

October 2025 Menu Washington Elementary School

Monday	Tuesday	Wednesday	Thursday	Friday
 October 1st is National Kale Day! Give it a try on your deli sandwich or by itself! 		1 Deli Sandwich (29) Sunchips (19) Kale Fruit (8)	2 Hot Dog (28) Potato Smiles (15) Fruit (8)	3 Waffle (29) Cheese Omelette (1) Breakfast Syrup (29) Fresh Vegetable Fruit (8)
6 New Menu Item! Chicken Drumstick (2) Potato Smiles (15) Dinner Roll (14) Fruit (8)	7 Hamburger on a Bun (29) Baked Beans (12) Fruit (8)	8 Chicken Alfredo (60) Carrots Fruit (8)	9 Mr. Rib (36) Tater Tots (8) Fruit (8)	10 Grilled Cheese (31) Fresh Vegetables Fruit (8)
13 Chicken Burger (36) Carrots Fruit (8)	14 Beef Taco with Cheese and Fixings (17) Lettuce Fruit (8)	 No School  October 13-17 is National School Lunch Week! Thank you for eating lunch at school!		
20 Chicken Nuggets (12) Mashed Potatoes (9) Gravy (3) Fruit (8)	21 Hamburger on a Bun (29) Baked Beans (12) Fruit (8)	22 Chicken Alfredo (60) Carrots Fruit (8)	23 Cheese Pizza (32) Corn (9) Fruit (8)	24 Italian Dunkers (28) Marinara Sauce (5) Fresh Vegetables Fruit (8)
27 Chicken Strips (16) Potato Smiles (15) Fruit (8)	28 Beef Nachos (20) Shredded Lettuce Fruit (8)	29 New Menu Item! Taco Pizza (28) Carrots Fruit (8)	30 Mini Corndogs (30) Baked Beans (12) Fruit (8) Halloween Cookie Treat (22)	

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 (11)

Plain 1% (11)

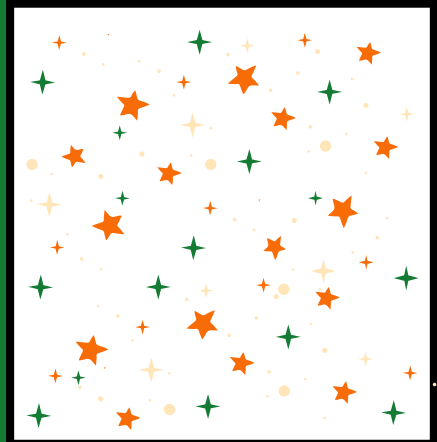
Lactose Free (11) (upon request)

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



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 All Menus are subject to change without notice due to supply chain, availability, and delivery changes.