September 2024

Washington Latin K-12 Breakfast Menu

02	2 03	04	05	0
Breakfast Entree Whole Grain Waffles Fruit Assorted Fruit	Breakfast Entree Breakfast Pizza Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit Grains Bug Bites	Breakfast Entree Egg & Cheese Breakfast Quesadilla Whole Grain Bagel with Cream Cheese Vegetables Chunky Salsa, Mild Fruit Assorted Fruit	Breakfast Entree Whole Grain French Toast Sticks Assorted Cereal and Grahams Fruit Assorted Fruit	Breakfast Entree Turkey Sausage & Egg Biscuit Sandwich Low Fat Strawberry Banana Yogu Fruit Assorted Fruit Grains Assorted Muffins
09 Breakfast Entree Whole Grain Cereal Fruit Assorted Fruit Grains Apple Oatmeal Bar	10 Breakfast Entree Maple Turkey Sausage Pancake Wrap Yogurt & Granola Parfait Fruit Assorted Fruit	11 Breakfast Entree Turkey Ham & Cheese Breakfast Sandwich Assorted Muffins Fruit Assorted Fruit	12 Breakfast Entree Whole Grain French Toast Sticks Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit Grains Strawberry Nutrigrain Bar	1 Breakfast Entree Turkey Ham & Cheese on a Bage Whole Grain Bagel Fruit Assorted Fruit
16 Breakfast Entree Whole Grain Cereal Fruit Assorted Fruit Grains Soft Oatmeal Blueberry Bar	5 17 Breakfast Entree Whole Grain Pancakes Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit Grains Bug Bites	18 Breakfast Entree Breakfast Sandwich Whole Grain Bagel with Cream Cheese Fruit Assorted Fruit	19 Breakfast Entree Chocolate Chip Banana Bread Fruit Assorted Fruit	2 Breakfast Entree Egg & Cheese on WW Biscuit Low Fat Strawberry Banana Yogur Fruit Assorted Fruit Grains Assorted Muffins
23 Breakfast Entree Whole Grain Waffles Fruit Assorted Fruit	Breakfast Entree Breakfast Pizza Low Fat Strawberry Banana Yogurt Fruit Assorted Fruit Grains Bug Bites	25 Breakfast Entree Egg & Cheese Breakfast Quesadilla Whole Grain Bagel with Cream Cheese Vegetables Chunky Salsa, Mild Fruit Assorted Fruit	26 Breakfast Entree Whole Grain French Toast Sticks Assorted Cereal and Grahams Fruit Assorted Fruit	2 Breakfast Entree Turkey Sausage & Egg Biscuit Sandwich Low Fat Strawberry Banana Yogu Fruit Assorted Fruit Grains Assorted Muffins
30 Breakfast Entree Whole Grain Cereal Fruit Assorted Fruit Grains Apple Oatmeal Bar				

This institution is an equal opportunity provider. Menu subject to change.

September 2024

Washington Latin Lunch Menu

	T	T	1	
02	03	04	05	06
Lunch Entree	Lunch Entree	Lunch Entree	Lunch Entree	Lunch Entree
Pepperoni Pizza	Roasted Chicken	Jerk Chicken Drumstick	Beef Hamburger	Meaty Baked Penne
Cheese Pizza	Veggie Nuggets	Jerk Chick'n	Gardenburger [®] Veggie Burger	Cheesy Baked Pasta
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
California Mixed Vegetables	Mashed Potatoes	Sauteed Cabbage	Baked Beans	Steamed Broccoli
Seasoned/Roasted Carrots	Fruit	Fruit	Fruit	Fruit
Fruit	Fresh Orange	Fresh Orange	Assorted Fruit	Fresh Orange
Assorted Fruit	Grains	Grains		······································
	Mini Whole Grain Biscuit	Mac & Cheese, 1/2 cup (Gehl's)		
09	10	11	12	13
Lunch Entree	Lunch Entree	Lunch Entree	Lunch Entree	Lunch Entree
Cheese Pizza				
	French Toast Sticks & Eggs	Asian Chicken & Noodle Stir Fry with Cabbage and Broccoli	Deconstructed Hot Dog	Chicken & Andouille Jambalaya
Vegetables	Vegetables	Asian Chick'n & Noodle Stir Fry	Gardenburger® Veggie Burger	Vegetarian Jambalaya
Italian Herbed Roasted Zucchini & Tomatoes	Homefries	with Cabbage and Broccoli	Vegetables	Vegetables
Fruit	Fruit	Fruit	Baked Beans	Seasoned/Roasted Carrots
Fresh Orange	Assorted Fruit	Assorted Fruit	Fruit	Fruit
Fresh Orange			Assorted Fruit	Assorted Fruit
16	17	18	19	20
Lunch Entree	Lunch Entree	Lunch Entree	Lunch Entree	Lunch Entree
Pepperoni Pizza	Cheesy Baked Pasta	Chickpea Masala	Oven Fried Chicken	Korean Style Meatballs
Cheese Pizza	Vegetables	Vegetables	Honey Glazed Chick'n	Veggie Nuggets
Vegetables	Green Beans	Homestyle Potatoes (Homefries)	Vegetables	Vegetables
Seasoned/Roasted Carrots	Fruit	Collard Greens	Creamy Red Beans	Steamed Broccoli
Fruit	Assorted Fruit	Fruit	Fruit	
Assorted Fruit	Assorted Fluit	Assorted Fruit		Sauteed Cabbage
Assorted Fruit		Assorted Fruit Grains	Assorted Fruit Grains	Fruit
				Assorted Fruit
		Brown Rice	Cilantro Lime Brown Rice	Grains
-				Brown Rice
23	24	25	26	27
Lunch Entree	Lunch Entree	Lunch Entree	Lunch Entree	Lunch Entree
Pepperoni Pizza	Cheeseburger Macaroni & Cheese	Piri Piri Chicken	Beef Cheeseburger	BBQ Rub Chicken
Cheese Pizza	(Gehl's)	Lemon Chick'n	Gardenburger® Veggie Burger	Veggie Nuggets
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Honey Glazed Carrots	Mixed Vegetables	Fresh Roasted Broccoli with Garlic	Steamed Corn	Baked Beans
Fruit	Fruit	Fruit	Fruit	Fruit
Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
	Grains	Grains		Grains
	Mac & Cheese (Gehl's)	Jollof Rice		Mini Whole Grain Biscuit
		Whole Wheat Dinner Roll		
30			l.	
Lunch Entree				
Pepperoni Pizza				
Cheese Pizza				
Vegetables				
Honey Glazed Carrots				
Fruit				
Assorted Fruit				
	1			

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