

Washington County Virginia Schools Elementary Lunch Menu September 2019

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School News

Make the healthy
economical choice:

Lunch

Paid \$2.45
Reduced \$0.40
Free \$0.00

Choice of Milk
1% White

1 % Chocolate


Strawberry Non-Fat

A school lunch includes 5
components:

- Meat/Meat Alternative
- Grain
- Vegetable
- Fruit
- Milk

A minimum of 3 components
must be selected by the
student to meet required
standards. 1 of the selected
components must be a fruit
or vegetable.

Get in touch with us today to learn more
about free and reduced priced meals* in
our district.
276-739-3074
www.wcs.k12.va.us

Monday, Sept 2	Tuesday, Sept 3	Wednesday, Sept 4	Thursday, Sept 5	Friday, Sept 6
<u>School Closed</u>	<p><u>Choose 1</u> Grill Cheese or Jamwich w/graham cracker & string cheese</p> <p><u>Choose 1 or 2</u> Tomato Soup Potato Tots Carrot Sticks</p> <p><u>Choose 1</u> Fruit or 100% Fruit Juice</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Hot Dog w/ chili & onions or Bologna & Cheese On Bun</p> <p><u>Choose 1 or 2</u> Baked Beans Potato Smiles</p> <p><u>Choose 1</u> Fresh Fruit or Can Fruit</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Soft Shell Taco (lettuce/tomato) or Jamwich w/graham cracker & string cheese</p> <p><u>Choose 1 or 2</u> Buttered Corn Salsa Refried Beans</p> <p><u>Choose 1</u> Fruit or 100% Fruit Juice</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Mozzarella Cheese Sticks w/marinara sauce or Ham & Cheese Sub</p> <p><u>Choose 1 or 2</u> Mixed Green Salad Green Beans</p> <p><u>Choose 1</u> Fresh Fruit or Can Fruit</p> <p>Choice of Milk</p>
				
Monday, Sept 9	Tuesday, Sept 10	Wednesday, Sept 11	Thursday, Sept 12	Friday, Sept 13
<p><u>Choose 1</u> Chicken Nuggets w/homemade roll or Yogurt w/graham cracker & string cheese</p> <p><u>Choose 1 or 2</u> Whipped Potatoes Buttered Carrots</p> <p><u>Choose 1</u> Fresh Fruit or Can Fruit Choice of Milk</p>	<p><u>Choose 1</u> Breaded Chicken Patty on Bun or Jamwich w/graham cracker & string cheese</p> <p><u>Choose 1 or 2</u> Sweet Potato Fries California Blend Veggies</p> <p><u>Choose 1</u> Fruit or 100% Fruit Juice Choice of Milk</p>	<p><u>Choose 1</u> Spaghetti w/Garlic Breadstick or Ham & Cheese Sub</p> <p><u>Choose 1 or 2</u> Mixed Green Salad Green Beans</p> <p><u>Choose 1</u> Fresh Fruit or Can Fruit</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Scrambled Eggs/Sausage Link Biscuit & Gravy or Jamwich w/graham cracker & string cheese</p> <p><u>Choose 1 or 2</u> Potato Wedges Virginia Sweet Bell Pepper Strips</p> <p><u>Choose 1</u> Fruit or 100% Fruit Juice Choice of Milk</p>	<p><u>Choose 1</u> Mini Corn Dogs or Bologna & Cheese On Bun</p> <p><u>Choose 1 or 2</u> Pinto Beans w/diced onion Broccoli & Cheese</p> <p><u>Choose 1</u> Fresh Fruit or Can Fruit Choice of Milk <i>Dismiss 3 hours early School Day at Fair</i></p>

Virginia Harvest of the Month Spotlight Sweet Bell Peppers

*Did you know?
Green pepper are simply red, orange, yellow or purple peppers that have not ripened.*



Monday, Sept 16	Tuesday, Sept 17	Wednesday, Sept 18	Thursday, Sept 19	Friday, Sept 20
<p><u>Choose 1</u> Chicken Fryz w/Garlic Breakstick Or Yogurt w/graham cracker & string cheese</p> <p><u>Choose 1 or 2</u> Whipped Potatoes Steam Broccoli</p> <p><u>Choose 1</u> Fresh Fruit or Can Fruit Choice of Milk</p>	<p><u>Choose 1</u> Pork BBQ on Bun or Jamwich w/graham cracker & string cheese</p> <p><u>Choose 1 or 2</u> Sweet Potato Puffs Buttered Corn</p> <p><u>Choose 1</u> Fruit or 100% Fruit Juice Choice of Milk</p>	<p><u>Choose 1</u> Hamburger or Cheeseburger (lettuce/tomato/onion) Or Bologna & Cheese On Bun</p> <p><u>Choose 1 or 2</u> Crinkle Fries Baked Beans</p> <p><u>Choose 1</u> Fresh Fruit or Can Fruit Choice of Milk</p>	<p><u>Choose 1</u> Macaroni & Cheese w/Garlic Breadstick or Jamwich w/graham cracker & string cheese</p> <p><u>Choose 1 or 2</u> Green Beans Cherry Tomatoes & Cucumbers</p> <p><u>Choose 1</u> Fruit or 100% Fruit Juice Choice of Milk</p>	<p><u>Choose 1</u> Stuff Crust Pizza or Ham & Cheese Sub</p> <p><u>Choose 1 or 2</u> Mixed Green Salad Potato Smiles</p> <p><u>Choose 1</u> Fresh Fruit or Can Fruit Choice of Milk</p>

Monday, Sept 23	Tuesday, Sept 24	Wednesday, Sept 25	Thursday, Sept 26	Friday, Sept 27
<p><u>Choose 1</u> Popcorn Chicken & Waffles or Yogurt w/graham cracker & string cheese</p> <p><u>Choose 1 or 2</u> Steamed Broccoli Sweet Potato Fries</p> <p><u>Choose 1</u> Fresh Fruit or Can Fruit Choice of Milk</p>	<p><u>Choose 1</u> Grill Cheese or Jamwich w/graham cracker & string cheese</p> <p><u>Choose 1 or 2</u> Tomato Soup Potato Tots Carrot Sticks</p> <p><u>Choose 1</u> Fruit or 100% Fruit Juice Choice of Milk</p>	<p><u>Choose 1</u> Hot Dog w/ chili & onions or Bologna & Cheese On Bun</p> <p><u>Choose 1 or 2</u> Baked Beans Potato Smiles</p> <p><u>Choose 1</u> Fresh Fruit or Can Fruit Choice of Milk</p>	<p><u>Choose 1</u> Soft Shell Taco (lettuce/tomato) or Jamwich w/graham cracker & string cheese</p> <p><u>Choose 1 or 2</u> Buttered Corn Salsa Refried Beans</p> <p><u>Choose 1</u> Fruit or 100% Fruit Juice <i>Dismiss 2 hours early</i></p>	<p><u>Choose 1</u> Mozzarella Cheese Sticks w/marinara sauce or Ham & Cheese Sub</p> <p><u>Choose 1 or 2</u> Mixed Green Salad Green Beans</p> <p><u>Choose 1</u> Fresh Fruit or Can Fruit Choice of Milk</p>

Monday, Sept 30

Choose 1
Chicken Nuggets w/homemade roll or Yogurt w/graham cracker & string cheese

Choose 1 or 2
Whipped Potatoes Buttered Carrots

Choose 1
Fresh Fruit or Can Fruit

Choose 1
Fresh Fruit or Can Fruit

Choice of Milk

