# September Breakfast Menu

**WASHINGTON JESUIT ACADEMY**

What do the colors on the menu mean?

- **GREEN** = locally-sourced
- **BLUE** = international
- **ORANGE** = Fresh Feature Friday Winner!
- 🍎 = vegetarian entree

All grains served are whole grain rich

Student’s choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/28</td>
<td>8/29</td>
<td>8/30</td>
<td>8/31</td>
<td>1</td>
</tr>
<tr>
<td>nonfat yogurt</td>
<td>pumpkin spice bread</td>
<td>cinnamon chex cereal</td>
<td>turkey sausage patty</td>
<td>buttermilk pancakes</td>
</tr>
<tr>
<td>whole grain granola</td>
<td>cheese stick</td>
<td>graham crackers</td>
<td>veggie breakfast sausage patty</td>
<td>scrambled eggs</td>
</tr>
<tr>
<td>fresh orange</td>
<td>fresh peach</td>
<td>cheese stick</td>
<td>whole grain biscuit</td>
<td>turkey sausage links</td>
</tr>
<tr>
<td></td>
<td>100% orange juice</td>
<td>fresh peach</td>
<td>honey</td>
<td>veggie breakfast sausage</td>
</tr>
<tr>
<td></td>
<td></td>
<td>100% orange juice</td>
<td></td>
<td>butter</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>all-natural syrup</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>fresh cantaloupe</td>
</tr>
</tbody>
</table>

4 labor day

5

- banana bread
- cheese stick
- fresh peach
- 100% orange juice

6

- scrambled eggs
- turkey bacon
- veggie breakfast sausage patty
- whole grain toast
- jelly
- fresh watermelon

7

- peaches & cream oatmeal
- turkey bacon
- veggie breakfast sausage patty
- honey
- fresh apple

8

- apple pie parfait
- whole grain granola
- fresh cantaloupe

11

- frosted mini-wheats cereal
- cheese stick
- graham crackers
- fresh orange

12

- turkey bacon & egg bake
- scrambled eggs
- whole grain English muffin
- jelly & butter
- fresh peach
- 100% orange juice

13

- whole grain bagel
- light cream cheese
- jelly
- fresh watermelon

14

- apple spice oatmeal
- turkey sausage links
- veggie breakfast sausage patty
- honey
- fresh apple

15

- emoji waffles
- turkey waffles
- veggie breakfast sausage patty
- scrambled eggs
- butter
- all-natural syrup
- fresh cantaloupe

18

- whole grain bagel
- light cream cheese
- jelly
- fresh oranges

19

- scrambled eggs
- turkey sausage patty
- veggie breakfast sausage patty
- whole grain toast
- jelly & butter
- fresh peach
- 100% orange juice

20

- blueberry chex cereal
- graham crackers
- fresh watermelon

21

- egg & cheese breakfast burrito
- turkey sausage patty
- veggie breakfast sausage patty
- hot sauce
- fresh apple

22

- buttermilk pancakes
- scrambled eggs
- turkey bacon
- veggie breakfast sausage patty
- butter
- all-natural syrup
- fresh cantaloupe

25

- nonfat yogurt
- whole grain granola
- fresh orange

26

- pumpkin spice bread
- cheese stick
- fresh peach
- 100% orange juice

27

- cinnamon chex cereal
- graham crackers
- cheese stick
- fresh watermelon

28

- turkey sausage patty
- veggie breakfast sausage patty
- whole grain biscuit
- honey
- fresh apple

29

- buttermilk pancakes
- scrambled eggs
- turkey sausage links
- veggie breakfast sausage patty
- butter
- all-natural syrup
- fresh cantaloupe
# September Lunch Menu

**WASHINGTON JESUIT ACADEMY**

What do the colors on the menu mean?  
- **GREEN** = locally-sourced  
- **BLUE** = international  
- **ORANGE** = Fresh Feature Friday Winner!  
- = vegetarian entree  

All grains served are whole grain rich  
Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability  
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**GOT FOOD ALLERGIES? WE ARE HERE TO HELP!**

If you have a food allergy or other special dietary need, please submit a Dietary Accommodations Form to your school nurse. We are proud to serve all students safe, nutritious, and delicious meals, regardless of food allergies or other dietary needs.

