


Washington Elementary Lunch Menu

Fruit and Vegetables Offered Daily

March
2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Good Food = Good Mood</p>	<p>1 Ham, Egg, Cheese on an English Muffin Honey Mustard Ham Wrap</p> <p>Steamed Carrots Cucumber Slices</p> <p>Diced Pears Fresh Pear 1% Milk</p>	<p>2 Beef Chili Cornbread Bowl Cravin Craisin Salad</p> <p>Potato Wedges Cucumber Slices</p> <p>Applesauce Fresh Pear 1% Milk</p>	<p>3 Macaroni & Cheese</p> <p>Honey Mustard Ham Wrap Roasted Broccoli</p> <p>Pineapple Tidbits Fresh Pear 1% Milk</p>
<p>6 Chicken Potstickers Chicken Fried Rice Southwest Chicken Salad</p> <p>Coleslaw Cherry Tomato</p> <p>Diced Peaches Fresh Apple 1% Milk</p>	<p>7 Beef Hot Dog on a Bun NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie</p> <p>Baked Beans Cherry Tomato</p> <p>Mixed Canned Fruit Fresh Apple 1% Milk</p>	<p>8 Orange Chicken Brown Rice Southwest Chicken Salad</p> <p>Steamed Carrots Cherry Tomato</p> <p>Pineapple Tidbits Fresh Apple 1% Milk</p>	<p>9 Pancakes with Easy Egg Bake NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie</p> <p>Roasted Broccoli Cherry Tomato</p> <p>Diced Pears Fresh Apple 1% Milk</p>	<p>10 Pasta with Meat Sauce Garlic Toast Fish Sandwich with Cheese</p> <p>Potato Wedges Cherry Tomato</p> <p>Applesauce Fresh Apple 1% Milk</p>
<p>13 Spring Break</p>	<p>14 Spring Break</p>	<p>15 Spring Break</p>	<p>16 Spring Break</p>	<p>17 Spring Break</p>
<p>20 BBQ Pulled Pork Buffalo Chicken Wrap</p> <p>Black Beans Red/Orange Bell Pepper</p> <p>Diced Peaches Fresh Orange 1% Milk</p>	<p>21 Crispy Chicken Nuggets Whole Grain Dinner Roll Chicken Caesar Salad</p> <p>Roasted Broccoli Red/Orange Bell Pepper</p> <p>Applesauce Fresh Orange 1% Milk</p>	<p>22 Macaroni & Cheese Whole Grain Dinner Roll Buffalo Chicken Wrap</p> <p>Roasted Corn Red/Orange Bell Pepper</p> <p>Mixed Canned Fruit Fresh Orange 1% Milk</p>	<p>23 Beef Hot Dog on a Bun Chicken Caesar Salad</p> <p>Steamed Carrots Red/Orange Bell Pepper</p> <p>Diced Pears Fresh Orange 1% Milk</p>	<p>24 Shrimp Poppers Cheesy Garlic Toast Buffalo Chicken Wrap</p> <p>Coleslaw Red/Orange Bell Pepper</p> <p>Pineapple Tidbits Fresh Orange 1% Milk</p>
<p>27 Chicken Bacon Alfredo Flatbread Turkey BLT Wrap</p> <p>Green Beans Cherry Tomato</p> <p>Diced Peaches Fresh Grapes 1% Milk</p>	<p>28 BBQ Rib Sandwich Crispy Chicken Salad</p> <p>Steamed Corn Cherry Tomato</p> <p>Fresh Mixed Fruit Fresh Grapes 1% Milk</p>	<p>29 Beefy Nachos & Homemade Cheese Sauce Turkey BLT Wrap</p> <p>Refried Beans Cherry Tomato</p> <p>Pineapple Tidbits Fresh Grapes 1% Milk</p>	<p>30 Cheeseburger on a Bun Crispy Chicken Salad</p> <p>Roasted Broccoli Cherry Tomato</p> <p>Applesauce Fresh Grapes 1% Milk</p>	<p>31 French Toast Sticks Scrambled Egg Turkey BLT Wrap</p> <p>Steamed Carrots Cherry Tomato</p> <p>Diced Pears Fresh Grapes 1% Milk</p>

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
tahr@charles-city.k12.ia.us This is the header

HARVEST OF



THE MONTH

Menus and nutrition
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