

October Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Crispy Chicken Strips Biscuit or **Main Dish Option Fruit Fresh Veggie Bar	4 Teriyaki Chicken Rice or **Main Dish Option Fruit Fresh Veggie Bar	5 Country Fried Steak or **Main Dish Option Mashed Potatoes w/Gravy Fruit	6 Hot Dog ** or Main Dish Option Fruit Fresh Veggie Bar	7 Hungry Howie's Pizza or **Main Dish Option Fresh Veggie Bar Fruit Treat
10 Apple Cinnamon French Toast Sausage ** or Main Dish Option Hashbrown Fruit Fresh Veggie Bar	11 Orange Chicken w/Rice ** or Main Dish Option Fruit Fresh Veggie Bar Fortune Cookies	12 Popcorn Chicken or **Main Dish Option Mashed Potatoes w/Gravy Fruit	13 	14 
17 No School For Students Teacher Work Day 	18 Chicken Fajita ** or Main Dish Option Refried Beans Fruit Fresh Veggie Bar	19 Spaghetti w/Meat Sauce or **Main Dish Option Garlic Toast Fruit Fresh Veggie Bar	20 Chicken Patty Sandwich ** or Main Dish Option Tater Tots Fruit Fresh Veggie Bar	21 Hungry Howie's Pizza or **Main Dish Option Fresh Veggie Bar Fruit Treat
24 Pancake and Sausage on a Stick or **Main Dish Option Hashbrown Juice Fresh Veggie Bar	25 Orange Chicken w/Rice ** or Main Dish Option Fruit Fresh Veggie Bar Fortune Cookies	26 Pizza Bites ** or Main Dish Option Fruit Fresh Veggie Bar	27 Pretzel w/ Cheese Sauce Yogurt or **Main Dish Option Fruit Fresh Veggie Bar	28 No School For Students Teacher Work Day 
31 Corn Dog ** or Main Dish Option Fruit Graham Crackers Fresh Veggie Bar	**Daily Main Dish Substitution Yogurt, Deli Sandwich, or PB&J Uncrustable	Additional Substitutions for 5 th -7 th Grades Only Oriental Chicken Salad (M) Taco Salad (T) Crispy Chicken Salad (W) Chef Salad (Th)		

GEORGE WASHINGTON ACADEMY

"Building a Strong Foundation"

George Washington Academy Child Nutrition Program is experiencing the same food/supply chain issues that have impacted restaurants and grocery stores throughout this country. We are committed to ensuring students continue to have access to healthy meals each school day, although we may have to make some last-minute changes to our regular menus, based on availability. We hope you will be patient as we sort through these food/supply chain issues.

This institution is an equal opportunity provider. Milk served with lunch each day: Skim, 1% Lowfat, Chocolate Milk