# September Breakfast Menu

**DC Public Schools**

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

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

This institution is an equal opportunity provider.

## Breakfast Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>31</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>multi-grain frosted flakes cereal</td>
<td>parfait day</td>
<td>whole grain banana muffin</td>
<td>whole wheat english muffin</td>
<td>whole grain cinnamon chex cereal</td>
</tr>
<tr>
<td>low fat cheese stick</td>
<td>strawberry yogurt</td>
<td>whole grain blueberry muffin</td>
<td>sunbutter cup</td>
<td>whole wheat graham crackers</td>
</tr>
<tr>
<td>fresh orange</td>
<td>whole grain granola</td>
<td>low fat cheese stick</td>
<td>fresh watermelon</td>
<td>fresh cantaloupe wedge</td>
</tr>
<tr>
<td>fresh banana</td>
<td>fresh banana</td>
<td>strawberry jelly</td>
<td>fresh watermelon</td>
<td>fresh apple</td>
</tr>
<tr>
<td>fresh strawberries</td>
<td>fresh strawberries</td>
<td>fresh orange</td>
<td>fresh watermelon</td>
<td>fresh apple</td>
</tr>
</tbody>
</table>

## Special Occasions

- Labour Day: No School
  - 7

- Parfait Day:
  - 8 parfait day
  - 15 parfait day

- Student’s Choice of Skim or 1% Milk
  - 31

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**LAUNCH YOUR DAY WITH BREAKFAST!**

Wake up and fuel up to help your day take off!
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| 31 build your own pizza  
- shredded mozzarella cheese with turkey pepperoni  
- whole grain flatbread  
- tomato sauce  
- green leaf salad with caesar dressing  
- fresh peach  
| 1 chicken salad on a whole wheat bun  
- cucumber coins with italian dressing  
- fresh watermelon  
| 2 tuna salad with whole grain crackers  
- Italian pasta salad with whole grain rotini, cucumber and tomato  
- white bean & tomato salad  
- fresh apple  
| 3 buffalo chicken wrap in a whole wheat tortilla with romaine lettuce  
- baby carrots with ranch dressing  
- fresh cantaloupe wedge  
| 4 turkey & cheddar on a whole wheat bun  
- light mayonnaise & mustard  
- potato salad  
- fresh orange wedges  |
| 7 labor day  
no school  
| 8 taco tuesday  
- cumin lime chicken  
- shredded cheddar cheese  
- whole wheat tortilla  
- tortilla chips  
- shredded lettuce  
- tomato salsa  
- low fat sour cream  
- fresh watermelon  
| 9 tuna & macaroni salad  
- whole grain cornbread muffin  
- corn & red pepper salad  
- fresh apple  
| 10 grilled chicken caesar wrap in a whole wheat tortilla with romaine lettuce  
- cauliflower florets with caesar dressing  
- fresh cantaloupe wedge  
| 11 turkey ham & cheddar on a whole wheat bun  
- light mayonnaise & mustard  
- fresh orange wedges  |
| 14 build your own pizza  
- shredded mozzarella cheese with turkey pepperoni  
- whole grain flatbread  
- tomato sauce  
- green leaf salad with caesar dressing  
- fresh peach  
| 15 chicken salad on a whole wheat bun  
- cucumber coins with italian dressing  
- fresh watermelon  
| 16 tuna salad with whole grain crackers  
- Italian pasta salad with whole grain rotini, cucumber and tomato  
- white bean & tomato salad  
- fresh apple  
| 17 buffalo chicken wrap in a whole wheat tortilla with romaine lettuce  
- baby carrots with ranch dressing  
- fresh cantaloupe wedge  
| 18 turkey & cheddar on a whole wheat bun  
- light mayonnaise & mustard  
- potato salad  
- fresh orange wedges  |
| 21 curried chicken salad on a whole grain flatbread  
- light mayonnaise  
- kale salad with red peppers  
- fresh peach  
| 22 taco tuesday  
- cumin lime chicken  
- shredded cheddar cheese  
- whole wheat tortilla  
- tortilla chips  
- shredded lettuce  
- tomato salsa  
- low fat sour cream  
- fresh watermelon  
| 23 tuna & macaroni salad  
- whole grain cornbread muffin  
- corn salad  
- fresh apple  
| 24 grilled chicken caesar wrap in a whole wheat tortilla with romaine lettuce  
- cauliflower florets with caesar dressing  
- fresh cantaloupe wedge  
| 25 turkey ham & cheddar on a whole wheat bun  
- light mayonnaise & mustard  
- fresh orange wedges  |
| 28 build your own pizza  
- shredded mozzarella cheese with turkey pepperoni  
- whole grain flatbread  
- tomato sauce  
- green leaf salad with caesar dressing  
- fresh peach  
| 29 chicken salad on a whole wheat bun  
- cucumber coins with italian dressing  
- fresh watermelon  
| 30 tuna salad with whole grain crackers  
- Italian pasta salad with whole grain rotini, cucumber and tomato  
- white bean & tomato salad  
- fresh apple  
| 1 buffalo chicken wrap in a whole wheat tortilla with romaine lettuce  
- baby carrots with ranch dressing  
- fresh cantaloupe wedge  
| 2 turkey & cheddar on a whole wheat bun  
- light mayonnaise & mustard  
- potato salad  
- fresh orange wedges  |

