


# OCTOBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>**Daily Main Dish Substitution</b> Yogurt, Deli Sandwich, or PB&amp;J Uncrustable</p>	<p><b>Additional Substitutions for 5<sup>th</sup>-7<sup>th</sup> Grades Only</b> Oriental Chicken Salad (M) Taco Salad (T) Crispy Chicken Salad (W) Chef Salad (Th)</p>			<p>1 Hungry Howie's Pizza <b>or **Main Dish Option</b> Fresh Veggie Bar Fruit Treat</p>
<p>4 Crispy Chicken Strips Biscuit <b>or **Main Dish Option</b> Fruit Fresh Veggie Bar</p>	<p>5 Pizza Bites <b>** or Main Dish Option</b> Fruit Fresh Veggie Bar</p>	<p>6 Breaded Mozzarella Sticks w/Marinara Sauce <b>** or Main Dish Option</b> Fruit Fresh Veggie Bar</p>	<p>7 Beef Hot Dog <b>** or Main Dish Option</b> Fruit Fresh Veggie Bar</p>	<p>8 Hungry Howie's Pizza <b>or **Main Dish Option</b> Fresh Veggie Bar Fruit Treat</p>
<p>11 Apple Cinnamon French Toast Sausage <b>** or Main Dish Option</b> Hashbrown Fruit Fresh Veggie Bar</p>	<p>12 Orange Chicken w/Rice <b>** or Main Dish Option</b> Fruit Fresh Veggie Bar Fortune Cookies</p>	<p>13 Corn Dog <b>** or Main Dish Option</b> Baked Beans Fruit Fresh Veggie Bar</p>	<p>17 </p>	<p>18 </p>
<p>18 No School For Students Teacher Work Day </p>	<p>19 Chicken Fajita <b>** or Main Dish Option</b> Refried Beans Fruit Fresh Veggie Bar</p>	<p>20 Spaghetti w/Meat Sauce <b>or **Main Dish Option</b> Garlic Toast Fruit Fresh Veggie Bar</p>	<p>21 Chicken Patty Sandwich <b>** or Main Dish Option</b> Tater Tots Fruit Fresh Veggie Bar</p>	<p>22 Hungry Howie's Pizza <b>or **Main Dish Option</b> Fresh Veggie Bar Fruit Treat</p>
<p>25 Corn Dog <b>** or Main Dish Option</b> Fruit Fresh Veggie Bar</p>	<p>26 Orange Chicken w/Rice <b>** or Main Dish Option</b> Fruit Fresh Veggie Bar Fortune Cookie</p>	<p>27 Mac and Cheese <b>** or Main Dish Option</b> Corn Fruit</p>	<p>28 Pretzel w/ Cheese Sauce Yogurt <b>or **Main Dish Option</b> Fruit Fresh Veggie Bar</p>	<p>29 Hungry Howie's Pizza <b>or **Main Dish Option</b> Fresh Veggie Bar 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)

