



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.



LAUNCH YOUR DAY WITH BREAKFAST!

Wake up and fuel up to help your day take off!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 <ul style="list-style-type: none"> multi-grain frosted flakes cereal low fat cheese stick fresh orange 	1 parfait day <ul style="list-style-type: none"> strawberry yogurt whole grain granola fresh banana fresh strawberries 	2 <ul style="list-style-type: none"> whole grain banana muffin fresh watermelon 	3 <ul style="list-style-type: none"> whole wheat english muffin sunbutter cup fresh apple 	4 <ul style="list-style-type: none"> whole grain cinnamon chex cereal whole wheat graham crackers fresh cantaloupe wedge
7 labor day no school	8 <ul style="list-style-type: none"> strawberry banana yogurt whole grain apple oatmeal bar fresh peach 100% grape juice 	9 <ul style="list-style-type: none"> whole grain blueberry muffin low fat cheese stick fresh watermelon 	10 <ul style="list-style-type: none"> whole wheat bagel low fat cream cheese butter strawberry jelly fresh apple 	11 <ul style="list-style-type: none"> whole grain frosted mini wheats cereal low fat cheese stick fresh cantaloupe wedge
14 <ul style="list-style-type: none"> whole grain cheerios cereal low fat cheese stick fresh orange 	15 parfait day <ul style="list-style-type: none"> vanilla yogurt whole grain granola fresh banana fresh strawberries 	16 <ul style="list-style-type: none"> whole grain apple cinnamon muffin fresh watermelon 	17 <ul style="list-style-type: none"> whole wheat english muffin sunbutter cup fresh apple 	18 <ul style="list-style-type: none"> multi-grain cinnamon flakes cereal whole wheat graham crackers fresh cantaloupe wedge
21 <ul style="list-style-type: none"> whole grain frosted mini wheats cereal whole wheat graham crackers fresh orange 	22 <ul style="list-style-type: none"> raspberry yogurt whole grain strawberry oatmeal bar fresh peach 100% grape juice 	23 <ul style="list-style-type: none"> whole grain blueberry muffin low fat cheese stick fresh watermelon 	24 <ul style="list-style-type: none"> whole wheat bagel low fat cream cheese butter grape jelly fresh apple 	25 <ul style="list-style-type: none"> whole grain golden grahams cereal low fat cheese stick fresh cantaloupe wedge
28 <ul style="list-style-type: none"> multi-grain frosted flakes cereal low fat cheese stick fresh orange 	29 parfait day <ul style="list-style-type: none"> vanilla yogurt whole grain granola fresh banana fresh strawberries 	30 <ul style="list-style-type: none"> whole grain banana muffin fresh watermelon 	1 <ul style="list-style-type: none"> whole wheat english muffin sunbutter cup fresh apple 	2 <ul style="list-style-type: none"> whole grain cinnamon chex cereal whole wheat graham crackers fresh cantaloupe wedge



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31 build your own pizza</p> <ul style="list-style-type: none"> shredded mozzarella cheese with turkey pepperoni whole grain flatbread tomato sauce green leaf salad with caesar dressing fresh peach 	<p>1</p> <ul style="list-style-type: none"> chicken salad on a whole wheat bun cucumber coins with italian dressing fresh watermelon 	<p>2</p> <ul style="list-style-type: none"> tuna salad with whole grain crackers italian pasta salad with whole grain rotini, cucumber and tomato white bean & tomato salad fresh apple 	<p>3</p> <ul style="list-style-type: none"> buffalo chicken wrap in a whole wheat tortilla with romaine lettuce baby carrots with ranch dressing fresh cantaloupe wedge 	<p>4</p> <ul style="list-style-type: none"> turkey & cheddar on a whole wheat bun light mayonnaise & mustard potato salad fresh orange wedges
<p>7</p> <p>labor day</p> <p>no school</p>	<p>8 taco tuesday</p> <ul style="list-style-type: none"> cumin lime chicken shredded cheddar cheese whole wheat tortilla tortilla chips shredded lettuce tomato salsa low fat sour cream fresh watermelon 	<p>9</p> <ul style="list-style-type: none"> tuna & macaroni salad whole grain cornbread muffin corn & red pepper salad fresh apple 	<p>10</p> <ul style="list-style-type: none"> grilled chicken caesar wrap in a whole wheat tortilla with romaine lettuce cauliflower florets with caesar dressing fresh cantaloupe wedge 	<p>11</p> <ul style="list-style-type: none"> turkey ham & cheddar on a whole wheat bun light mayonnaise & mustard jazzy black eyed peas fresh orange wedges
<p>14 build your own pizza</p> <ul style="list-style-type: none"> shredded mozzarella cheese with turkey pepperoni whole grain flatbread tomato sauce green leaf salad with caesar dressing fresh peach 	<p>15</p> <ul style="list-style-type: none"> chicken salad on a whole wheat bun cucumber coins with italian dressing fresh watermelon 	<p>16</p> <ul style="list-style-type: none"> tuna salad with whole grain crackers italian pasta salad with whole grain rotini, cucumber and tomato white bean & tomato salad fresh apple 	<p>17</p> <ul style="list-style-type: none"> buffalo chicken wrap in a whole wheat tortilla with romaine lettuce baby carrots with ranch dressing fresh cantaloupe wedge 	<p>18</p> <ul style="list-style-type: none"> turkey & cheddar on a whole wheat bun light mayonnaise & mustard potato salad fresh orange wedges
<p>21</p> <ul style="list-style-type: none"> curried chicken salad on a whole grain flatbread light mayonnaise kale salad with red peppers fresh peach 	<p>22 taco tuesday</p> <ul style="list-style-type: none"> cumin lime chicken shredded cheddar cheese whole wheat tortilla tortilla chips shredded lettuce tomato salsa low fat sour cream fresh watermelon 	<p>23</p> <ul style="list-style-type: none"> tuna & macaroni salad whole grain cornbread muffin corn salad fresh apple 	<p>24</p> <ul style="list-style-type: none"> grilled chicken caesar wrap in a whole wheat tortilla with romaine lettuce cauliflower florets with caesar dressing fresh cantaloupe wedge 	<p>25</p> <ul style="list-style-type: none"> turkey ham & cheddar on a whole wheat bun light mayonnaise & mustard jazzy black eyed peas fresh orange wedges
<p>28 build your own pizza</p> <ul style="list-style-type: none"> shredded mozzarella cheese with turkey pepperoni whole grain flatbread tomato sauce green leaf salad with caesar dressing fresh peach 	<p>29</p> <ul style="list-style-type: none"> chicken salad on a whole wheat bun cucumber coins with italian dressing fresh watermelon 	<p>30</p> <ul style="list-style-type: none"> tuna salad with whole grain crackers italian pasta salad with whole grain rotini, cucumber and tomato white bean & tomato salad fresh apple 	<p>1</p> <ul style="list-style-type: none"> buffalo chicken wrap in a whole wheat tortilla with romaine lettuce baby carrots with ranch dressing fresh cantaloupe wedge 	<p>2</p> <ul style="list-style-type: none"> turkey & cheddar on a whole wheat bun light mayonnaise & mustard potato salad fresh orange wedges



