

# September



WASHINGTON LATIN  
PUBLIC CHARTER SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
6 <b>Labor Day No School</b>	7 Cinnamon Chex Cheese Pizza (VG) Meatball Mozzarella Sub Sesame Chicken Wrap  Side Salad ( Romaine/ Carrots )	8 Cheese Omelet Sloppy Joe Honey Mustard Chicken Wrap Sunbutter and Jelly (VG)  Steamed Corn	9 Lemon Muffin Chicken Enchilada Pasta Alfredo w/ Yogurt (VG) Chinese Chicken Noodles  Seasoned Beans	10 Blueberry Chex Bean and Cheese Pupusa (VG) Chicken Taco Duo SW Veggie Wrap (VG)  Black Beans
13 Cinnamon Crisp Bar Cheese Tamale (VG) Chicken Taco Duo Chicken Salad Sandwich  Corn Tomato Salad	14 Banana Muffin Hamburger Cheese Pizza (VG) Honey Mustard Chicken Wrap  Cucumber-Slices	15 Bagel w/Cream Cheese Crispy Chicken Sandwich BBQ Chicken w/ Mac and Cheese Cheese Pizza Chef Kit (VG)  Sliced Glazed Carrots	16 Banana Muffin Bean and Cheese Burrito (VG) Flame-Broiled Beef Cheeseburger Chicken Salad Sandwich  Chili Citrus Corn w/ Black Beans	17 Waffle w/Syrup Chicken Mumbo Garlic Chicken Noodles Sunbutter and Jelly (VG)  Seasoned Broccoli Florets
20 Cheerios Chili w/ Mini Cornbread (VG) Roasted Chicken Sandwich Chicken Buffalo Wrap  Baby Carrots	21 French Toast Cheese Pizza (VG) Mongolian Beef Cheese Sandwich (VG)  Lettuce w/Sliced Tomatoes	22 French Toast Muffin Cheeseburger Beef and Bean Burrito Cheese Pizza Chef Kit (VG)  Roasted Potatoes	23 Egg and Potato Scramble Meatball Mozzarella Sub Chicken Bites w/ Mac and Cheese Veggie Snack Pack (VG)  Cucumber Slices	24 French Toast Muffin BBQ Chicken Shredded Plate Pizza Panada Pie (VG) Sunbutter and Jelly (VG)  Hot Pinto Beans
27 Yogurt and Graham Crackers Pancakes/Omelet (VG) Roasted Chicken Sandwich (DF) Turkey Cheese Sandwich  Baby Carrots	28 Blueberry Muffin Chicken Bites w/ Waffles Cheeseburger Egg Salad Sandwich (VG)  Carrots, Corn and Peas	29 Waffle Pizza Panada Pie (VG) BBQ Beef Rib Sandwich Chicken Pesto Pasta Salad  Cilantro Lime Pinto Beans	30 Cinnamon Crisp Bar BBQ Beef Korean (DF) Chicken Mumbo (DF) Greek Garbanzo Flatbread (VG)  Seasoned Beans	

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](https://surveymonkey.com/r/meals-survey)



revolution foods.

This institution is an equal opportunity provider.  
All grains offer 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

**Dairy-Free (DF) Vegetarian (V)** options available daily – if not listed on the menu, available on request