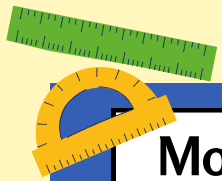






Welcome Back to School!

September 2024 Menu Washington Elementary School



Monday	Tuesday	Wednesday	Thursday	Friday
	3 	4	5	6
9 	10	11	12	13 
16 Chicken Nuggets (15) Mashed Potatoes (14) & Gravy (4) Fruit (8)	17 Hot Dog (28) Baked Beans (23) Carrots Fruit (8)	18 Deli Sandwich (26) Celery & Red Peppers Fruit (8)	19 Cheeseburger on a Bun (28) Corn (17) Fresh Vegetables Fruit (8)	20 Italian Dunkers (30) Marinara Sauce (5) Fresh Vegetables Fruit (8)
23 Chicken Strips (22) Mashed Potatoes (14) & Gravy (4) Fruit (8)	24 Beef Nachos (38) Mexican Rice (19) Shredded Lettuce Cucumbers & Fruit (8)	25 Chicken Alfredo (60) Breadstick (17) Carrots Fruit (8)	26 Mini Corn Dogs (30) Baked Beans (23) Fresh Vegetables Fruit (8)	27 Pancakes (20) Breakfast Sausage Patties Yogurt (15) Fresh Vegetables & Fruit (8)
30 Chicken Burger (32) Cucumbers Fruit (8)	1	2	3 	4

Preschool Menu
Pre-school students will receive all items. Pre-school quantities of fruits and vegetables are a minimum of 1/4 cup each.

Prices
Students: FREE
Adult Price: \$5.00
Extra Milk: \$0.50
Lactose Free Milk: \$1.00

Daily Milk Choices
Plain Skim (13)
Plain 1% (13)
Lactose Free (upon request)

Carbohydrate Count
Numbers listed in parentheses () are the carbohydrate for that item in full.

Questions?
Contact Emily Scheresky at emilyscheresky@isd593.org or 218-281-5313 ext. 7

If you are not already approved for free or reduce-priced meals, please fill out an application. All applications received and processed before September 30, 2024 will receive free activity passes for each child on application. Activity passes will not be given to those who are already approved by direct certification. Applications are available at linqconnect.com

