

SNACK WELL?

Snack foods are loaded with empty calories from solid fats and added sugar. Sad thing is, a third of all of our daily calories, on average, come from candy, chips, soda, pastries, and other junky snack foods. Luckily, there's a cure for this condition: can you say fresh fruit?



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Breakfast, Salad and Vegetarian Choices

Monday

French Toast Sticks and Sausage
Southwestern Chicken Salad
Vegetarian Hot Pocket

Tuesday

Sausage and Pancake on Stick
Chef Salad
Vegetarian Chili with Chips

Wednesday

Breakfast Pizza Pocket
Country Chicken Salad
Garden Burger

Thursday

Omelet and Toast
Chef Salad
Vegetable Sub

Friday

Cinnamon Toast
Asian Chicken Salad
Grilled Cheese and Yogurt

May 1
Baked Potato with Ham and Cheese
May 2
Roasted Chicken
May 3
Spaghetti with Meat Sauce
May 4
Fish or Pork Bar-B-Que on Bun
May 7
Chicken Fajita
May 8
Cheese Sticks
May 9
Chicken Teriyaki
May 10
Stuffed Shells
May 11
Pork Bar-B-Que on Bun
May 14
Meatloaf
May 15
Pizzas
May 16
Breaded Chicken
May 17
Soft Taco with Chicken or Beef
May 18
Pork Bar-B-Que or Fish on Bun
May 21
Baked Potato with Ham and Cheese
May 22
Cheese Sticks
May 23
Chicken over Rice
May 24
Beefy Cheesy Mac
May 25
Fish or Hot Dog on Bun
May 29
Pizzas
May 30
Baked Chicken
May 31

MENUS FOR MAY 2012

Washington Middle

This institution is an equal opportunity provider.

Available Daily!

Crispy and Spicy Chicken Sandwiches
Nachos with Chili and Cheese
Chicken Nuggets
Pizza
Hamburgers and Cheeseburgers
Peanut Butter and Jelly Uncrustable
Sub Sandwiches
Sandwich of the Day
Hot and Cold Vegetables
Fresh Fruit and Fruit Cup
Low-Fat or Skim Milk