

February 2019

Washington Twp. Middle Schools

LUNCH



Available Daily:
Assorted Hoagies
Assorted Wraps
Assorted Salads

Chicken Patty Sandwich
(Regular or Spicy)



Lunch Price: \$3.50 Paid, \$.40 Reduced

Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday

Wednesday

Thursday

Friday

Meatball Parmesan Sandwich
Corn
Apple Sauce
Milk Choice

4

Egg McMuffin with Sausage
Hash Brown
Peaches
Milk Choice

5

Pizza Crunchers
Carrots
Mixed Fruit
Milk Choice

6

Hot Dogs
Baked Beans
Apple Sauce
Milk Choice

7

"PIZZA BOX PIZZA"
Broccoli
Pears
Milk Choice

8

Pizza Quesadilla
Carrots
Peaches
Milk Choice

11

Cheeseburger
Wedge Cut Fries
Apple Sauce
Milk Choice

12

Mozzarella Sticks
Peas
Pears
Milk Choice

13

Hot Ham & Cheese on Pretzel Bun
Baked Beans
Mixed Fruit
Milk Choice

14

Assorted Pizza
Spinach
Apple Sauce
Milk Choice

15

OFF

18

Chicken Tenders
Potato Smiles
Pears
Milk Choice

19

Mini Pizza Bagels
Green Beans
Peaches
Milk Choice

20

Macaroni and Cheese
Carrots
Apple Sauce
Milk Choice

21

Assorted Pizza
Romaine Salad
Mixed Fruit
Milk Choice

22

Oven Roasted Chicken
Sweet Potato Crinkle Fries
Pears
Milk Choice

25

Lasagna Roll Ups
Celery Sticks
Peaches
Milk Choice

26

Grilled Cheese
Tomato Soup
Apple Sauce
Milk Choice

27

Cheeseburger
Peas
Mixed Fruit
Milk Choice

28

