

**July 2010 2010 Summer Menu**  
**Washington Jesuit Academy**  
900 Varnum St, NW  
Washington, DC 20009

Lunch Menu  
6, 7,8<sup>th</sup> graders

7/01/10-7/30/10

Monday	Tuesday	Wednesday	Thursday	Friday
			01 8oz 2%Milk or skim milk 4oz baked chicken 3oz Caesar salad 2oz whole grain roll Seasonal fruit	02 8oz 2%Milk or skim milk 1cup garlic shrimp 1cup couscous 1cup roasted veg 4oz lemonade
06 8oz 2%Milk or skim milk 4oz jerk wings 1 whole wheat tortilla 1 cup salsa 1 Lime slice 1 Seasonal fruit	07 8oz 2%Milk or skim milk 4oz lasagna 1cup steamed broccoli Half cup brown rice 1 Seasonal fruit	8 8oz 2%Milk or skim milk 4oz baked chicken 3oz Greek salad 2oz whole grain roll 1 Seasonal fruit	9 8oz 2%Milk or skim milk 4oz roast beef sandwiches, lettuce, tomato 2oz local chips 4oz lemonade 1 Seasonal fruit 1 cupcake <b>LUNCH GOES OUT WITH BFAST</b>	06 8oz 2%Milk or skim milk 4oz jerk wings 1 whole wheat tortilla 1 cup salsa 1 Lime slice 1 Seasonal fruit
12 8oz 2%Milk or skim milk 4oz seared herb chicken breast 2oz sweet potatoes 2oz string beans 4oz lemonade 1 Cup Cake	13 8oz 2%Milk or skim milk 4oz local fish tacos 1oz sautéed squash 1cup lemon herb rice	14 8oz 2%Milk or skim milk 4oz Hot dog 1cup 3oz potato salad 1cup French fries	15 8oz 2%Milk or skim milk <b>BBQ ITEMS</b> <b>Kitchen orders only, faculty prepares it.</b>	16 8oz 2%Milk or skim milk 1personal pizza 3oz garlic broccoli 1hand fruit from salad bar 4oz lemonade
19 8oz 2%Milk or skim milk 4oz seared chicken 3oz tomato mozzarella salad 1 slice fruit 4oz lemonade 1 Cup Cake	20 8oz 2%Milk or skim milk 4oz salmon 3oz wheat berries 2oz sautéed spinach	21 8oz 2%Milk or skim milk 4oz sausage paella 2oz garlic spinach 1oz roll 4oz lemonade	22 8oz 2%Milk or skim milk 4oz baked chicken 3oz Cobb salad 2oz whole grain roll	23 8oz 2%Milk or skim milk 4oz pasta with marinara 1cup garlic broccoli 1 whole grain roll
<b>26</b> <b>No School</b>	<b>27</b> <b>No School</b>	<b>28</b> <b>No School</b>	<b>29</b> <b>No School</b>	<b>30</b> <b>No School</b>

Daily fruit and salad bar provided. Water provided by NSPC. Please keep in mind that the menu is subject to change and that we will be serving fruit and vegetables of the season.

**July 2010 *2010 Summer Menu***  
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Washington, DC 20009

Breakfast Menu  
6, 7,8<sup>th</sup> graders

7/01/10-7/30/10

Monday	Tuesday	Wednesday	Thursday	Friday
			01 8oz 2%Milk or skim milk 1cup orange juice Yogurt parfait 1 Seasonal fruit	02 8oz 2%Milk or skim milk 1cup orange juice 1 whole wheat pancake, 3oz 1 turkey sausage 1 Seasonal fruit
05 No School	06 8oz 2%Milk or skim milk 1 cereal 1cup orange juice 1 Seasonal fruit	07 8oz 2%Milk or skim milk 1cup orange juice 4oz farm eggs scramble 1oz bacon 1 Seasonal fruit	8 8oz 2%Milk or skim milk 1cup orange juice Yogurt parfait 1 Seasonal fruit	9 8oz 2%Milk or skim milk 1cup orange juice 1 whole wheat pancake, 3oz 1 turkey sausage 1 Seasonal fruit
12 8oz 2%Milk or skim milk 1cup orange juice 1 breakfast burrito 2oz salsa 1 Seasonal fruit	13 8oz 2%Milk or skim milk 1 cereal 1cup orange juice 1 Seasonal fruit	14 8oz 2%Milk or skim milk 1cup orange juice 4oz farm eggs scramble 1oz bacon Fruit Bar	15 8oz 2%Milk or skim milk 1cup orange juice Yogurt parfait 1 Seasonal fruit	16 8oz 2%Milk or skim milk 1cup orange juice 1 whole wheat pancake, 3oz 1 turkey sausage 1 Seasonal fruit
19 8oz 2%Milk or skim milk 1cup orange juice 1 breakfast burrito 2oz salsa 1 Seasonal fruit	20 8oz 2%Milk or skim milk 1 cereal 1cup orange juice 1 Seasonal fruit	21 8oz 2%Milk or skim milk 1cup orange juice 4oz farm eggs scramble 1oz bacon 1 Seasonal fruit	22 8oz 2%Milk or skim milk 1cup orange juice Yogurt parfait 1 Seasonal fruit	23 8oz 2%Milk or skim milk 1cup orange juice 1 whole wheat pancake, 3oz 1 turkey sausage 1 Seasonal fruit
26 No School	27 No School	28 No School	29 No School	30 No School

Please keep in mind that the menu is subject to change and that we will be serving fruit and vegetables of the season.