




# Washburn Middle & High School Nutrition Program

October 2016

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

**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**

Jim Schaitberger & Diane Schillinger, Rena Ars