




Washburn Elementary School Nutrition Program

October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Chicken Wild Rice Soup Muffin Apples	4 Walking Taco Refried Beans Melon Wedges	5 Sub Sandwich Lettuce & Tomato Pasta Salad Grapes	6 Bagel Pizza National Sausage Pizza Day	7 Baked Potato Bar Ham, Bacon, Broccoli Peaches	8
9	10 Teriyaki Chicken on a Stick Rice Pilaf, Green Beans	11 National Pasta Day Pasta Bar Garlic Bread Grapes	12 Sloppy Jo Au Gratin Potatoes Banana	13 Enchilada Chicken or Bean Mexican Rice Apple 	14 Sack Lunch	15
16 National Chili Month	17 California Burger Potato Wedges Canned Fruit	18 Rice Bowl Chicken, Black Beans Oriental Veggies Pineapple	19 Scalloped Potatoes w/wo Ham Green Beans & Breadstick Fruit	20 Chili Bar Blueberry Corn bread Oranges	21 Chicken Gravy over Mashed Potatoes Corn Pears	22 
23 	24 Chicken Dumpling Soup Muffin Peaches	25 Biscuit & Gravy Strawberries	26 Quesadilla Fresh Salsa Mexican Rice Fruit	27 Baked Chicken with Mashed Potatoes w/Gravy Green Beans & Fruit	28 Worms & Eyeballs Ghost Toast Spooky Fruit Salad	
30 Chicken on a Bun Roasted Veggies Fruit	31	Harvest of the Month: In October we will be featuring:				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)

Middle & High Student Lunch Prices:
Full: \$2.95 Reduced: \$.40
Elementary Lunch Prices: \$2.40
Adult: \$4.25

High School: 373-6188 ext 118

Lori Fibert, Dan Gunderson

Middle & Elementary School:
373-6199 ext 217

Rena Arseneau, James Schaitberger & Diane S

"This Institution is an Equal Opportunity Provider"

ALL MENUS SUBJECT TO CHANGE: