

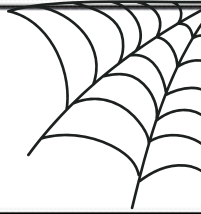


October 2024 Menu Washington Elementary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Taco (22) with Cheese Celery, & Fruit (15)	2 Ham and Cheese Sandwich (26) Carrots Fruit (15)	3 Mac & Cheese (32) Baked Beans (23) Romaine Lettuce & Fruit (15)	4 Quesadilla Pizza (39) Fresh Vegetables Fruit (15)
7 Hamburger on a Bun (26) Carrots Fruit (15)	8 Pepperoni Pizza (32) Corn (17) Fruit (15)	9 Pasta (38) & Meat Sauce (9) Cucumbers Carrots & Fruit (15)	10 Mr. Rib (35) Potato Smiles (20) Fruit (15)	11 Grilled Cheese (30) Fresh Vegetables Fruit (15)
14 French Toast Sticks (40) Breakfast Syrup (28) Cheese Omelet Fresh Vegetables & Fruit (15)	15 Corn Dog (30) Fresh Vegetables Fruit (15)	No School 		
21 Chicken Nuggets (15) Mashed Potatoes (14) Gravy (4) Fruit (15)	22 Hot Dog (28) Cucumbers & Fruit (15)	23 Deli Sandwich (26) Celery Fruit (15)	24 Cheese Pizza (35) Fresh Vegetables Fruit (15)	25 Italian Dunkers (30) Marinara Sauce (5) Fresh Vegetables Fruit (15)
28 No School	29 Chicken Strips (22) Potato Smiles (20) Fruit (15)	30 Chicken Alfredo (60) Carrots Fruit (15)	31 Mini Corndogs (30) Baked Beans (23) Fruit (15)	

Preschool Menu

Pre-school students will receive all items. Pre-school quantities of fruits and vegetables are a minimum of 1/4 cup each.

Prices

Students: FREE
Adult Price: \$5.00
Extra Milk: \$0.50
Lactose Free Milk: \$1.00

Daily Milk Choices

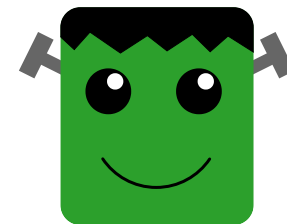
Plain Skim (13)
Plain 1% (13)
Lactose Free (upon request)

Carbohydrate Count

Numbers listed in parentheses () are the carbohydrate for that item in full.

Questions?

Contact Emily Scheresky at emilyscheresky@isd593.org or 218-281-5313 ext. 7



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