



WASHINGTON LATIN PCS
The Anna Julia Cooper Campus

August-September 2022

(menu subject to change)



Monday	Tuesday	Wednesday	Thursday	Friday
<p>08/29/2022</p> <p>Cheerios and Yogurt</p> <p>Turkey Breast & Provolone Sandwich Plant Based Turkey & Provolone</p> <p>Veggie Stir-Fry w/Ginger, Carrot, Green Beans & Broccoli</p>	<p>08/23/2022</p> <p>Pancakes with Strawberry Syrup</p> <p>Caprese Pasta (Tomato, Basil, Mozzarella)</p> <p>Fresh Peaches</p>	<p>08/24/2022</p> <p>Grits, Cheese & Bacon Squares</p> <p>Grits, Vegan Cheese & Veggie Bacon Square</p> <p>Brown Rice with Cheese, Pinto Beans & Corn</p> <p>Fresh Oranges</p>	<p>08/25/2022</p> <p>French Toast Slicks w/Maple Syrup</p> <p>Hawaiian Chicken Wrap</p> <p>Meatless Hawaiian "Chicken" Wrap</p> <p>Broccoli & Carrots</p>	<p>08/26/2022</p> <p>Strawberry Muffin</p> <p>Cheese Pizza with Chicken & Beef Pepperoni Cheese Pizza</p> <p>Green Beans & Corn Medley</p>
<p>08/30/2022</p> <p>Pancakes with Strawberry Syrup</p> <p>Caprese Pasta (Tomato, Basil, Mozzarella)</p> <p>Fresh Peaches</p>	<p>08/31/2022</p> <p>Grits, Cheese & Bacon Squares</p> <p>Grits, Vegan Cheese & Veggie Bacon Square</p> <p>Brown Rice with Cheese, Pinto Beans & Corn</p> <p>Fresh Oranges</p>	<p>09/01/2022</p> <p>Cinnamon Raisin Granola Bar</p> <p>Cheeseburger</p> <p>Veggie Cheeseburger</p> <p>French Fries</p>	<p>09/02/2022</p> <p>Sweet Potatoes Waffles</p> <p>Baked Chicken Drumstick</p> <p>Savory Brown Rice Pilaf</p> <p>Baked Chickenless Patty</p> <p>Roasted Broccoli</p>	<p>09/03/2022</p> <p>Pancakes & Turkey Sausage on a Stick</p> <p>Pancakes & Veggie Patty</p> <p>Mozzarella Cheese Slicks</p> <p>Turkey Stew w/Squash, Corn & Beans</p> <p>Meatless Stew with Squash, Corn & Beans</p> <p>Steamed Brown Rice</p>
<p>09/05/2022</p> <p>NO SCHOOL for Labor Day</p>	<p>09/06/2022</p> <p>Pumpkin Bread</p> <p>Turkey Bacon, Lettuce & Tomato (BLT) Wrap</p> <p>Veggie BLT Wrap</p> <p>Ranch Dressing</p>	<p>09/07/2022</p> <p>Cinnamon Raisin Bagel with Cream Cheese and Jelly</p> <p>Fresh Noodles with Chicken, Carrots & Spinach</p> <p>Noodle with Meatless Chicken, Carrots & Spinach</p> <p>Bananas</p>	<p>09/08/2022</p> <p>Strawberry/Chocolate Overnight Oats</p> <p>Turkey Hot Dog</p> <p>Veggie Hot Dog</p> <p>Curry Vegetables with Potatoes, Tomatoes & Green Beans</p>	<p>09/09/2022</p> <p>Pancakes & Turkey Sausage on a Stick</p> <p>Pancakes & Veggie Patty</p> <p>Mozzarella Cheese Slicks</p> <p>Turkey Stew w/Squash, Corn & Beans</p> <p>Meatless Stew with Squash, Corn & Beans</p> <p>Steamed Brown Rice</p>
<p>09/12/2022</p> <p>Yoplait Yogurt & Granola</p> <p>Pasta & Turkey Meat Sauce</p> <p>Pasta & Meatless Sauce</p> <p>Bananas</p>	<p>09/13/2022</p> <p>Apple Strudel</p> <p>Italian Wrap w/ Turkey Ham, Turkey Salami, & Turkey Pepperoni</p> <p>Wrap w/Plant Based Ham & Bacon</p> <p>Roasted Broccoli</p>	<p>09/14/2022</p> <p>Cheerios Mulligrain</p> <p>Stir-Fry Chicken, Squash and Corn over Brown Rice</p> <p>Meatless Chicken Squash & Corn over Brown Rice</p>	<p>09/15/2022</p> <p>Turkey Sausage Breakfast Pizza</p> <p>Cheese Breakfast Pizza</p> <p>Turkey Sloppy Joe</p> <p>Veggie Sloppy Joe</p> <p>Corn, Zucchini, & Tomato Pie w/ Parmesan</p>	<p>09/16/2022</p> <p>Chocolate Banana French Toast</p> <p>Grilled Chicken Pita</p> <p>Grilled Meatless Chicken Pita</p> <p>Balela Salad w/ Garbanzo, Tomato & Cucumber</p>
<p>09/19/2022</p> <p>Zucchini Cheddar Muffin</p> <p>Mac & Cheese</p> <p>Green Beans & Corn Medley</p> <p>Fresh Apples</p>	<p>09/20/2022</p> <p>Cinnamon Toast Crunch Cup</p> <p>Yoplait Yogurt</p> <p>Turkey Nachos with Romaine and Corn Pico</p> <p>Meatless Nachos with Romaine and Corn Pico</p>	<p>09/21/2022</p> <p>Taco Breakfast (Egg, Cheese & Turkey Bacon)</p> <p>Veggie Taco Breakfast</p> <p>Spanish Rice w/Chicken, Kidney Beans, & Tomato</p> <p>Brown Rice w/meatless Chicken, Kidney Bean & Tomato</p>	<p>09/22/2022</p> <p>French Toast Slicks with Maple Syrup</p> <p>Penne Pasta & Meatballs</p> <p>Penne Pasta & Veggie Meatballs</p>	<p>09/23/2022</p> <p>Strawberry Muffin</p> <p>Hawaiian Chicken Wrap with Broccoli & Carrot</p> <p>Hawaiian Chicken Meatless Wrap with Broccoli & Carrots</p>
<p>09/26/2022</p> <p>Asynchronous Day -- no in-person classes for students</p>	<p>09/27/2022</p> <p>Zucchini Bread</p> <p>Mozzarella Cheese Stick</p> <p>Cheese Pizza w/Chicken & Beef Pepperoni</p> <p>Cheese Pizza</p> <p>Roasted Broccoli and Cauliflower Medley</p>	<p>09/28/2022</p> <p>Grits, Cheese & Bacon Squares</p> <p>Grits, Vegan Cheese & Veggie Bacon Square</p> <p>Caprese Pasta (Tomato, Basil Mozzarella)</p>	<p>09/29/2022</p> <p>Cheerios</p> <p>Brown Rice with Cheese, Pinto Beans & Corn</p>	<p>09/30/2022</p> <p>Cinnamon Soft Round Granola Bar</p> <p>Cheeseburger</p> <p>Veggie Cheeseburger</p> <p>French Fries</p>