

WASHINGTON COUNTY HIGH SCHOOL/COMMANDER ACADEMY MENU

WEEKS OF:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Variety Muffins or Cereal or	Sausage Biscuit or Cereal or	Bacon/Egg/Toast or Cereal or	Biscuit & Gravy or Cereal or	Variety Donut or Cereal or
Aug 26-30	Poptarts or Cereal Bar or Fruit Parfaits	Poptarts or Cereal Bar or Fruit Parfaits	Poptarts or Cereal Bar or Fruit Parfaits	Poptarts or Cereal Bar or Fruit Parfaits	Poptarts or Cereal Bar or Fruit Parfaits
Sept 23-27	Mandarin Oranges/Juice Milk	Fresh Fruit Salad/Juice Milk	Banana/Juice Milk	Fresh Strawberries/Juice Milk	Fresh Pineapple Chunks/Juice Milk
Sandwich or Salad Boxes Available Daily	Chicken Quesadilla Pepperoni Calzone Peas Sliced Potatoes Marinara Cup Fresh Fruit Salad Fresh Apple	Taco Tuesday Seasoned Rice/Mexican corn Salsa/Queso Tortilla Chips Lettuce/Tomato/Sour cream Fresh Watermelon/Banana Mini Rice Krispy Treat	Hot Dog or Polish Sausage Onion Rings Brown Sugar Beans Shredded Cheese Sauerkraut/Chili Sauce Shredded Cheese Onions/Sweet Relish Fresh Strawberries Applesauce	Snappy Tomato Pizza Tossed Salad/Croutons Corn Broccoli/Carrots Fresh Pineapple Chunks Fresh Clementines Grandma's Cookies WG Chips	Spicy Chicken Patty or Chicken Patty/Bun Macaroni & Cheese Green Beans Cauliflower Florets Mandarin Oranges Fresh Apples Ice Cream Cup
BREAKFAST	Variety Danish or Cereal or	Sausage Biscuit or Cereal or	Bacon/Egg/Toast or Cereal or	Biscuit & Gravy or Cereal or	Variety Donut or Cereal or
Sept 3-6	Poptarts or Cereal Bar or Fruit Parfaits	Poptarts or Cereal Bar or Fruit Parfaits	Poptarts or Cereal Bar or Fruit Parfaits	Poptarts or Cereal Bar or Fruit Parfaits	Poptarts or Cereal Bar or Fruit Parfaits
Sept 30-Oct 3	Mandarin oranges/Juice Milk	Fresh Fruit Salad/Juice Milk	Banana/Juice Milk	Fresh Strawberries/Juice Milk	Fresh Pineapple Chunks/Juice Milk
Sandwich or Salad Boxes Available Daily	Orange Chicken or Teriyaki chicken White Rice/Baby Bakers Stir Fry Vegetables Bread Stick Fresh Fruit Salad/Apple Fortune Cookie	Shredded Pork Baked Potato Broccoli Cheese/Butter/Sourcream Bacon Bits Fresh Watermelon/Banana Mini Rice Krispy Treat	Breaded Chicken Tender Wrap Hashbrown Casserole Kale Crunch/Shredded Cheese Broccoli/Carrots Lettuce/Diced Tomatoes Fresh Strawberries Applesauce	Tenderloin Salisbury Steak Mashed Potatoes Glazed Carrots Roll/Bun Fresh Pineapple Chunks Fresh Clementines	Corn Dog or Commander Dog Baked Beans Cole Slaw Chips Mandarin Oranges/Fresh Apple Pudding
BREAKFAST	Honey Bun or Cereal or	Sausage Biscuit or Cereal or	Bacon/Egg/Toast or Cereal or	Biscuit & Gravy or Cereal or	Variety Donut or Cereal or
Sept 9-13	Poptarts or Cereal Bar or Fruit Parfaits	Poptarts or Cereal Bar or Fruit Parfaits	Poptarts or Cereal Bar or Fruit Parfaits	Poptarts or Cereal Bar or Fruit Parfaits	Poptarts or Cereal Bar or Fruit Parfaits
Oct 14-18	Mandarin oranges/Juice Milk	Fresh Fruit Salad/Juice Milk	Banana/Juice Milk	Fresh Strawberries/Juice Milk	Fresh Pineapple chunks/Juice Milk
Sandwich or Salad Boxes Available Daily	Chicken Bites Broccoli w/Cheese Whole Potatoes Fresh Peaches Apple Roll	Taco Tuesday Seasoned Rice/Refried Beans Salsa/Queso/Tortilla chips Lettuce/Tomato/Sour cream Fresh Cantaloupe/Banana Mini Rice Krispy Treat	Cheeseburgers Oven Fries Lettuce/Tomato Onions/Pickles Fresh Strawberries Applesauce Bunny Grahams	Snappy Tomato Pizza Corn Tossed Salad/Croutons Pineapple Chunks Orange Wedges Grandma's Cookies WG Chips	Bosco Sticks or Jalapeno Cheese Bites Marinara Sauce Seasoned Potato Cubes Broccoli/Cauliflower/Carrots Mandarin Oranges/Fresh Apple Ice Cream
BREAKFAST	Cinnamon Roll or Cereal or	Sausage Biscuit or Cereal or	Bacon/Egg/Toast or Cereal or	Biscuit & Gravy or Cereal or	Variety Donut or Cereal or
Sept 16-20	Poptarts or Cereal Bar or Fruit Parfaits	Poptarts or Cereal Bar or Fruit Parfaits	Poptarts or Cereal Bar or Fruit Parfaits	Poptarts or Cereal Bar or Fruit Parfaits	Poptarts or Cereal Bar or Fruit Parfaits
	Mandarin oranges/Juice Milk	Fresh Fruit Salad/Juice Milk	Banana/Juice Milk	Fresh Strawberries/Juice Milk	Fresh Pineapple Chunks/Juice Milk
Sandwich or Salad Boxes Available Daily	Mini Corn Dog or Stromboli Baby Baker Potatoes Baked Beans Marinara Cup Peaches/Fresh Apple	Hot Sub Day Broccoli/Carrots Kale Crunch/Cheese/ Green Peppers/Onions Jalapeno/Banana Peppers WG Chips Fresh Watermelon/Banana	Pasta/Meatsauce Corn Tossed Salad Fresh Strawberries Applesauce Garlic Toast Grandma's Cookies	Chicken Tenders/Roll Meatloaf/Roll Mashed potatoes Green Beans Pineapple Chunks Fresh Clementines	Cheeseburgers Potato Salad Pasta Salad Lettuce/Tomato/Onions/Pickles WG Chip Mandarin Oranges/Fresh Apple Sherbert Cup
Students may purchase a la carte items if they have money in their account. 1% White or Chocolate Milk Offered Daily at Breakfast and Lunch Menu Subject to Change Fresh Fruit may vary depending on quality Account Balances can also be paid online at www.myschoolbucks.com					100% FRUIT JUICE SERVED DAILY AT LUNCH



USDA nondiscrimination statement:

<http://education.ky.gov/federal/SCN/Pages/USDANondiscriminationStatement.aspx>