

Washington County Virginia Middle 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 stu-
dent to meet required stand-
ards. 1 of the selected com-
ponents must be a fruit or
vegetable.

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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
School Closed 	<p>Choose 1 Corn Dog Chef Salad Pork BBQ Sliders Jamwich Pizza</p> <p>Choose 1 or 2 Ranchero Beans Potato Tots Toss Salad</p> <p>Choose 1 Fruit or 100% Juice</p> <p>Choice of Milk</p>	<p>Choose 1 Hamburger Or Cheeseburger Chef Salad Grilled Buffalo Chicken on Bun lettuce/tomato/onion) (Bacon) Jamwich Pizza</p> <p>Choose 1 or 2 Green Beans Crinkle Fries Toss Salad</p> <p>Choose 1 Fresh Fruit or Can Fruit Choice of Milk</p>	<p>Choose 1 Chicken & Waffle Chef Salad Jamwich Pizza</p> <p>Choose 1 or 2 Sweet Potato Fries Steamed Broccoli Toss Salad</p> <p>Choose 1 Fruit or 100% Juice</p> <p>Choice of Milk</p>	<p>Choose 1 Nacho's w/chili & cheese Chef Salad Chicken & Cheese Taquitos Jamwich Pizza</p> <p>Choose 1 or 2 Refried Beans Buttered Corn Salsa Toss Salad</p> <p>Choose 1 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>Choose 1 Pop Corn Chicken w/fried rice Chef Salad Asian Chicken w/fried rice Jamwich Pizza</p> <p>Choose 1 or 2 Sweet Potato Fries Steamed Broccoli Toss Salad</p> <p>Choose 1 Fresh Fruit or Can Fruit Choice of Milk</p>	<p>Choose 1 Mini Corn Dogs Chef Salad BBQ Rib Sub Jamwich Pizza</p> <p>Choose 1 or 2 Chili Beans Broccoli & Cheese Toss Salad</p> <p>Choose 1 Fruit or 100% Juice Choice of Milk</p>	<p>Choose 1 Cheeseburger Sliders Chef Salad Breaded Chicken Patty on Bun (lettuce & tomato) Jamwich Pizza</p> <p>Choose 1 or 2 Potato tots California Veggies Carrot Sticks Toss Salad</p> <p>Choose 1 Fresh Fruit or Can Fruit Choice of Milk</p>	<p>Choose 1 Scrambled Egg/Sausage link/Biscuit & Gravy/Baked Apples Chef Salad Jamwich Pizza</p> <p>Choose 1 or 2 Potato Wedges Virginia <i>Sweet Bell Pepper Strips</i> Toss Salad</p> <p>Choose 1 Fruit or 100% Juice Choice of Milk</p>	<p>Choose 1 Sloppy Joe on Bun Chef Salad Turkey Bacon & Cheese Sub Jamwich Pizza</p> <p>Choose 1 or 2 Buttered Corn Potato Smiles Toss Salad</p> <p>Choose 1 Fresh Fruit or Can Fruit Choice of Milk <i>Dismissed 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> Hot Dog w/chili/cheese/onions Chef Salad Spicy Chicken on Bun Jamwich Pizza</p> <p><u>Choose 1 or 2</u> Potato Tots Cole Slaw Toss Salad <u>Choose 1</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 <u>Choose 1</u> Fruit or 100% Juice Choice of Milk</p>	<p><u>Choose 1</u> Beef Taco o 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 <u>Choose 1</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 Green Beans Toss Salad <u>Choose 1</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> Buttered Corn Roasted Summer Squash Toss Salad <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> 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 <u>Choose 1</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</u> Fruit or 100% Juice Choice of Milk</p>	<p><u>Choose 1</u> Hamburger Or Cheeseburger Chef Salad Grilled Buffalo Chicken on Bun (lettuce/tomato/onion) (Bacon) Jamwich Pizza</p> <p><u>Choose 1 or 2</u> Green Beans Crinkle Fries Toss Salad <u>Choose 1</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</u> Fruit or 100% Juice Choice of Milk <i>2 hour early dismissal</i></p>	<p><u>Choose 1</u> Nacho's w/chili & cheese Chef Salad Chicken & Cheese Taquitos Jamwich Pizza</p> <p><u>Choose 1 or 2</u> Refried Beans Buttered Corn Salsa Toss Salad <u>Choose 1</u> Fresh Fruit or Can Fruit Choice of Milk</p>

Monday, Sept. 30
<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 <u>Choose 1</u> Fresh Fruit or Can Fruit Choice of Milk</p>

