



# Washougal Middle School November 2019 Lunch Menu

				<b>1</b> Breakfast: WG Cinnamon Roll <b>Classic Lasagna</b>
<b>4</b> Breakfast: Pancake on a Stick <b>Mini Cheeseburger Twins</b>	<b>5</b> Breakfast: Hearty Biscuits & Gravy <b>Chicken Pot Pie</b>	<b>6</b> Breakfast: Ham & Cheese Muffin Sandwich <b>Beef &amp; Cheese Nachos</b>	<b>7</b> Breakfast: Mini Maple Waffles <b>Baked Chicken with Cheese Potatoes &amp; WG Roll</b>	<b>8</b> Breakfast: Pancake Bites <b>Homemade Mac &amp; Cheese</b>
<b>11</b> <b>Veterans Day</b>	<b>12</b> Breakfast: Breakfast Pizza Bagel <b>Teriyaki Beef Dippers over Rice</b>	<b>13</b> Breakfast: Scrambled Egg Breakfast Bowl <b>Home Run Hot Dog</b>	<b>14</b> Breakfast: Breakfast Burrito <b>Grilled Cheese with Tomato Soup</b>	<b>15</b> Breakfast: WG Cinnamon Roll <b>Classic Fish &amp; Chips</b>
<b>18</b> Breakfast: Pancake on a Stick <b>Soft Pretzel with Cheese Sauce</b>	<b>19</b> Breakfast: Apple Fruit Pocket <b>Korean BBQ Meatballs over Rice</b>	<b>20</b> Breakfast: Egg & Cheese Sandwich <b>Chicken Nuggets With Dinner Roll</b>	<b>21</b> Breakfast: Pancakes with Syrup <b>Teriyaki Chicken over Rice</b>	<b>22</b> Breakfast: Blueberry Muffin <b>Turkey Gravy over Mashed Potatoes</b>
<b>25</b> Breakfast: Sausage Breakfast Pizza <b>Chicken &amp; Waffles</b>	<b>26</b> Breakfast: Pancake Bites <b>Fish Sandwich</b>	<b>27</b> <b>No School</b>	<b>All daily Revolve specials come with choice of Milk and unlimited Garden Bar</b>	<b>Meal Prices</b> <b>Breakfast Paid: \$2.05</b> <b>Breakfast Reduced: \$0.00</b> <b>Lunch Paid: \$3.05</b> <b>Lunch Reduced: \$0.40</b>

**Everyday Choices**  
*All Meals Include Choice of Milk and Unlimited Garden Bar*  
Great Variety & Healthy Choices

**Offered: Tuesdays & Thursdays!**  
 Cheese & Pepperoni & An Additional Specialty Pizza offered

*All Pizzas feature low fat cheese, low sodium sauce & whole grain crusts.*  
 All meals include choice of milk and unlimited trips through the Thrive Garden Bar

**Sandwich Choices**

Turkey, Ham or Combo: Daily  
 Special: Tuna Salad

**Salad Choices**

Classic Chef Salad or  
 Chicken Caesar Salad: Daily

**EVERYDAY CHOICES**  
 Broiled Hamburger, Cheeseburger, Traditional & Spicy Chicken Burger

*All sandwiches served on whole wheat buns, include choice of milk and unlimited trips through the Thrive Garden Bar*

**SIDES OFFERED DAILY WITH LUNCH CHOICES:**  
 Fresh Garden Salad Greens plus additional fruits & vegetables, in an inviting variety  
 Low Fat or Fat Free Milk included with all meals