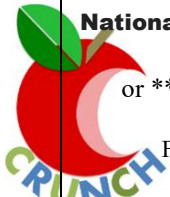




OCTOBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>**Daily Main Dish Substitution Smoothie, Deli Sandwich, or PB&J Uncrustable</p>	<p>Additional Substitutions for 5th-7th Grades Only Oriental Chicken Salad (M) Taco Salad (T) Crispy Chicken Salad (W) Chef Salad (Th)</p>		<p>1 Chicken Patty Sandwich or **Main Dish Option Tater Tots Fruit Fresh Veggie Bar</p>	<p>2 Hungry Howie's Pizza or **Main Dish Option Side Salad Fruit Treat</p>
<p>5 Crispy Chicken Strips Biscuit or **Main Dish Option Fruit Fresh Veggie Bar</p>	<p>6 Teriyaki Chicken w/Steamed Rice ** or Main Dish Option Fruit Fresh Veggie Bar</p>	<p>7 Country Fried Steak ** or Main Dish Option Mashed Potatoes w/Gravy Fruit</p>	<p>8 National Apple Crunch Day Hot Dog or **Main Dish Option Crunchy Apple Fresh Veggie Bar</p> 	<p>9 Hungry Howie's Pizza or **Main Dish Option Side Salad Fruit Treat</p>
<p>12 Apple Cinnamon French Toast Sausage ** or Main Dish Option Hashbrown Fruit Fresh Veggie Bar</p>	<p>13 Orange Chicken w/Rice ** or Main Dish Option Fruit Fresh Veggie Bar Fortune Cookies</p>	<p>14 Popcorn Chicken ** or Main Dish Option Mashed Potatoes w/ gravy Fruit</p>	<p>17 </p>	<p>18 </p>
<p>19 Crispy Chicken Strips Biscuit ** or Main Dish Option Fruit Fresh Veggie Bar</p>	<p>20 Chicken Fajita ** or Main Dish Option Refried Beans Fruit Fresh Veggie Bar</p>	<p>21 Spaghetti w/Meat Sauce or **Main Dish Option Garlic Toast Fruit Fresh Veggie Bar</p>	<p>22 Chicken Patty Sandwich ** or Main Dish Option Tater Tots Fruit Fresh Veggie Bar</p>	<p>23 Hungry Howie's Pizza or **Main Dish Option Side Salad Fruit Treat</p>
<p>26 Corn Dog ** or Main Dish Option Fruit Fresh Veggie Bar</p>	<p>27 Orange Chicken w/Rice ** or Main Dish Option Fruit Fresh Veggie Bar Fortune Cookie</p>	<p>28 Roast Chicken Roll ** or Main Dish Option Mashed Potatoes w/Gravy Fruit</p>	<p>29 Pretzel w/ Cheese Sauce Yogurt or **Main Dish Option Fruit Fresh Veggie Bar</p>	<p>30 Hungry Howie's Pizza or **Main Dish Option Side Salad Fruit Treat</p>

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)