September Vegetarian Lunch Menu

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GREEN = locally-sourced

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Friday Winner!

V = vegetarian **VE** = vegan

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<p>31 build your own pizza</p> <ul style="list-style-type: none"> shredded mozzarella cheese V whole grain flatbread V tomato sauce VE green leaf salad with caesar dressing V fresh peach VE 	<p>1</p> <ul style="list-style-type: none"> egg salad on a whole wheat bun V cucumber coins with italian dressing VE fresh watermelon VE 	<p>2</p> <ul style="list-style-type: none"> 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 	<p>3</p> <ul style="list-style-type: none"> buffalo veggie chik'n wrap in a whole wheat tortilla with romaine lettuce V baby carrots with ranch dressing V fresh cantaloupe wedge VE 	<p>4</p> <ul style="list-style-type: none"> sunbutter & jelly on whole wheat bread VE potato salad V fresh orange wedges VE
<p>7</p> <p>labor day</p> <p>no school</p>	<p>8</p> <ul style="list-style-type: none"> 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 	<p>9</p> <ul style="list-style-type: none"> egg salad on a whole wheat bun V corn & red pepper salad VE fresh apple VE 	<p>10</p> <ul style="list-style-type: none"> veggie chik'n caesar wrap in a whole wheat tortilla with romaine lettuce V cauliflower florets with caesar dressing V fresh cantaloupe wedge VE 	<p>11</p> <ul style="list-style-type: none"> sunbutter & jelly on whole wheat bread VE jazzy black eyed peas VE fresh orange wedges VE
<p>14 build your own pizza</p> <ul style="list-style-type: none"> shredded mozzarella cheese V whole grain flatbread V tomato sauce VE green leaf salad with caesar dressing V fresh peach VE 	<p>15</p> <ul style="list-style-type: none"> egg salad on a whole wheat bun V cucumber coins with italian dressing VE fresh watermelon VE 	<p>16</p> <ul style="list-style-type: none"> 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 	<p>17</p> <ul style="list-style-type: none"> buffalo veggie chik'n wrap in a whole wheat tortilla with romaine lettuce V baby carrots with ranch dressing V fresh cantaloupe wedge VE 	<p>18</p> <ul style="list-style-type: none"> sunbutter & jelly on whole wheat bread VE potato salad V fresh orange wedges VE
<p>21 build your own pizza</p> <ul style="list-style-type: none"> shredded mozzarella cheese V whole grain flatbread V tomato sauce VE kale salad with red peppers fresh peach 	<p>22</p> <ul style="list-style-type: none"> 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 	<p>23</p> <ul style="list-style-type: none"> egg salad on a whole wheat bun V corn salad VE fresh apple VE 	<p>24</p> <ul style="list-style-type: none"> veggie chik'n caesar wrap in a whole wheat tortilla with romaine lettuce V cauliflower florets with caesar dressing V fresh cantaloupe wedge VE 	<p>25</p> <ul style="list-style-type: none"> sunbutter & jelly on whole wheat bread VE jazzy black eyed peas VE fresh orange wedges VE
<p>28 build your own pizza</p> <ul style="list-style-type: none"> shredded mozzarella cheese V whole grain flatbread V tomato sauce VE green leaf salad with caesar dressing V fresh peach VE 	<p>29</p> <ul style="list-style-type: none"> egg salad on a whole wheat bun V cucumber coins with italian dressing VE fresh watermelon VE 	<p>30</p> <ul style="list-style-type: none"> 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 	<p>1</p> <ul style="list-style-type: none"> buffalo veggie chik'n wrap in a whole wheat tortilla with romaine lettuce V baby carrots with ranch dressing V fresh cantaloupe wedge VE 	<p>2</p> <ul style="list-style-type: none"> sunbutter & jelly on whole wheat bread VE potato salad V fresh orange wedges VE