


# Washburn Middle & High School Nutrition Program

October 2017

| Sunday | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday |
|--------|--|--|--|--|--|----------|
| 1      | 2  | 3  | Baked Chicken Dinner<br>w/mashed potatoes & gravy<br>corn, Dinner Roll<br>Cantaloupe<br>#2 Hamburger   | Chicken/cheese Quesadilla<br>Salsa, Blk Bean/Corn salad<br>Mexican Rice<br>Mango<br>#2 Pizza | 6  | 7        |
|        | California Burger<br>Potato Wedges<br>Kiwi<br>#2 Chicken Tenders             | Pizza Lasagna<br>Garlic Bread Stick<br>Fruit Cocktail<br>#2 Deli Sandwich              |  | National Sausage<br>Pizza Day<br>Bagel Pizza<br>pears<br>#2 Chicken Tenders                  | Chicken on a Bun<br>Chateau Veggies<br>Pears<br>#2 Cooks Choice                                  |          |
| 2      | 9  | 10   | 11   |  | 13   | 14       |
|        | Chicken Wild Rice Soup<br>Muffin<br>Apples<br>#2 Pizza                       | Walking Taco<br>Refried Beans, Fresh Salsa<br>Melon Wedges<br>#2 Deli Sandwich         | Sub Sandwich<br>Monte Carlo Veggies<br>Grapes<br>#2 Hamburger  |  | Baked Potato Bar<br>Ham, Bacon, Broccoli<br>Alfredo, Fruit Cocktail<br>#2 Cooks Choice           |          |
| 15     | 16   | National Pasta Day   | 18   | 18   | 20   | 21       |
|        | Tomato Soup<br>Grill Cheese, Cottage Cheese<br>Peaches<br>#2 Chicken Tenders | Pasta, Marinara, Alfredo<br>Pesto, Garlic Bread<br>Grapes<br>#2 Deli Sandwich          | Teryaki Chicken<br>on a Stick<br>Rice Pilaf, Green Beans<br>Pears<br>#2 Hamburger  | Enchilada<br>Chicken or Bean<br>Mexican Rice, Fresh Salsa<br>Fruit Cocktail<br>#2 Pizza      | <b>MS- SACK LUNCH</b><br><b>HS-Brats, Dogs</b><br>Cheddarwurst<br>Pasta Salad<br>#2 Cooks Choice |          |
| 22     | 23   | 24   | 24   | 26   | 27   | 28       |
|        | Sloppy Jo<br>Au Gratin Potatoes<br>Banana<br>#2 Chicken Tenders              | Rice Bowl<br>Chicken, Black Beans<br>Oriental Veggies<br>Pineapple<br>#2 Deli Sandwich | Scalloped Potatoes<br>W/wo Ham<br>Green Beans & Breadstick<br>Pears<br>#2 Hamburger  | Chili Bar<br>Fritos, Pasta<br>Grapes<br>#2 Pizza   | Chicken Gravy<br>over Mashed Potatoes<br>Corn<br>Mandarin Oranges<br>#2 Cooks Choice             |          |
| 29     | 30   | 31   |  <p><b>Harvest of the Month: In October we will be featuring:</b><br/><b>fall cycle</b></p> |  |  |          |
|        | Calzones<br>w/marinara<br>banana<br>#2 Chicken Tenders                       | Worms & Eyeballs<br>Ghost Toast<br>Spooky Fruit Salad<br>#2 Deli Sandwich              |  |  |  |          |

**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: \$3.05    Reduced: \$.40**  
**Elementary Lunch Prices: \$2.50**  
**Adult: \$4.35**  
**ALL MENUS SUBJECT TO CHANGE:**

**High School: 373-6188 ext 118**  
Lori Fibert & Dan Gunderson  
**Middle & Elementary School:**  
**373-6199 ext 217**  
Diane Schillinger & Rena Arseneau

"This Institution is an Equal Opportunity Provider"