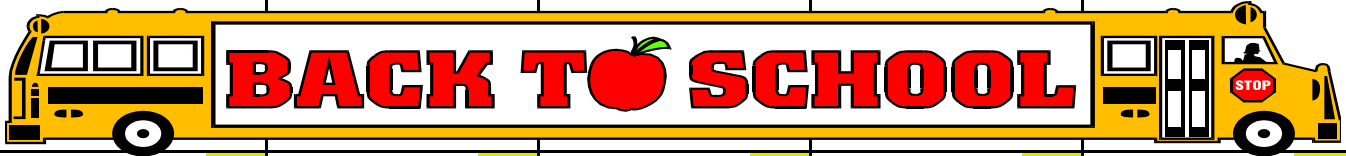


# Washburn Middle & High School Nutrition Program

## September 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<b>Labor Day No School on Monday</b>	<b>no school</b> Labor Day			1	2	3
				Freshman & 6th Grade Picnic Lunch	Hot dogs/Brats Baked Beans Watermelon	
		6	7	8	9	10
		California Burger Potato Wedges Peaches #2 Deli Sandwich	Quesadilla Chicken/Cheese Mexican Rice tropical fruit	Sub Sandwich Cole Slaw Pretzels Grapes	Chicken on a Bun corn <i>Majjigy salad</i> #2 Cooks Choice	
11	12	13	14	15	16	17
	Sloppy Jo Pesto Pasta Salad Blueberries & Cream	Walking Taco Refried Beans Corn/Black Bean Salad Fruit Cocktail	Flatbread Pizza Banana	Rice Bowl Oriental Chicken w/Veggies Pineapple	Pasta Bar Garlic Bread Honey Dew Melon	
18	19	20	21	22	23	24
	Tomato Soup w/Grill Cheese Cottage Cheese Peaches	Teriyaki Chicken on a Stick Roasted Garden Vegetables Blueberries & Cream	Scalloped Potatoes w/wo Ham Corn Strawberries	Meatball Sub  #2 Brunch for Lunch	Mac n Cheese Green Beans Mandarin Oranges	
25	26	27	28	29	30	
	Greek Chicken Gyro Greek Salad Cantaloupe	Tater Tot Hotdish Grapes	Ham n Cheese Bagel Peas & Corn Pasta Salad Oranges	Chicken Tenders Rice Pilaf Green Beans Kiwi	Bbq Riblet Sweet Pepper Cole Slaw Pears	
<b>All Meals Include:</b> Salad Bar: assortment of fresh fruits and vegetables, canned fruits and school made salads w/wg bread Skim White and Skim Chocolate Milk (we serve hormone free milk) <b>Cooks Choice to include Garden items Depends on Availability</b> "This Institution is an Equal Opportunity Provider"			<b>Middle &amp; High Student Lunch Prices:</b> <b>Full: \$2.95      Reduced: \$.40</b> <b>Elementary Lunch Prices: \$2.40</b> <b>Adult: \$4.25</b> <b>ALL MENUS SUBJECT TO CHANGE:</b>		<b>High School: 373-6188 ext 118</b> Lori Fibert  <b>Middle &amp; Elementary School:</b> <b>373-6199 ext 217</b> Rena Arenseau, Diane Schillinger, Jim Schaitber	

**fall cycle**