Pizza Pocket <i>or **Main Dish Option</i> Fruit Fresh Veggie Bar	25 Orange Chicken w/Rice <i>or **Main Dish Option</i> Fruit Fresh Veggie Bar Fortune Cookie	26 Hungry Howie's Pizza <i>or **Main Dish Option</i> Side Salad Fruit Treat 	23 <b>**Daily Main Dish Substitution</b> Smoothie, Deli Sandwich, or PB&J Uncrustable	<b>Additional Substitutions for 6<sup>th</sup>-8<sup>th</sup> Grades Only</b> Oriental Chicken Salad (M) Taco Salad (T) Crispy Chicken Salad (W) Chef Salad (Th)



## GEORGE WASHINGTON ACADEMY

“Building a Strong Foundation”

This institution is an equal opportunity provider. Milk served with lunch each day: Skim, 1% Lowfat, Chocolate Milk (Menu subject to change)