Our meals are **always** free from peanuts, tree nuts, shellfish, and pork.

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<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>8/28</strong></td>
<td><strong>8/29</strong></td>
<td><strong>8/30</strong></td>
<td><strong>8/31</strong></td>
<td><strong>1</strong></td>
</tr>
</tbody>
</table>
| hot dog | crispy chicken tender | turkey meatballs & tomato sauce | beef & cheese nachos | sweet chili chicken 🔴*
| veggie burger | veggie chik'n nuggets | tofu bolognese | bean & cheese nachos 🔴 | sweet chili tofu 🔴*
| whole grain bun | cornbread muffin | whole grain spaghetti | white rice 🔴 | brown rice 🔴*
| bbq baked beans | sweet potato wedges | roasted cauliflower | steamed broccoli | steamed broccoli 🔴*
| roasted summer squash | ketchup | ketchup | glazed carrots | glazed carrots 🔴*
| ketchup & mustard | fresh peach | fresh watermelon | fresh apple slices | fresh apple slices 🔴*
| fresh peach | 100% orange juice | | | |

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<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td>no school</td>
<td>turkey &amp; bean chili</td>
<td>cheese pizza</td>
<td>cajun fish tacos</td>
<td>peruuvian chicken drum</td>
</tr>
</tbody>
</table>
| labor day | veg out chili | baby spinach salad | creamed corn | buffalo chicken drum 🔴*
| | whole grain tortilla chips | cucumber coins | tango cilantro-lime slaw | beef & cheese nachos 🔴*
| | steamed corn | italian dressing | baja cream sauce | black bean tacos 🔴*
| | red pepper strips | fresh apple slices | fresh cantaloupe | fresh apple slices 🔴*
| | ranch dressing | | | |
| | | | | |

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<tr>
<th>11</th>
<th>12</th>
<th>13</th>
<th>14</th>
<th>15</th>
</tr>
</thead>
</table>
| beef burger | chicken stir-fry | crispy fish sandwich | beef & cheese tacos | buffalo chicken drum 🔴*
| veggie burger | super sesame tofu | sunburnt & jelly sandwich | sofritas tofu tacos | buffalo veggie chik'n nuggets 🔴*
| whole grain bun | whole grain lo mein | sauteed green beans | white grain tortilla chips | mac & cheese 🔴*
| cucumber salad | steamed carrots | potato salad | chili black beans | whole grain waffles 🔴*
| baked potato wedges | asian kale slaw | hot sauce | tomato salsa | braised collard greens 🔴*
| ketchup & mustard | fresh watermelon | fresh apple slices | sour cream | sweet potato hash 🔴*
| fresh peach | | | | ketchup 🔴*
| 100% orange juice | | | | all-natural syrup 🔴*

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<tr>
<th>18</th>
<th>19</th>
<th>20</th>
<th>21</th>
<th>22</th>
</tr>
</thead>
<tbody>
<tr>
<td>turkey ham &amp; cheddar melt</td>
<td>pulled bbq chicken</td>
<td>pepperoni pizza</td>
<td>turkey sloppy joe</td>
<td>oven fried chicken drum</td>
</tr>
</tbody>
</table>
| grilled cheese | bbq tofu | cheese pizza | lentil sloppy joe | veggie chik'n nuggets 🔴*
| roasted carrots | whole grain bun | | | whole grain waffles 🔴*
| steamed green peas | black-eyed peas | | | braised collard greens 🔴*
| and corn | collard green salad | | | sweet potato hash 🔴*
| fresh peach | fresh watermelon | | | ketchup 🔴*
| 100% orange juice | | | | all-natural syrup 🔴*