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

**Additional fruits and vegetables available upon request.**

This institution is an equal opportunity provider.

**WELCOME BACK!**

Although this school year doesn’t look the same as in the past, we are still here to provide you with delicious, healthy and safe meals to get you through your day.

Meals will be available for all students every weekday from 10 am—2 pm.

For other food resources, visit: http://coronavirus.dc.gov/food
September
Vegetarian
Lunch Menu
DC PUBLIC SCHOOLS

What do the colors on the menu mean?
GREEN = locally-sourced
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V = vegetarian  VE = vegan

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

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### Lunch Menu

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| 31 build your own pizza  
- shredded mozzarella cheese V  
- whole grain flatbread V  
- tomato sauce VE  
- green leaf salad with caesar dressing V  
- fresh peach VE | 1 egg salad on a whole wheat bun V  
- cucumber coins with italian dressing VE  
- fresh watermelon VE | 2 cheddar cheese with whole grain crackers V  
- Italian pasta salad with whole grain rotini, cucumber and tomato VE  
- white bean & tomato salad VE  
- fresh apple VE | 3 buffalo veggie chik’n wrap in a whole wheat tortilla with romaine lettuce V  
- baby carrots with ranch dressing V  
- fresh cantaloupe wedge VE | 4 sunbutter & jelly on whole wheat bread VE  
- potato salad V  
- fresh orange wedges VE |

| 7 labor day  
no school | 8 | 9 | 10 | 11 |
|-----------|---|---|---|----|
| | cheesy mexican bean dip V  
- whole grain corn tortilla chips VE  
- shredded lettuce VE  
- tomato salsa VE  
- low fat sour cream V  
- fresh watermelon VE | egg salad on a whole wheat bun V  
- corn & red pepper salad VE  
- fresh apple VE | egg salad on a whole wheat bun V  
- corn & whole wheat pasta with whole grain rotini, cucumber and tomato VE  
- white bean & tomato salad VE  
- fresh apple VE | veggie chik’n wrap in a whole wheat tortilla with romaine lettuce V  
- cauliflower florets with caesar dressing V  
- fresh cantaloupe wedge VE | sunbutter & jelly on whole wheat bread VE  
- jazzy black eyed peas VE  
- fresh orange wedges VE |

| 14 build your own pizza  
- shredded mozzarella cheese V  
- whole grain flatbread V  
- tomato sauce VE  
- green leaf salad with caesar dressing V  
- fresh peach VE | 15 | 16 | 17 | 18 |
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</tbody>
</table>
| 21 build your own pizza  
- shredded mozzarella cheese V  
- whole grain flatbread V  
- tomato sauce VE  
- kale salad with red peppers  
- fresh peach | 22 | 23 | 24 | 25 |
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| 28 build your own pizza  
- shredded mozzarella cheese V  
- whole grain flatbread V  
- tomato sauce VE  
- green leaf salad with caesar dressing V  
- fresh peach VE | 29 | 30 | 1 | 2 |
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