





Washington Elementary School

Monday	Tuesday Wednesday Thursday Friday				Preschool Menu Pre-school students will receive
2 Chicken Strips (22) Potato Smiles (15) Fruit (8)	3 Beef Nachos (38) Shredded Lettuce Fruit (8)	4 Chicken Alfredo (45) Carrots Fruit (8)	5 Mini Corndogs (30) Baked Beans (12) Fruit (8)	6 Pancakes (14) Sausage Patty Yogurt Cup (15) Fresh Vegetables Fruit (8)	all items. Pre-school quantities of fruits and vegetables are a minimum of 1/4 cup each. <u>Prices</u> Students: FREE Adult Price: \$5.00 Extra Milk: \$0.50 Lactose Free Milk: \$1.00
9 Chicken Burger (32) Cucumbers Fruit (8)	10 Chicken Taco (22) with Cheese Celery Fruit (8)	11 Ham and Cheese Sandwich (26) Carrots Fruit (8)	12 Meatballs (4) and Gravy (4) One Bread Slice (13) Mashed Potatoes (14) Fruit (8)	13 Cheese Pizza (32) Fresh Vegetables Fruit (8)	Daily Milk Choices Plain Skim (13) Plain 1% (13) Lactose Free (upon request) <u>Carbohydrate Count</u> Numbers listed in parentheses
16 Hamburger on a Bun (26) Carrots Fruit (8)	17 Pepperoni Pizza (32) Corn (17) Fruit (8)	18 Pasta (38) & Meat Sauce (9) Romaine Lettuce Fruit (8)	19 Mr. Rib (35) Potato Smiles (15) Fruit (8)	20 Grilled Cheese (30) Fresh Vegetables Fruit (8)	() are the carbohydrate for that item in full. Questions? Contact Emily Scheresky at emilyscheresky@isd593.org or 218-281-5313 ext. 7
Happy Holidays!					

This Institution is an Equal Opportunity Provider All menus are subject to change without notice due to supply chain, availability, and delivery changes.