



# 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.**

**Menu subject to change based on availability.**

This institution is an equal opportunity provider.

## BENEFITS OF BREAKFAST

You've probably heard that the best way to start your day is with breakfast, but why do you think that is?

Here are just a few benefits of eating breakfast:

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- Increased energy to get through your busy day
- Feel full and satisfied until lunch or snack

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>30</b> <ul style="list-style-type: none"> <li>• whole grain apple cinnamon muffin</li> <li>• fresh orange wedges</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>• whole wheat bagel</li> <li>• light cream cheese</li> <li>• strawberry jelly</li> <li>• fresh peach</li> <li>• 100% grape juice</li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>• whole grain cheerios cereal</li> <li>• whole wheat graham crackers</li> <li>• fresh watermelon</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>• brown sugar oatmeal</li> <li>• fresh apple slices</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• whole grain pancakes</li> <li>• turkey sausage links</li> <li>• all natural syrup</li> <li>• butter</li> <li>• fresh cantaloupe</li> </ul>
<b>6</b>  <b>labor day</b>  <b>no school</b>		<b>7</b> <ul style="list-style-type: none"> <li>• turkey sausage patty on a whole grain biscuit</li> <li>• honey</li> <li>• fresh peach</li> <li>• 100% grape juice</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>• multi-grain cinnamon flakes</li> <li>• whole wheat graham crackers</li> <li>• fresh watermelon</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>• scrambled eggs &amp; turkey bacon</li> <li>• whole wheat toast</li> <li>• grape jelly</li> <li>• butter</li> <li>• fresh apple slices</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• whole wheat french toast</li> <li>• all natural syrup</li> <li>• butter</li> <li>• fresh cantaloupe</li> </ul>
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# DCPS September Market Box Breakfast Menu

RON BROWN | OPEN MEAL SITE

**Skim or 1% milk will be offered with every meal.**

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This institution is an equal opportunity provider.



## FOOD DISTRIBUTION

Market boxes will be available for pickup at Ron Brown on Mondays and Wednesdays from 10 am–2 pm. Monday's box will include meals for Tuesday and Wednesday. Wednesday's box will include meals for Thursday, Friday, and Monday,

For other food resources, visit: <http://coronavirus.dc.gov/food>

Pickup Day	Site Closed	Pickup Day	Site Closed	Site Closed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>entrees</b>				
<ul style="list-style-type: none"> <li>whole grain rice chex cereal</li> <li>whole grain graham crackers</li> </ul>	<ul style="list-style-type: none"> <li>whole grain apple cinnamon muffin</li> <li>low fat cheese stick</li> </ul>	<ul style="list-style-type: none"> <li>whole grain cheerios cereal</li> <li>whole grain graham crackers</li> </ul>	<ul style="list-style-type: none"> <li>strawberry banana yogurt</li> <li>whole grain strawberry oatmeal bar</li> </ul>	<ul style="list-style-type: none"> <li>whole grain cinnamon flakes cereal</li> <li>low fat cheese stick</li> </ul>
<b>fruits</b>				
<ul style="list-style-type: none"> <li>local cinnamon applesauce</li> <li>100% grape juice</li> </ul>	<ul style="list-style-type: none"> <li>fresh orange</li> </ul>	<ul style="list-style-type: none"> <li>local cinnamon applesauce</li> <li>fresh peach</li> </ul>	<ul style="list-style-type: none"> <li>fresh local apple</li> </ul>	<ul style="list-style-type: none"> <li>fresh pear</li> </ul>



# September Lunch Menu

DC PUBLIC SCHOOLS | K-8

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## HAPPY NATIONAL HISPANIC HERITAGE MONTH!

