

October



WASHINGTON LATIN
PUBLIC CHARTER SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Cinnamon Chex Half-Day Dismissal for Interim Conferences
Vanilla Concha Bread 4 Egg Salad Sandwich (VG) Chicken Gumbo & Cornbread BBQ Beef Rib Sandwich Glazed Sliced Carrots	Cinnamon Chex 5 Cheese Sandwich (VG) Cheese Pizza (VG) Hot Meatball Sub Side Salad (romaine/carrots)	Cheese Omelet 6 Sunbutter & Jelly Sandwich (VG) Sloppy Joe Sandwich Chicken Parm Sandwich Steamed Corn	Lemon Muffin 7 Chicken Caesar Wrap Chicken Enchiladas w/ Rice Cheese Pizza (VG) Seasoned Green Beans	Blueberry Chex 8 Greek Flatbread (VG) Chicken Taco Duo Bean & Cheese Pupusa (VG) Black Beans
11 Indigenous Peoples Day – No School	Banana Muffin 12 Turkey & Cheddar Sub Flame-Broiled Beef Burger Cheese Pizza (VG) Celery Sticks	Bagel & Cream Cheese 13 Cheese Pizza Kit (VG) Crispy Chicken Sandwich BBQ Chicken w/Mac & Cheese Glazed Sliced Carrots	Autumn Spice Muffin 14 Chicken Salad Sub Bean & Cheese Burrito (VG) Philly Cheese Steak Black Beans w/Corn	Waffle with Syrup 15 Sunbutter & Jelly (VG) Chicken Mumbo Garlic Noodles w/Chicken Braised Greens
Cheerios 18 Tuna Sandwich Kit Chili w/cornbread (VG) Chicken Sandwich Sweet Potatoes	French Toast Sticks 19 Turkey & Cheese Sub Cheese Pizza (VG) Beef Rib w/ Carrot Rice Chopped Romaine Lettuce	Blueberry Muffin 20 Cheese Pizza Kit (VG) Beef and Bean Burrito Cheeseburger Roasted Potatoes	Cheesy Egg & Potato 21 Chicken Pesto Pasta Salad Hot Meatball Sub Mac and Cheese (VG) Celery Sticks	Corn Chex 22 Sunbutter & Jelly (VG) BBQ Chicken Plate Pizza Panada Pie (VG) Hot Pinto Beans
Cinnamon Chex 25 Chicken Salad Sub Chili w/cornbread (VG) Crispy Chicken Sandwich Baby Carrots	Lemon Muffin 26 Egg Salad Sandwich (VG) Chicken Bites with Waffle Cheeseburger Carrots Corn Peas	Waffle 27 Chicken Caesar Wrap Pizza Panada Pie (VG) BBQ Beef Rib Sandwich Cilantro Lime Pinto Beans	Cinnamon Crisp Bar 28 Greek Flatbread (VG) BBQ Beef w/ Carrot Rice Chicken Mumbo Seasoned Green Beans	Cheese Omelet 29 Chinese Chicken Noodles Cheese Pizza (VG) Creamy Chicken Casserole Braised Greens

How was your meal? Take our short survey to let us know! Our chefs use your feedback to improve & develop new recipes. You can use the same link every time you eat our food!

surveymonkey.com/r/meals-survey



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This institution is an equal opportunity provider.
All grains offered are whole-grain rich.

Choice of 1% or fat-free
milk; fresh fruit available
daily except when fruit
juice is served.

Vegetable of the Day

Vegetarian (V)

options available daily – if not listed on
the menu, available upon request