


Washburn Middle & High School Nutrition Program

November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Hamburger Gravy over Egg Noodles Corn Fruit	2 Sub Sandwich Pasta Salad Pretzels Fruit	3 Ham & Cheese Bagel Mixed Veggies Fruit	4 NO SCHOOL
6	7 Chicken Wild Rice Soup Muffin Fruit	8 Enchilada Chicken or Bean & Cheese Mexican Rice Fruit	9 Shredded BBQ Pork Sandwich Cole Slaw #2 Soup	10 Chicken Dinner Mashed Potatoes w/Gravy, Corn	11 Pizza Fruit	12
13	14 Tomato Soup Grill Cheese Popcorn Peaches	15 Chicken on a Bun Roasted Veggies Fruit	16 Thanksgiving Dinner Turkey, Mashed Potatoes, w/ Gravy, Stuffing Pumpkin Pie, Fruit Salad	17 Reuben Brunch for Lunch	18 Pasta Bar Alfredo/Marinara Garlic Bread Cesar Salad	19
20	21 Sloppy Jo Crunchy Snack, Corn Fruit	22 *Ravioli Bread stick Fruit				26
27	28 *Quesadilla Chicken or Cheese Mexican Rice Fruit	29 Turkey Vegetable Soup Muffin Fruit	30 California Burger Baked Beans Fruit			



Harvest of the Month: November we will be featuring Winter Squash



fall cycle

All Meals Include:

Salad Bar: assortment of fresh fruits and vegetables, canned fruits and school made salads w/wg bread
1% White and Skim Chocolate Milk (we serve hormone free milk)

"This Institution is an Equal Opportunity Provider"

Middle & High Student Lunch Prices:

Full: \$2.95 Reduced: \$.40
Elementary Lunch Prices: \$2.40
Adult: \$4.25

ALL MENUS SUBJECT TO CHANGE:

High School: 373-6188 ext 118

Lori Fibert, Dan Gunderson

Middle & Elementary School:

373-6199 ext 217

Rena Arseneau, Jim Schaitberger & Diane Schi