

SEPTEMBER 2020

All meals are served with low fat milk

Washougal School District

	Monday	Tuesday	Wednesday	Thursday	Friday
		Grab And Go Menu	Ham&Cheese Ciabatta Sandwich Lettuce/Tomato Dorito's Fruit Cup	Spaghetti 3 Garlic Bread Stick Green Beans Fruit Cup	Cheeseburger French Fries Lettuce/Tomatoes Apple Sugar Cookie
7	No School 7 Labor Day	Hummus Bento Box8 Pita Chips Grapes Celery Sticks/Cherry Tomatoes	Cheese Pizza Garden Salad Fresh Broccoli & Carrots Pineapple Tidbits	Chicken Teriyaki 10 Rice Bowl Stir-fry Vegetables Pears	Grilled Chicken Burger 1 French Fries Lettuce/Tomatoes Orange Smiles Chocolate Chip Cookie
7	Salad Shaker 14 Gilled Chicken Strips Crisp Greens,Ranch Garden Vegetables Whole Grain Roll, Fruit	TACO TUESDAY 15 Crisp Shells, Seasoned meat, cheese Refried beans Peaches	Turkey and Chees 16 Wrap Sun Chips Cucumber Slices Banana	Orange Chicken Rice Bowl Steamed Broccoli Pineapple Tidbits	Pulled Pork Slider 18 Corn on the Cob Cole Slaw Watermelon Chunks
	Chicken&Waffles Hash browns Peaches Syrup	Walking Taco Meat, Cheese Tostitos Mexican Corn Applesauce	Pepperoni Pizza 23 Garden Salad Fresh Broccoli&Carrots Pineapple Tidbits	Deli Sub Sandwich 24 Teddy Grahams Celery Sticks Fruit Cup	Hamburger Tater Tots Lettuce/Tomatoes Apple Oatmeal Cookie
	Cheesy Bread Stic 28 Marinara Sauce Marinated Veggie Salad Peaches	Pizza Bento Box 29 Pepperoni Slices, Flat Bread, Mozzarella Cheese, Pizza Sauce Pears	Ham&Cheese Wra 30 Sun Chips Cucumber Slices Banana		

This Institution is an Equal Opportunity Provider