Social Justice
DC Kitchen

Aug 30 -> Oct 03

Monday Aug 31	Tuesday Sep 1	Wednesday Sep 2	Thursday Sep 3	Friday Sep 4
Mains: Whole Grain O's Cereal Sides: Apples 1% Low-fat Milk Skim Milk Milk, Soy Plain	Mains: WG Mini Bagel Cream Cheese Sides: Banana Skim Milk 1% Low-fat Milk Milk, Soy Plain	Mains: Chocolate Chip Bread Sides: Clementine 1% Low-fat Milk Skim Milk Milk, Soy Plain	Mains: Strawberry Yogurt Parfait Sides: Apples 1% Low-fat Milk Skim Milk Milk, Soy Plain	Mains: Lemon Blueberry Bread Sides: Banana 1% Low-fat Milk Skim Milk Milk, Soy Plain
Monday Sep 7 No service	**Tuesday Sep 8**	**Wednesday Sep 9**	**Thursday Sep 10**	**Friday Sep 11**
	Mains: Whole Grain O's Cereal Sides: Apples 1% Low-fat Milk Skim Milk Milk, Soy Plain	Mains: WG Mini Bagel Cream Cheese Sides: Clementine 1% Low-fat Milk Skim Milk Milk, Soy Plain	Mains: Strawberry Yogurt Parfait Sides: Plums 1% Low-fat Milk Skim Milk Milk, Soy Plain	Mains: Carrot Bread Sides: Whole Pear 1% Low-fat Milk Skim Milk Milk, Soy Plain
Monday Sep 14	**Tuesday Sep 15**	**Wednesday Sep 16**	**Thursday Sep 17**	**Friday Sep 18**
Mains: Chex Cereal Sides: Clementine 1% Low-fat Milk Skim Milk Milk, Soy Plain	Mains: Toasted English Muffin w/ Butter w/ Jelly Sides: Apples 1% Low-fat Milk Skim Milk Milk, Soy Plain	Mains: WG Blueberry Muffins Sides: Banana 1% Low-fat Milk Skim Milk Milk, Soy Plain	Mains: Cinnamon Yogurt Parfait Sides: Pineapple 1% Low-fat Milk Skim Milk Milk, Soy Plain	Mains: WG Chocolate Chip Muffins Sides: Honeydew 1% Low-fat Milk Skim Milk Milk, Soy Plain
Monday Sep 21	**Tuesday Sep 22**	**Wednesday Sep 23**	**Thursday Sep 24**	**Friday Sep 25**
Mains: Whole Grain O's Cereal Sides: Apples 1% Low-fat Milk Skim Milk Milk, Soy Plain	Mains: Lemon Berry Yogurt Parfait Sides: Whole Pear 1% Low-fat Milk Skim Milk Milk, Soy Plain	Mains: WG Mini Bagel w/ Butter Sides: Cut Orange Wedges 1% Low-fat Milk Skim Milk Milk, Soy Plain	Mains: Turkey Sausage Breakfast Muffins Sides: Honeydew 1% Low-fat Milk Skim Milk Milk, Soy Plain	Mains: Toasted English Muffin w/ Jelly Sides: Plums 1% Low-fat Milk Skim Milk Milk, Soy Plain
Monday Sep 28	**Tuesday Sep 29**	**Wednesday Sep 30**	**Thursday Oct 1**	**Friday Oct 2**
Mains: Chex Cereal Sides: Plums 1% Low-fat Milk Skim Milk Milk, Soy Plain	Mains: WG Mini Bagel Cream Cheese Sides: Clementine 1% Low-fat Milk Skim Milk Milk, Soy Plain	Mains: Strawberry Chocolate Yogurt Parfait Sides: Cantaloupe 1% Low-fat Milk Skim Milk Milk, Soy Plain	Sides: Clementine 1% Low-fat Milk Skim Milk Milk, Soy Plain	Sides: Apples 1% Low-fat Milk Skim Milk Milk, Soy Plain

