

**WASHINGTON SCHOOL IS AN
EQUAL PROVIDER AND**

**Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.
Go light on the meat and top your pizza with vegetables like tomatoes,
onions, bell peppers, mushrooms, zucchini, and artichoke hearts.**

Monday	Tuesday	Wednesday	Thursday	Friday
		PIZZA GARDEN SALAD FRESH FRUIT MILK	CHICKEN FRY POTATOES/GRAVY GREEN BEANS ROLLS FRUIT MILK	HAMBURGERS LETTUCE/TOMATO POTATO WEDGES FRUIT COOKIE MILK
VEGETABLE BEEF SOUP GRILL CHEESE SAND GARDEN SALAD FRUIT MILK	LASAGNA SPINACH SALAD BREAD STICKS FRUIT MILK	NACHOS CORN FRUIT STICKY BUN MILK	CHICKEN NUGGETS POTATOES/GRAVY GREEN BEANS ROLLS FRUIT MILK	CHEESE BURGERS LETTUCE/TOMATO CHIPS COOKIE FRUIT MILK
SPAGHETTI GARDEN SALAD BREAD STICKS FRUIT MILK	CORNDOGS FRENCH FRIES CARROT DIPPERS FRUIT MILK	PIZZA POCKETS GARDEN SALAD FRESH FRUIT MILK	THANKSGIVING <i>DINNER COME JOIN!</i>	HAMBURGERS LETTUCE/TOMATO CHIPS FRUIT MILK
Thanksgiving	break		HAPPY THANKSGIVING	
CHICKEN FAJITAS LETTUCE/TOMATO REFRIED BEANS BANANA BREAD FRUIT MILK	GRILL CHEESE SAND TOMATO SOUP BROCCOLI DIPPERS FRUIT MILK	CHICKEN TETRAZINI GREEN BEANS HOT ROLLS FRUIT MILK		CORNDOGS POTATO WEDGES FRUIT MILK