

Williams Avenue Elementary September 16-20 & September 23-27, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
16 Chicken & Waffles, Corn, Mixed Green Salad, Green Beans, Canned Peaches, Ketchup, Syrup	17 Breaded Chicken or Country Fried Steak, Mixed Green Salad, Green Peas, Creamed Potatoes, Roll, Animal Crackers, Grapes	18 Teriyaki or General Tso's Chicken, Egg Roll, Mixed Green Salad, Stir Fry Veggies, Roll, Asian Fried Brown Rice, Orange Slices	19 Chicken Quesadilla or Crisritos, Brown Fiesta Rice, Cowboy Beans, Mixed Green Salad, Shredded Cheese, Sour Cream, Salsa, Canned Pears	20 Hamburger or Spicy Chicken Sandwich, Baked Reg. or Sweet Pot. Fries, Baked Beans, Mixed Green Salad, Apple, Ketchup, Mustard, Light Mayo. Lettuce, Tomato
French Toast Sticks, Cereal, Toast, Pop-Tart, Applesauce, Jelly, Juice, Syrup	Chicken & Biscuit, Cereal, Toast, Pop-Tart, Blueberries, Jelly, Mustard, Juice	Scrambled Eggs, Ham, Cereal, Toast, Pop-Tart, Kiwi, Jelly, Mustard, Juice	Mini Pancakes, Cereal, Toast, Pop-Tart, Canned Peaches, Jelly, Juice	Yogurt, W. Grain Granola, Cereal, W. Grain Toast, Banana, Jelly, Grape Juice
23 Pizza or Chicken Poppers, Creamed Potatoes, Green Beans, Mixed Green Salad, Canned Peaches	24 Spaghetti Sauce w/ Meat, WG Noodles or Mozzarella Cheese Sticks, Mixed Veggies, Mixed Green Salad, WG Roll, Orange Slices	25 Grilled Chicken or Fish, Mixed Green Salad, Pinto Beans, Macaroni & Cheese, Roll, Animal Crackers, Grapes	26 Burrito, Crisritos, Black Beans, Mixed Green Salad, Cheese Sauce, Sour Cream, Salsa, Canned Pears	27 Hot Wings, Corn Dog, Baked Reg. or Sweet Pot. Fries, Baked Beans, Breadstick, Ranch Dressing, Mixed Green Salad, Choc. Bear Cookie, Apple, Ketchup, Mustard
Egg & Cheese on a Southern Style Biscuit, Cereal, Toast, Pop-Tart, Kiwi, Jelly, Mustard, Juice	Chicken & Biscuit, Cereal, Toast, Pop-Tart, Canned Pears, Jelly, Mustard, Juice	Mini Pancakes, Cereal, Toast, Pop-Tart, Applesauce, Jelly, Mustard, Juice	French Toast Sticks, Cereal, Toast, Pop-Tart, Blueberries, Jelly, Syrup, Juice	Mini Cinnis, Cereal, Toast, Pop-Tart, Grapes, Jelly, Juice

*Low Fat & Fat Free Milk Offered Daily

*Asst. Salad Dressings at Lunch

**Yogurt parfaits offered daily at breakfast

Student Meal Prices-Breakfast \$1.00, Reduced Breakfast- 30 Cents, Lunch \$1.85, Reduced Lunch 40 Cents

Parents: You can always check the balance on your child's lunch account online. You can also set up automatic email reminders when your child's lunch account gets low. Go to www.PayPAMS.com to check balances, set up email reminders and/or deposit money into your child's lunch account.

This institution is an equal opportunity provider