

October 2025

*** Daily Main Dish

Substitution:

Yogurt, Deli Sandwich,
or PB&J Uncrustable

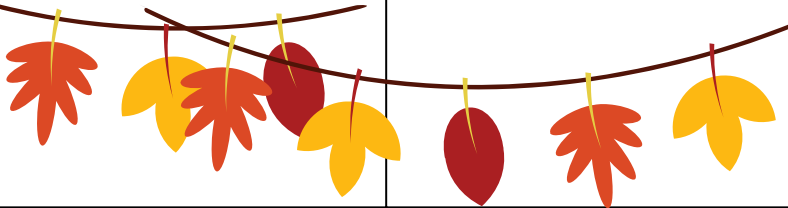
Substitutions for
5th-7th Grades Only:

Oriental Chicken Salad (M)

Taco Salad (T)

Crispy Chicken Salad (W)

Pizza Salad (TH)

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Mozzarella Sticks ***or Substitution Veggie Bar & Fruit	2 Soft Pretzel ***or Substitution Yogurt Veggie Bar & Fruit	3 Hungry Howie's Pizza ***or Substitution Veggie Bar & Fruit
6 Dutch Waffle ***or Substitution Hashbrowns Veggie Bar & Fruit	7 Cafe Rio Style Salad ***or Substitution Veggie Bar & Fruit	8 Chicken Alfredo ***or Substitution Garlic Toast Veggie Bar & Fruit	9 No School	10 No School
13 No School	14 Teriyaki Beef & Rice ***or Substitution Veggie Bar & Fruit	15 Pizza Bites ***or Substitution Veggie Bar & Fruit	16 Hot Dog ***or Substitution Sun Chips Veggie Bar & Fruit	17 Hungry Howie's Pizza ***or Substitution Veggie Bar & Fruit
20 Apple Cinnamon Toast ***or Substitution Hashbrowns Veggie Bar & Fruit	21 Orange Chicken & Rice ***or Substitution Veggie Bar & Fruit	22 Popcorn Chicken ***or Substitution Mashed Potatoes Veggie Bar & Fruit	23 Hamburger ***or Substitution Sun Chips Veggie Bar & Fruit	24 Hungry Howie's Pizza ***or Substitution Veggie Bar & Fruit
27 Breaded Cheese Ravioli ***or Substitution Veggie Bar & Fruit	28 Taco Stick ***or Substitution Refried Beans Veggie Bar & Fruit	29 Spaghetti & Meat Sauce ***or Substitution Garlic Toast Veggie Bar & Fruit	30 Chicken Patty Sandwich ***or Substitution Tater Tots Veggie Bar & Fruit	31 Hungry Howie's Pizza ***or Substitution 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: 1% Lowfat, Chocolate, Strawberry