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<table>
<thead>
<tr>
<th>23</th>
<th>24</th>
<th>25</th>
<th>26</th>
<th>27</th>
<th>28</th>
<th>29</th>
</tr>
</thead>
<tbody>
<tr>
<td>hot dog</td>
<td>crispy chicken tender</td>
<td>turkey meatballs &amp; sauce</td>
<td>beef &amp; cheese nachos</td>
<td>sweet chili chicken 🔴*</td>
<td>sweet chili chicken</td>
<td>sweet chili chicken</td>
</tr>
<tr>
<td>veggie burger</td>
<td>veggie chik'n nuggets</td>
<td>tofu bolognese</td>
<td>bean &amp; cheese nachos</td>
<td>sweet chili tofu 🔴*</td>
<td>sweet chili tofu</td>
<td>sweet chili tofu</td>
</tr>
</tbody>
</table>
| whole grain bun | cornbread muffin | whole grain spaghetti | southwest taco corn | brown rice 🔴* | brown rice | brown rice 🔴*
| bbq baked beans | sweet potato wedges | roasted cauliflower | tomato salsa | steamed broccoli | steamed broccoli | steamed broccoli 🔴*
| roasted summer squash | ketchup | ketchup | light sour cream | glazed carrots | glazed carrots | glazed carrots 🔴*
| ketchup & mustard | fresh peach | fresh watermelon | fresh cantaloupe | fresh apple slices | fresh apple slices | fresh apple slices 🔴*
| fresh peach | 100% orange juice | | | | | |
## September Supper Menu

### Washington Jesuit Academy

**What do the colors on the menu mean?**
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</tr>
</thead>
<tbody>
<tr>
<td>8/28</td>
<td>buffalo chicken wrap</td>
<td>tuna salad on whole grain bread</td>
<td>herb roasted chicken tender</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>cucumber coins</td>
<td>lemon parmesan kale</td>
<td>brown rice</td>
<td>no supper</td>
</tr>
<tr>
<td></td>
<td>ranch dressing</td>
<td>fresh apple</td>
<td>sauteed green beans</td>
<td></td>
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<tr>
<td></td>
<td>fresh cantaloupe</td>
<td></td>
<td>chilled applesauce</td>
<td></td>
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<tr>
<td>4</td>
<td>no school</td>
<td>turkey ham &amp; cheddar melt</td>
<td>cheesy mexican bean dip</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>labor day</td>
<td>baby carrots</td>
<td>chicken patty sandwich</td>
<td>no supper</td>
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<tr>
<td></td>
<td></td>
<td>Italian dressing</td>
<td>local lettuce salad</td>
<td></td>
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<td></td>
<td></td>
<td>fresh apple</td>
<td>ranch dressing</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>ketchup &amp; mustard</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>honey mustard dressing</td>
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<td></td>
<td></td>
<td></td>
<td>fresh orange wedges</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>cumin lime chicken wrap</td>
<td>grilled cheese sandwich</td>
<td>jamaican jerk chicken</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td>diced tomatoes</td>
<td>cucumber coins</td>
<td>yellow rice</td>
<td>no supper</td>
</tr>
<tr>
<td></td>
<td>shredded lettuce</td>
<td>balsamic dressing</td>
<td>sauteed cabbage</td>
<td></td>
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<tr>
<td></td>
<td>low fat sour cream</td>
<td>fresh apple</td>
<td>chilled applesauce</td>
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<td></td>
<td>fresh cantaloupe</td>
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<tr>
<td>18</td>
<td>turkey meatball sub</td>
<td>curried chicken salad on a bun</td>
<td>cheeseburger on a whole grain</td>
<td>21</td>
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<tr>
<td></td>
<td>baby carrots</td>
<td>asian kale slaw</td>
<td>bun</td>
<td>no supper</td>
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<td></td>
<td>ranch dressing</td>
<td>fresh apple</td>
<td>celery sticks</td>
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<td></td>
<td>fresh cantaloupe</td>
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<td>ketchup &amp; mustard</td>
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<tr>
<td>25</td>
<td>buffalo chicken wrap</td>
<td>tuna salad on a whole grain bread</td>
<td>teriyaki chicken</td>
<td>22</td>
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<tr>
<td></td>
<td>cucumber coins</td>
<td>lemon parmesan kale</td>
<td>whole grain lo mein</td>
<td>no supper</td>
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<tr>
<td></td>
<td>ranch dressing</td>
<td>fresh apple</td>
<td>steamed broccoli</td>
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<td></td>
<td>fresh cantaloupe</td>
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<td>fresh orange wedges</td>
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<td>26</td>
<td>herb roasted chicken tender</td>
<td></td>
<td>cheese pizza</td>
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<td></td>
<td>brown rice</td>
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<td>steamed broccoli</td>
<td>no supper</td>
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<td>sauteed green beans</td>
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