

**WASHINGTON TOWNSHIP HIGH SCHOOL, 9-10 and 11-12
LUNCH MENU FOR OCTOBER 2009**

Menu Subject to Change

HS Lunch is \$3.25

Thanks for Your Support

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Milk Choices Include Skim, Low-fat White, Low-fat Strawberry, Low-fat Chocolate, and Lactaid.</i></p> <p><i>Your PIN is your student ID.</i></p>	<p><i>Alternate Choices Include Chicken Patty Sandwiches, Hamburgers Steak sandwiches, Pizza, Fresh Hoagies, Fresh Salads, and Smuckers' Uncrustable PB & J.</i></p>	<p><i>We do not fry foods, and we use whole grains. Our hot dog is reduced fat. Try our Sunbutter sandwich – a peanut-free great source of protein.</i></p> <p>Seniors, try the Senior Salad Bar for \$3.25.</p>	<p>1 Cajun Chicken Wrap Fluffy Rice Chilled Pineapple Milk</p> 	<p>2 Pizza Box Pizza Tossed Salad w/ Dressings Polish Water Ice Milk</p>
<p>5 Cheese-stuffed Shells w/ Meatballs and Garlic Bread Tossed Salad w/ Dressings Fresh Fruit Milk</p>	<p>6 Grilled Cheese Sandwiches Hearty Tomato Soup Potato Smiles Chilled Pears Milk</p>	<p>7 BBQ Rib Sandwich on roll Golden Corn Seasoned Potato Wedges Chilled Peach Cup Superstar Cookie Milk</p>	<p>8 Turkey Burger on Soft Bun w/ Fixings Potato Puffs Seasoned Veggies Fresh Fruit Milk</p>	<p>9 Pizza Box Pizza Super Chicken Noodle Soup Tossed Salad w/ Dressings Chilled Applesauce Milk</p>
<p>12 Columbus Day Holiday</p> 	<p>13 Chicken Quesadillas Mexicali Corn Fresh Apples Milk</p> <p>National School Lunch Week</p>	<p>14 Salisbury Steak Fluffy Rice Vegetable Medley Orange Smiles Soft Breadstick Milk</p>	<p>15 Chicken Parmesan on Roll w/ Side of Pasta Seasoned Green Beans Chilled Fruit Cup Milk</p>	<p>16 Pizza Box Pizza Celery & Carrot Sticks w/ Ranch Dip Spice Muffin Fresh Fruit Milk</p>
<p>19 Chicken Cheesesteak on Roll w/ Fixings Seasoned Potato Wedges Fresh Fruit Milk</p>	<p>20 Sweet and Sour Chicken Fluffy rice Chinese Egg Roll Fruit-filled Churro Fresh Fruit Milk</p>	<p>21 Hot Ham and Cheese on Pretzel Bun Golden Corn Chilled Peaches Milk</p>	<p>22 Crispy Oven-baked Chicken Rice Pilaf Seasoned Peas Chilled Pears Milk</p>	<p>23 Pizza Box Pizza Tossed Salad w/ Dressings Chilled Applesauce Milk</p>
<p>26 Cheesesteak Sandwich on Roll Potato Puffs Fresh Fruit Milk</p>	<p>27 BBQ Pork Sandwich on Roll Cole Slaw Oven-baked French Fries Polish Water Ice Power Bar, Milk</p>	<p>28 Chicken Caesar Wrap Sweet Potato Fries Seasoned Carrots Chilled Peach Cup Milk</p>	<p>29 Your Choice of Hard or Soft Tacos w/ Meat, Cheese, Lettuce, Tomato, Salsa Golden Corn, Fluffy Rice Chilled Pineapple, Milk</p>	<p>30 Pizza Box Pizza Tossed Salad w/ Dressings Jack o' Lantern Frozen Fruit Cup Halloween Soft Pretzel, Milk</p>