

October Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Corn Dog ** or Main Dish Option Fruit Graham Crackers Fresh Veggie Bar	3 Orange Chicken w/Rice ** or Main Dish Option Fruit Fresh Veggie Bar Fortune Cookies	4 Cheesy Garlic Bread Marinara Sauce or **Main Dish Option Fruit Fresh Veggie Bar	5 Pretzel w/ Cheese Sauce Yogurt or **Main Dish Option Fruit Fresh Veggie Bar	6 Hungry Howie's Pizza or **Main Dish Option Fresh Veggies Fruit Treat
9 Pancake and Sausage on a Stick or **Main Dish Option Hashbrown Juice Fresh Veggie Bar	10 Soft Taco Refried Beans or **Main Dish Option Tortilla Chips Fruit Fresh Veggie Bar	11 Chicken Alfredo Garlic Toast or **Main Dish Option Fruit Fresh Veggie Bar	12 	13 
16 No School For Students Teacher Work Day 	17 Teriyaki Chicken Rice or **Main Dish Option Fruit Fresh Veggie Bar	18 Pizza Bites ** or Main Dish Option Fruit Fresh Veggie Bar	19 Hot Dog ** or Main Dish Option Fruit Fresh Veggie Bar	20 Hungry Howie's Pizza or **Main Dish Option Fresh Veggies Fruit Treat
23 Apple Cinnamon French Toast Sausage ** or Main Dish Option Hashbrown Fruit Fresh Veggie Bar	24 Orange Chicken w/Rice ** or Main Dish Option Fruit Fresh Veggie Bar Fortune Cookies	25 Popcorn Chicken or **Main Dish Option Mashed Potatoes w/Gravy Fruit Fresh Veggie Bar	26 Hamburger ** or Main Dish Option Chips Fruit Fresh Veggie Bar	27 Hungry Howie's Pizza or **Main Dish Option Fresh Veggies Fruit Treat
30 Crispy Chicken Strips Biscuit or **Main Dish Option Fruit Fresh Veggie Bar	31 Cheesy Nachos Refried Beans or **Main Dish Option Fruit 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.