September 15 to October 15 is National Hispanic Heritage Month. During this time, we celebrate and honor Hispanic and Latin American cultures and history. In honor of this year's theme "Esperanza: A Celebration of Hispanic Heritage and Hope," enjoy a themed meal and join us for our Fiesta de Esperanza on September 17!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>30</b></p> <ul style="list-style-type: none"> <li>all beef hot dog on a whole wheat bun</li> <li>ketchup &amp; mustard</li> <li>bbq baked beans</li> <li>steamed corn</li> <li>fresh peach</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>teriyaki chicken</li> <li>whole grain fried rice</li> <li>asian broccoli</li> <li>glazed carrots</li> <li>fresh watermelon</li> </ul>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>crispy fish sandwich on a whole wheat bun</li> <li>hot sauce</li> <li>kale salad with red peppers</li> <li>fresh apple slices</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>herb roasted chicken drum</li> <li>whole grain cornbread muffin</li> <li>sweet potato fries</li> <li>steamed peas</li> <li>bbq sauce</li> <li>fresh cantaloupe</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>whole grain flatbread turkey pepperoni pizza</li> <li>green leaf salad with cherry tomatoes &amp; italian dressing</li> <li>fresh orange wedges</li> </ul>
<p><b>6</b></p> <p><b>labor day</b></p> <p><b>no school</b></p>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>turkey sloppy joe on a whole wheat bun</li> <li>coleslaw</li> <li>cheesy broccoli</li> <li>fresh watermelon</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>whole grain cheese ravioli with tomato sauce</li> <li>whole grain garlic breadstick</li> <li>side caesar salad with cucumber coins &amp; parmesan cream dressing</li> <li>fresh apple slices</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>oven fried chicken with whole grain waffles</li> <li>hash brown potatoes</li> <li>braised collard greens</li> <li>all natural syrup, ketchup, &amp; honey mustard dressing</li> <li>fresh cantaloupe</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>turkey meatball sub on a whole wheat hoagie</li> <li>roasted butternut squash</li> <li>sauteed green beans</li> <li>fresh orange wedges</li> </ul>
<p><b>13</b></p> <ul style="list-style-type: none"> <li>turkey &amp; cheddar on a whole wheat bun</li> <li>light mayonnaise &amp; mustard</li> <li>mixed greens salad with cucumbers &amp; house ranch dressing</li> <li>fresh peach</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>sweet chili chicken</li> <li>whole grain lo mein</li> <li>asian style carrots</li> <li>korean cauliflower</li> <li>fresh watermelon</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>tuna salad on whole wheat bread</li> <li>lemon parmesan kale</li> <li>steamed corn</li> <li>fresh apple slices</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>beef burger on a whole wheat bun with lettuce and tomato</li> <li>steamed peas</li> <li>ketchup &amp; mustard</li> <li>fresh cantaloupe</li> </ul>	<p><b>17 fiesta de esperanza</b></p> <ul style="list-style-type: none"> <li>peruvian chicken drum</li> <li>cilantro lime brown rice</li> <li>chili black beans</li> <li>honey cinnamon sweet potatoes</li> <li>fresh orange wedges</li> </ul>
<p><b>20</b></p> <ul style="list-style-type: none"> <li>whole grain flatbread italian turkey sausage and cheese pizza</li> <li>house ranch dressing</li> <li>steamed broccoli</li> <li>steamed peas</li> <li>fresh peach</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>turkey club on whole wheat bread with lettuce and tomato</li> <li>light mayonnaise &amp; mustard</li> <li>buffalo cauliflower</li> <li>fresh watermelon</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>crispy chicken tender</li> <li>whole wheat roll</li> <li>sweet potato fries</li> <li>garlic kale</li> <li>ketchup &amp; honey mustard dressing</li> <li>fresh apple slices</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>whole wheat mac &amp; cheese</li> <li>sauteed green beans</li> <li>herb roasted butternut squash</li> <li>fresh cantaloupe</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>pulled bbq chicken on a whole wheat bun</li> <li>jazzy black eyed peas</li> <li>baked potato fries</li> <li>ketchup</li> <li>fresh orange wedges</li> </ul>
<p><b>27</b></p> <ul style="list-style-type: none"> <li>all beef hot dog on a whole wheat bun</li> <li>ketchup &amp; mustard</li> <li>bbq baked beans</li> <li>steamed corn</li> <li>fresh peach</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>teriyaki chicken</li> <li>whole grain fried rice</li> <li>asian broccoli</li> <li>glazed carrots</li> <li>fresh watermelon</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>crispy fish sandwich on a whole wheat bun</li> <li>hot sauce</li> <li>kale salad with red peppers</li> <li>fresh apple slices</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>herb roasted chicken drum</li> <li>whole grain cornbread muffin</li> <li>sweet potato fries</li> <li>steamed peas</li> <li>bbq sauce</li> <li>fresh cantaloupe</li> </ul>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>whole grain flatbread turkey pepperoni pizza</li> <li>green leaf salad with cherry tomatoes &amp; italian dressing</li> <li>fresh orange wedges</li> </ul>



