

# WASH WASH

**Monday**  
Lutheran Social Service  
Written/ Approved by Shaye Thompson  
All Meals are Subject to change

Monday	Tuesday	Wednesday	Thursday	Friday March 1
<b>Monday March 4</b>	<b>Tuesday March 5</b>	<b>Wednesday March 6</b>	<b>Thursday March 7</b>	<b>Friday March 8</b>
Rigatoni with Beef	Corn dogs Ketchup & Mustard	Taco Salad & WG Chips	<b>No School</b>	<b>No School</b>
Green Beans	Mac Cheese	Romine Mix Shred, Lettuce, Diced onion, tomatoes, Sour Cream Pkt.		
Cinnamon Apples	Corn	Black Bean Salas & Shrd Cheese		
WG Bread/Margarine	Fruit Cocktail	Chef's Choice Fruit		
Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol		
<b>Monday March 11</b>	<b>Tuesday March 12</b>	<b>Wednesday March 13</b>	<b>Thursday March 14</b>	<b>Friday March 15</b>
Pizza Pockets	Baked Chicken Breast	Lasagna	BBQ Pulled Pork on a WG Bun	Beef Hot Dog on a WG Bun
Sliced Cucumbers & Ranch	Mashed Potatoes & Gravy	California Blend	Carrot Sticks & Ranch	Baked Potato Chips
Romaine & Spinach Tossed Salad/Drsg	Green beans	Romaine & Spinach Tossed Salad/Drsg	Baked Chips	Broccoli Cauliflower & Ranch
WG Bread/Margarine	WG Bread/Margarine	WG Garlic Bread Sticks	Applesauce	Baked Beans
Apple	Chef's Choice Fruit	Orange	Low Fat Milk Plain and Chol	Peaches & Ice Cream cup
Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol		Low Fat Milk Plain and Chol
<b>Monday March 18</b>	<b>Tuesday March 19</b>	<b>Wednesday March 20</b>	<b>Thursday March 21</b>	<b>Friday March 22</b>
Pasta Bar Chicken Breast	Chili	Turkey & Cheese WG Sub Bun & Mayo Pkts	Salisbury Steak	Tart Tot Hamburger Hot dish
Red Sauce or Alfredo Sauce	Romaine & Spinach Tossed Salad/Drsg	Shredded Lettuce & Slice Tomatoes	Mashed Potatoes/Gravy	Romaine & Spinach Tossed Salad/Drsg
Broccoli	Corn Bread & Butter Cream	Chicken noodle soup	Peas	WG Bread/Margarine
WG Garlic Bread Sticks	Corn Bread & Butter Cream	Baby Carrots & Ranch	WG Bun/Margarine	Pineapple
Chef's Choice Fruit	WG Crackers	Grapes	Mixed Fruit	Ice Cream Cup
Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol
<b>Monday March 25</b>	<b>Tuesday March 26</b>	<b>Wednesday March 27</b>	<b>Thursday March 28</b>	<b>Friday March 29</b>
Tomato Soup	Sloppy Joe/WG Bun	Baked Potato Bar	Country fried Steak & Country Gravy	Spaghetti & meat sauce
Grilled Cheese WG Bread	Potato Salad	Diced Ham, Onion, Broccoli	Mashed Potatoes	Romaine & Spinach Tossed Salad/Drsg
Peaches	California Blend	Nacho Cheese Sauce	Green beans	WG Garlic Bread Sticks
Celery Sticks & Ranch WG Crackers	Baked Beans	WG Bread/Margarine	WG Bread/Margarine	Apple
Baked Potato Chips	Banana	Chef's Choice Fruit	Orange	Cookie
Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol	Low Fat Milk Plain and Chol

Fruits and vegetables offered daily  
1 cup low fat milk served with each meal.  
This institution is prohibited from discrimination on base of race, color, sex, age or disability.

**NO School for Voyagers Only.**

Chicken Nuggets & BBQ PKTS  
Baked Beans & Corn  
Pears & Ice cream cup  
WG Bread/Margarine  
Low Fat Milk Plain and Chol