



# Washington Elementary Lunch Menu

February  
2023

Fresh fruit and vegetable bar offered daily!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Soft Beef Tacos Chef Salad  Steamed Carrots Baby Carrots Pineapple Tidbits Banana	<b>2</b> Chicken and Cheese Quesadilla Deli Sandwich or Sub  Spiced Pinto Beans Baby Carrots Pineapple Tidbits Banana	<b>3</b> Prof Dev/Snow Make-up day
<b>6</b> Cheeseburger on a Bun Buffalo Chicken Wrap  Black Beans Red Peppers Diced Peaches Fresh Orange	<b>7</b> Sloppy Joe on a Bun Chicken Caesar Salad  Roasted Broccoli Red Peppers Fresh Mixed Fruit Fresh Orange	<b>8</b> Macaroni & Cheese Whole Grain Dinner Roll Buffalo Chicken Wrap  Roasted Corn Red Peppers Pineapple Tidbits Fresh Orange	<b>9</b> Shrimp Poppers Cheesy Garlic Toast Chicken Caesar Salad  Coleslaw Red Peppers Applesauce Fresh Orange	<b>10</b> Cheesy Broccoli Bites Cinnamon Roll Buffalo Chicken Wrap  Steamed Carrots Red Peppers Diced Pears Fresh Orange
<b>13</b> Chicken Bacon Alfredo Flatbread Crispy Chicken Salad  Green Beans Cherry Tomato Diced Peaches Fresh Grapes	<b>14</b> Crispy Chicken Nuggets Whole Grain Dinner Roll Turkey BLT Wrap  Steamed Corn Cherry Tomato Fresh Mixed Fruit Fresh Grapes	<b>15</b> Chicken and Cheese Quesadilla Crispy Chicken Salad  Refried Beans Cherry Tomato Pineapple Tidbits Fresh Grapes	<b>16</b> Pasta with Meatballs & Sauce Rip Stick Breadstick Turkey BLT Wrap  Roasted Broccoli Cherry Tomato Applesauce Fresh Grapes	<b>17</b> French Toast Sticks Sausage Patty Crispy Chicken Salad  Steamed Carrots Cherry Tomato Diced Pears Fresh Grapes
<b>20</b> Crispy Chicken Tenders Whole Grain Dinner Roll Chef Salad  Roasted Broccoli Baby Carrots Diced Peaches Banana	<b>21</b> Meatloaf Whole Grain Dinner Roll Ham and Cheese Charcuterie  Mashed Potatoes & Gravy Baby Carrots Mixed Canned Fruit Banana	<b>22</b> Corn Dog Chef Salad  Baked Beans Baby Carrots Pineapple Tidbits Banana	<b>23</b> Crispy Chicken Sandwich Ham and Cheese Charcuterie  Tater Tots Baby Carrots Applesauce Banana	<b>24</b> Cheese Pizza Chef Salad  California Blend Vegetable Baby Carrots Diced Pears Banana
<b>27</b> Chicken Bacon Ranch Melt Honey Mustard Ham Wrap  Baked Beans Cucumber Slices Diced Peaches Fresh Pear 1% Milk	<b>28</b> Meatball Marinara Sub Cravin Craisin Salad  Steamed Green Beans Cucumber Slices Mixed Canned Fruit Fresh Pear 1% Milk			

## PRICES

Regular	\$2.70
Reduced	\$0.40
Adult	\$4.20

## EXTRA INFO

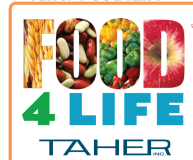
Milk choice of 1% or ff chocolate available.  
For questions/comments, please contact your FSD  
at 641-257-6505 ext 2316 or  
email [taher@charles-city.k12.ia.us](mailto:taher@charles-city.k12.ia.us)

## HARVEST OF



## THE MONTH

Your MENUS plus more  
information on our app  
Taher Food4Life®



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