

## Sample Washington Middle School Menu (Grades 6-8)

### Entree Choices:

#### Entrée 1

Chicken Caesar Wrap (2 oz. eq. M/MA; 1.5 oz. eq. WG; 1/2 cup **DG** Veg.)

#### Entrée 2

Hamburger (2 oz. M/MA)

WG Roll (2 oz. eq.)

with Fixings (Sliced Tomatoes = 1/4 cup **R/O** Veg.; Iceberg Lettuce = 1/4 cup **O** Veg.)

#### Entrée 3

Veggie Pizza (2 oz. eq. M/MA; 2 oz. eq. WG; 1/4 cup **R/O**)

### Vegetable Choices:

Oven Baked French Fries (**S** - 1/2 cup)

Three Bean Salad (1/2 cup)  
(1/2 cup **L**)

Crisp Veggie Sticks (Carrots, Celery, Green & Red Peppers) - 1/2 cup  
(1/4 cup **R/O** and 1/4 cup **O**)

### Fruit Choices:

Fresh Grapes (1/2 cup)

Chilled Peach Slices (1/2 cup)

### Assorted Milk (8 oz.)

Fat-free Unflavored, Low-fat Unflavored; Fat-free Flavored

### Condiments

Ketchup (2 TBSP) and Low-fat Ranch Dressing (1 TBSP)

**Assorted Vegetable, Fruit and Milk Choices Available with all Entrées**

**WG = Whole Grain    M/MA = Meat/Meat Alternate    DG = Dark Green Vegetable**  
**R/O = Red/Orange Vegetable    S = Starchy Vegetable**  
**L = Legumes    O = Other Vegetable**