

Washington County Virginia High School Lunch Menu September 2019

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School News

Make the healthy
economical choice:
Lunch

Paid Main \$2.65
Paid Deli/Pizza \$2.85
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.

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more about free and reduced priced
meals' in our district.
276-739-3074
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Monday, Sept. 2	Tuesday, Sept 3	Wednesday, Sept 4	Thursday, Sept 5	Friday, Sept 6
School Closed 	<p><u>Choose 1</u> Corn Dog Chef Salad Pork BBQ Sliders Jamwich Pizza</p> <p><u>Choose 1 or 2</u> Ranchero Beans Potato Tots Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit or 100% Juice</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Hamburger Or Cheeseburger Chef Salad Grilled Chicken on Bun lettuce/tomato/onion) (Bacon) Jamwich Pizza</p> <p><u>Choose 1 or 2</u> Green Beans Crinkle Fries Toss Salad</p> <p><u>Choose 1 or 2</u> Fresh Fruit or Can Fruit Choice of Milk</p>	<p><u>Choose 1</u> Chicken & Waffle Chef Salad Jamwich Pizza</p> <p><u>Choose 1 or 2</u> Sweet Potato Fries Steamed Broccoli Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit or 100% Juice</p> <p>Choice of Milk</p>	<p><u>Choose 1</u> Nachos Chili/Cheese/Taco Chef Salad Chicken & Cheese Taquitos Jamwich Pizza</p> <p><u>Choose 1 or 2</u> Refried Beans Mexicali Corn Salsa Toss Salad</p> <p><u>Choose 1 or 2</u> Fresh Fruit or Can Fruit Choice of Milk</p>
Monday, Sept 9	Tuesday, Sept 10	Wednesday, Sept 11	Thursday, Sept 12	Friday, Sept 13
<p><u>Choose 1</u> Pop Corn Chicken w/fried rice Chef Salad Asian Chicken w/fried rice Jamwich Pizza</p> <p><u>Choose 1 or 2</u> Sweet Potato Fries Steamed Broccoli Toss Salad</p> <p><u>Choose 1 or 2</u> Fresh or Can Fruit Choice of Milk</p>	<p><u>Choose 1</u> Chili Mac w/garlic breadstick Chef Salad Turkey Bacon & Cheese Sub On Bun Jamwich Pizza</p> <p><u>Choose 1 or 2</u> Green Beans Potato Smiles Toss Salad</p> <p><u>Choose 1 or 2</u> Fresh Fruit or Can Fruit Choice of Milk</p>	<p><u>Choose 1</u> Cheeseburger Sliders Chef Salad Breaded Chicken Patty on Bun (lettuce/tomato) Jamwich Pizza</p> <p><u>Choose 1 or 2</u> Broccoli & Cheese Carrot Sticks Toss Salad</p> <p><u>Choose 1 or 2</u> Fresh or Can Fruit Choice of Milk</p>	<p><u>Choose 1</u> Scrambled Egg/Sausage link/Biscuit & Gravy Chef Salad Jamwich Pizza</p> <p><u>Choose 1 or 2</u> Potato Wedges Virginia Sweet Bell Pepper Strips Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit, Baked Apples or 100% Juice Choice of MiMilk</p>	<p><u>Choose 1</u> Mini Corn Dogs Chef Salad BBQ Rib Sub Jamwich Pizza</p> <p><u>Choose 1 or 2</u> Chili Beans Crinkle Fries Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit or 100% Juice Choice of Milk <i>3 hour early dismissal 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> Hot Dog w/chili/cheese/onions Chef Salad Spicy Chicken on Bun Jamwich Pizza</p> <p><u>Choose 1 or 2</u> Baked Beans Cole Slaw Crinkle Fries Toss Salad</p> <p><u>Choose 1 or 2</u> Fresh Fruit or Can Fruit Choice of Milk</p>	<p><u>Choose 1</u> Grilled Cheese Chef Salad Ham & Cheese Sub (lettuce & tomato) (Bacon) Jamwich Pizza</p> <p><u>Choose 1 or 2</u> Tomato Soup California Veggies Potato Wedges Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit or 100% Juice Choice of Milk</p>	<p><u>Choose 1</u> Beef Taco, Buffalo Chicken or Chicken Fajita Soft Shell or Tortilla Chips' (lettuce/tomato) Chef Salad Jamwich Pizza</p> <p><u>Choose 1 or 2</u> Refried Beans Mexicali Corn Salsa Toss Salad</p> <p><u>Choose 1 or 2</u> Fresh Fruit or Can Fruit Choice of Milk</p>	<p><u>Choose 1</u> Country Fried Steak w/roll & gravy Chef Salad Jamwich Pizza</p> <p><u>Choose 1 or 2</u> Whipped Potatoes Buttered Corn Savory Carrots Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit or 100% Juice Choice of Milk</p>	<p><u>Choose 1</u> Spaghetti w/garlic breadstick Chef Salad Meatball Sub Jamwich Pizza</p> <p><u>Choose 1 or 2</u> Green Beans Roasted Summer Squash Toss Salad</p> <p><u>Choose 1 or 2</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> Dill Chicken Nuggets w/ roll Chef Salad Savory Chicken Nuggets w/ roll Jamwich Pizza</p> <p><u>Choose 1 or 2</u> Whipped Potatoes Savory Carrots Toss Salad</p> <p><u>Choose 1 or 2</u> Fresh Fruit or Can Fruit Choice of Milk</p>	<p><u>Choose 1</u> Corn Dog Chef Salad Pork BBQ Sliders Jamwich Pizza</p> <p><u>Choose 1 or 2</u> Ranchero Beans Potato Tots Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit or 100% Juice Choice of Milk</p>	<p><u>Choose 1</u> Hamburger Or Cheeseburger Chef Salad Grilled Chicken on Bun (lettuce/tomato/onion) (Bacon) Jamwich Pizza</p> <p><u>Choose 1 or 2</u> Green Beans Crinkle Fries Toss Salad</p> <p><u>Choose 1 or 2</u> Fresh Fruit or Can Fruit Choice of Milk</p>	<p><u>Choose 1</u> Chicken & Waffle Chef Salad Jamwich Pizza</p> <p><u>Choose 1 or 2</u> Sweet Potato Fries Steamed Broccoli Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit or 100% Juice Choice of Milk</p> <p><u>2 hour early dismissal!</u></p>	<p><u>Choose 1</u> Nachos Chili/Cheese/Taco Chef Salad Chicken & Cheese Taquitos Jamwich Pizza</p> <p><u>Choose 1 or 2</u> Refried Beans Mexicali Corn Salsa Toss Salad</p> <p><u>Choose 1 or 2</u> Fresh Fruit or Can Fruit Choice of Milk</p>

Friday, Sept 27

Choose 1
Pop Corn Chicken
w/fried rice
Chef Salad
Asian Chicken
w/fried rice
Jamwich
Pizza

Choose 1 or 2
Sweet Potato Fries
Steamed Broccoli
Toss Salad

Choose 1 or 2
Fresh or Can Fruit
Choice of Milk

