

LUNCH

OCTOBER 2026

Washington Elementary

Burlingame School District



Monday

Tuesday

Wednesday

Thursday

Friday

5

CHICKEN ALFREDO PASTA	289 cal
Pasta Alfredo	334 cal
Whole Grain Breadstick	80 cal
Caesar Side Salad	170 cal
Carrot Sticks	25 cal

6

CHICKEN FAJITA SOFT TACOS	327 cal
Nachos with Beans and Cheese	490 cal
Cucumber Coins	9 cal
Shredded Lettuce	3 cal
Diced Red Tomatoes	4 cal
Salsa	39 cal

7

TERIYAKI CHICKEN RICE BOWL	451 cal
Baked Teriyaki Tofu over Steamed Brown Rice	297 cal
Garden Salad	22 cal
Jicama Sticks	25 cal

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HAMBURGER	298 cal
or	
Cheeseburger	353 cal
Veggie Burger	290 cal
Chicken Caesar Salad with Whole Grain Dinner Roll	296 cal
Tater Tots	149 cal
Burger Topping	111 cal
Sliced Red Onion	8 cal
	6 cal

2

NEW YORK TURKEY PEPPERONI PIZZA	320 cal
Pizza New York Cheese	216 cal
Boneless Wings with Freshly Baked Biscuit	270 cal
Celery Sticks	210 cal
Caesar Side Salad	10 cal
	172 cal

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No menu published

13

NACHOS WITH BEEF & CHEESE	465 cal
Hand Rolled Bean & Tillamook Cheese Burrito with Salsa	386 cal
Garden Side Salad	39 cal
Celery Sticks	20 cal
	10 cal

14

MILLER'S LOCAL ALL BEEF HOT DOG	370 cal
Crinkle Cut French Fries	81 cal
Tofu Caesar Wrap	611 cal
Creamy Cole Slaw	40 cal
Jicama Sticks	25 cal

15

HAMBURGER	298 cal
or	
Cheeseburger	353 cal
Veggie Burger	290 cal
Chicken Fajita Salad with Whole Grain Dinner Roll	455 cal
Tater Tots	149 cal
Burger Topping	111 cal
Sliced Red Onion	8 cal
	6 cal

16

NEW YORK TURKEY PEPPERONI PIZZA	320 cal
Pizza New York Cheese	216 cal
Boneless Wings and Freshly Baked Biscuit	270 cal
Caesar Side Salad	210 cal
Carrot Sticks	170 cal
	25 cal

19

BREADED CHICKEN TENDER	255 cal
with Dipping Sauce and Baked Biscuit	190 cal
Grilled Cheese Sandwich	252 cal
Three Bean Salad	102 cal
Cherry Tomatoes	22 cal

20

BEEFY MAC	345 cal
Bean & Queso Blanco Quesadilla with Salsa	269 cal
Celery Sticks	36 cal
Garden Salad	10 cal
	22 cal

21

FISH AND CHIPS	221 cal
Vegetarian Chili with Crispy Round Tortilla Chips	247 cal
Creamy Cole Slaw	190 cal
Corn	40 cal
	92 cal

22

MARY'S CHICKEN DRUMSTICK	181 cal
with BBQ Sauce and Whole Grain Dinner Roll	140 cal
Mac & Cheese with Creamy Cole Slaw	317 cal
Cucumber Coins	40 cal
	9 cal

23

NEW YORK TURKEY PEPPERONI PIZZA	320 cal
Pizza New York Cheese	216 cal
Boneless Wings with Pico de Gallo	270 cal
Caesar Side Salad	4 cal
Celery Sticks	170 cal
	10 cal

26

SPAGHETTI WITH ALL BEEF MEAT SAUCE	235 cal
or	
Spaghetti with Marinara Sauce and Parmesan Cheese	364 cal
with Breadstick	80 cal
Vegetarian Taco Salad	473 cal
Caesar Side Salad	170 cal
Jicama Sticks	25 cal

27

POSOLE CON POLLO WITH TORTILLA CHIPS	443 cal
Bean and Cheese Pupusa with Salsa	290 cal
Cucumber Coins	39 cal
Shredded Cabbage	9 cal
Radish Wedges	4 cal
Diced Red Onion	5 cal
	9 cal

28

BBQ PULLED CHICKEN SANDWICH	280 cal
Sweet Potato Fries	105 cal
Hummus Wrap	485 cal
Corn	92 cal
Creamy Cole Slaw	40 cal

29

TERIYAKI BEEF DIPPERS	152 cal
or	
Mediterranean Lemon Pepper Tofu with Steamed Brown Rice	226 cal
Cherry Tomatoes	103 cal
Fresh Broccoli Florets	22 cal
	11 cal

30

NEW YORK TURKEY PEPPERONI PIZZA	320 cal
Pizza New York Cheese	216 cal
Boneless Wings with Freshly Baked Biscuit	270 cal
Carrot Sticks	210 cal
Caesar Side Salad	25 cal
	172 cal