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Aug 30 ->Oct 03

Monday Aug 31	Tuesday Sep 1	Wednesday Sep 2	Thursday Sep 3	Friday Sep 4
Mains: Cheese Pizza w/ Mozzarella Vegan Cheese Pizza Sides: Roasted Broccoli Roasted Cherry Tomatoes Whole Pear 1% Low-fat Milk Skim Milk Milk, Soy Plain	Mains: Jerk Chicken Rice & Peas Jerk Tofu (VG) Sides: Sauteed Cabbage Sauteed Shredded Carrots Pineapple 1% Low-fat Milk Skim Milk Milk, Soy Plain	Mains: Creamy Lemon Pasta Sides: Sauteed Green Beans Roasted Peppers Honeydew Skim Milk 1% Low-fat Milk Milk, Soy Plain	Mains: Picadillo Beef Yellow Rice Sofritas Tofu Sides: Stewed Beans Pico de Gallo Cantaloupe Skim Milk 1% Low-fat Milk Milk, Soy Plain	Mains: BBQ Chicken Baked Macaroni & Cheese BBQ Tofu (VG) Sides: Roasted Carrots Sauteed Green Beans Pineapple Skim Milk 1% Low-fat Milk Milk, Soy Plain
Monday Sep 7 No service	**Tuesday Sep 8** Mains: Creamy Tomato Pasta Sides: Sauteed Green Beans Cherry Tomatoes Whole Pear Skim Milk 1% Low-fat Milk Milk, Soy Plain	**Wednesday Sep 9** Mains: Baked Chicken w/ Gravy Dinner Rolls Baked Tofu w/ Gravy Sides: Mashed Potatoes Green Peas Cantaloupe 1% Low-fat Milk Skim Milk Milk, Soy Plain	**Thursday Sep 10** Mains: Beef Tacos Soft Flour Tortilla Cheese Taco Sides: Bean Salsa Steamed Corn Cut Orange Wedges 1% Low-fat Milk Skim Milk Milk, Soy Plain	**Friday Sep 11** Mains: Chicken Salad Slider Garden Salad Sides: Tomato Citrus Salad Spring Mix Salad WG Croutons Pineapple 1% Low-fat Milk Skim Milk Milk, Soy Plain
Monday Sep 14 Mains: Cajun Pasta Sides: Green Peas Roasted Peppers & Onions Whole Pear Skim Milk 1% Low-fat Milk Milk, Soy Plain	**Tuesday Sep 15** Mains: Honey Old Bay Chicken Yellow Rice Honey Old Bay Tofu Sides: Cauliflower Florets Roasted Broccoli w/ Roasted Red Peppers Pineapple 1% Low-fat Milk Skim Milk Milk, Soy Plain	**Wednesday Sep 16** Mains: Turkey Gyro w/ WW Pita Chickpea Gyro Sides: Cucumber & Tomato Salad Roasted Potatoes Tzatziki Cut Orange Wedges 1% Low-fat Milk Skim Milk Milk, Soy Plain	**Thursday Sep 17** Mains: Curry Chicken Rice & Peas Curry Chickpeas w/ Tofu Sides: Red Beans Sauteed Green Beans Apples 1% Low-fat Milk Skim Milk Milk, Soy Plain	**Friday Sep 18** Mains: Garden Salad Shredded Cheddar WG Croutons Sides: Spring Mix Salad Sauteed Tomatoes & Onions Ranch Plums 1% Low-fat Milk Skim Milk Milk, Soy Plain
Monday Sep 21 Mains: Chipotle Beef Tacos Soft Flour Tortilla Bean Quesadilla Sides: Refried Beans Corn Salsa Clementine 1% Low-fat Milk Skim Milk Milk, Soy Plain	**Tuesday Sep 22** Mains: Suya Chicken Jollof Rice Suya Chicken (VG) Sides: Green Beans Sauteed Tomatoes & Onions Pineapple 1% Low-fat Milk Skim Milk Milk, Soy Plain	**Wednesday Sep 23** Mains: Tuna Salad Sandwich Chickpea Salad Sides: Cucumber & Tomato Salad Spring Mix Salad Cantaloupe 1% Low-fat Milk Skim Milk Milk, Soy Plain	**Thursday Sep 24** Mains: Turkey Chili Brown Rice Three Bean Chili Sides: Red Kidney Beans Corn, on the cob Apples 1% Low-fat Milk Skim Milk Milk, Soy Plain	**Friday Sep 25** Mains: Cheese Pizza w/ Mozzarella Sides: Sweet Potatoes Home Fries Whole Pear 1% Low-fat Milk Skim Milk Milk, Soy Plain
Monday Sep 28 Mains: Creamy Alfredo Pasta Pasta w/ Marinara Sauce Sides: Roasted Cherry Tomatoes Sauteed Green Beans Apples Skim Milk 1% Low-fat Milk Milk, Soy Plain	**Tuesday Sep 29** Mains: Chicken w/ Mambo Sauce Fried Rice Tofu w/ Mambo Sauce (VG) Sides: Green Peas Carrot Fries Whole Pear Skim Milk 1% Low-fat Milk Milk, Soy Plain	**Wednesday Sep 30** Mains: BBQ Meatloaf Dinner Rolls BBQ Veggie Patties Sides: Green Beans Mashed Potatoes Apples Skim Milk 1% Low-fat Milk Milk, Soy Plain	**Thursday Oct 1** Sides: Cantaloupe Skim Milk 1% Low-fat Milk Milk, Soy Plain	**Friday Oct 2** Sides: Cut Orange Wedges Skim Milk 1% Low-fat Milk Milk, Soy Plain

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