



Don't forget
to eat your
vegetables!

Washington Caldwell Lunch Menu

Fresh Vegetable Choices and Seasonal Fruit
are Offered Daily on the Fruit & Vegetable Bar

September
2018

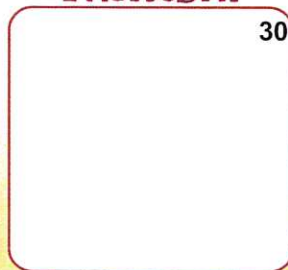
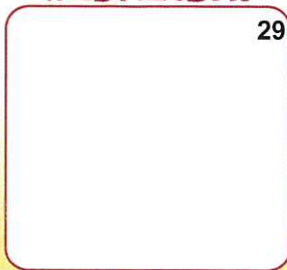
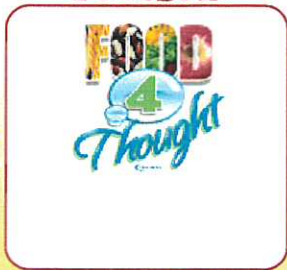
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



3
NO SCHOOL
LABOR DAY

4
Crispy Chicken Nuggets
Whole Grain Dinner Roll

Corn Dog

Golden French Fries
Apple Juice

5
Ice Cream Month
Beefy Nachos with Cheese
BBQ Rib Sandwich

Roasted Corn
Chocolate Ice Cream

6
Welcome Back Picnic
Roasted Hot Dog on a Bun
Hamburger on a Bun

Baked Beans
Kettle Potato Chips

7
Cheese Pizza
Yogurt Pak with Bagel

Garden Salad
Homemade Brownie

10
National Hot Dog Day
French Toast Sticks
Sausage Patty
Syrup
Roasted Hot Dog on a Bun

Tri Tater
Orange Juice

11
Pizza Dippers
Marinara Sauce
Hot Ham & Cheese Sandwich

Tator Tots
Green Beans

12
HOM: Parsley
Pasta with Meat Sauce
Cheesy Garlic Toast

Chicken Patty on Whole Grain
Bun

Garlic & Herb Broccoli

13
Crispy Chicken Tenders
Pretzel Bites w/Cheese Cubes

Mashed Potatoes
Gravy
Cinnamon Roll

14
Pepperoni Pizza
Yogurt Pak with Bagel

Roasted Broccoli

17
Chicken Patty on Whole Grain
Bun
Turkey Deli Sub Sandwich

Kettle Potato Chips
Green Peas

18
Cheeseburger on Bun
Chicken Alfredo w/Pasta
Garlic Breadstick

Golden French Fries
Glazed Carrots

19
Crispy Chicken Nuggets
Hot Ham & Cheese Sandwich

Mashed Potatoes
Gravy
Rice Krispie Treat

20
Toasted Cheese Sandwich
Sloppy Joe on a Bun

Tator Tots

21
HOM: Cucumber
Cheese Pizza
Corn Dog

Peas & Carrots
Cucumber Ranch Salad

24
Pancakes
Syrup
Ham Slice
Chicken Caesar Salad
Whole Grain Dinner Roll

Tri Tater
Strawberry Cup

25
Mini Corn Dogs
Oven Roasted Chicken
Whole Grain Dinner Roll

Macaroni & Cheese
Green Peas

26
Soft Beef Tacos
Brown Rice
Pretzel Bites w/Cheese Cubes

Calico Bean Bake
Vanilla Ice Cream

27
HOM: Peach
Italian Meatball Sub
Chicken Patty on Whole Grain
Bun

Broccoli Florets
Minted Fruit Salad

28
Italian Stromboli
Crispy Chicken Nuggets
Whole Grain Dinner Roll

Garden Salad

Regular	\$3.15
Reduced	\$0.40
Adult	\$3.75
Milk	\$0.40
Extra Entree	\$2.25



EXTRA INFO
Milk choice of 1% white, skim or chocolate
is included with lunch
Entree salads are served with dinner roll
For questions or comments, contact
Colleen Tennie FSD at 262-971-1790 x 4522
email colleen.tennie@muskegonorway.org

