

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