October 2019

Washington Township High Schools





Available Daily:

Assorted Hoagies, Assorted Wraps, Assorted Salads, Chicken Patty Sandwich ASSORTED FRESH FRUITS AND VEGETABLES AVAILABLE DAILY



Lunch Price: \$3.75 Paid, \$.40 Reduced

Nutrition Tip: Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

Thursday



Monday

One less thing to remember: **PAYSCHOOLS CENTRAL can be set** to automatically refill students accounts when they run low:

www.payschoolscentral.com

Tuesday

Double Cheeseburger Tater Tots Apple Sauce Milk Choice

Roasted Chicken Carrots

Pears Milk Choice

Wednesday

Tacos Black Beans Peaches Milk Choice

Assorted Pizza Spinach Apple Slices Milk Choice

Hot Dogs **Baked Beans** Apple Sauce Milk Choice

Pizza Crunchers Peas Pears

Milk Choice

8

Chicken Tenders Crinkle Cut Fries Peaches Milk Choice

Macaroni and Cheese Carrots **Apple Slices** Milk Choice

Assorted Pizza Broccoli Mixed Fruit Cup Milk Choice

11

Popcorn Chicken **Curly Fries** Pears Milk Choice

Cheeseburger Carrots Peaches Milk Choice

Cheesy Breadstick Celery Sticks Apple Slices Milk Choice

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

Assorted Pizza Romaine Salad Apple Sauce Milk Choice

18

Mozzarella Sticks Green Beans Peaches Milk Choice

21 Macaroni and Cheese Carrots Apple Slices Milk Choice

OFF

Tacos Black Beans Apple Sauce Milk Choice

Assorted Pizza Spinach Pears Milk Choice

Chicken Nuggets Celery Sticks Apple Slices Milk Choice

Egg McMuffin Sandwich Hash Brown Mixed Fruit Cup Milk Choice

29

Grilled Cheese Tomato Soup Apple Sauce Milk Choice

Hot Ham & Cheese on Pretzel Bun **Baked Beans** Pears Milk Choice