# September Vegetarian Lunch Menu

DC PUBLIC SCHOOLS | K-8

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**BLUE** = international

**ORANGE** = Fresh Feature Friday Winner!

**V** = vegetarian **VE** = vegan

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

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## HAPPY NATIONAL HISPANIC HERITAGE MONTH!

September 15 to October 15 is National Hispanic Heritage Month. During this time, we celebrate and honor Hispanic and Latin American cultures and history. In honor of this year's theme "Esperanza: A Celebration of Hispanic Heritage and Hope," enjoy a themed meal and join us for our Fiesta de Esperanza on September 17!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>30</b></p> <ul style="list-style-type: none"> <li>veggie burger on a whole wheat bun <b>V</b></li> <li>bbq baked beans <b>VE</b></li> <li>steamed corn <b>VE</b></li> <li>ketchup &amp; mustard <b>VE</b></li> <li>fresh peach <b>VE</b></li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>super sesame tofu <b>VE</b></li> <li>whole grain fried rice <b>V</b></li> <li>asian broccoli <b>VE</b></li> <li>glazed carrots <b>VE</b></li> <li>fresh watermelon <b>VE</b></li> </ul>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>grilled cheese on whole wheat bread <b>V</b></li> <li>kale salad with red peppers <b>VE</b></li> <li>fresh apple slices <b>VE</b></li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>bbq tofu bites <b>VE</b></li> <li>whole grain cornbread muffin <b>V</b></li> <li>sweet potato fries <b>VE</b></li> <li>steamed peas <b>VE</b></li> <li>bbq sauce <b>VE</b></li> <li>fresh cantaloupe <b>VE</b></li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>whole grain flatbread cheese pizza <b>V</b></li> <li>green leaf salad with cherry tomatoes <b>VE</b></li> <li>italian dressing <b>VE</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>
<p><b>6</b></p> <p><b>labor day</b></p> <p><b>no school</b></p>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>on the go sloppy joe on a whole wheat bun <b>VE</b></li> <li>coleslaw <b>V</b></li> <li>cheesy broccoli <b>V</b></li> <li>fresh watermelon <b>VE</b></li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>powered up pasta with chickpeas <b>VE</b></li> <li>side caesar salad <b>V</b></li> <li>cucumber coins <b>VE</b></li> <li>parmesan cream dressing <b>V</b></li> <li>fresh apple slices <b>VE</b></li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>veggie breakfast sausage patties <b>V</b></li> <li>whole grain waffles <b>V</b></li> <li>hash brown potatoes <b>VE</b></li> <li>braised collard greens <b>VE</b></li> <li>all natural syrup, ketchup, honey mustard dressing <b>V</b></li> <li>fresh cantaloupe <b>VE</b></li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>whole grain flatbread cheese pizza <b>V</b></li> <li>roasted butternut squash <b>VE</b></li> <li>sauteed green beans <b>VE</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>
<p><b>13</b></p> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly on whole wheat bread <b>VE</b></li> <li>mixed greens salad with cucumbers <b>VE</b></li> <li>house ranch dressing <b>V</b></li> <li>fresh peach <b>VE</b></li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>super sesame tofu <b>VE</b></li> <li>whole grain lo mein <b>VE</b></li> <li>asian style carrots <b>VE</b></li> <li>korean cauliflower <b>VE</b></li> <li>fresh watermelon <b>VE</b></li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>egg salad on a whole wheat bun <b>V</b></li> <li>lemon parmesan kale <b>V</b></li> <li>steamed corn <b>VE</b></li> <li>fresh apple slices <b>VE</b></li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>veggie burger on a whole wheat bun with lettuce and tomato <b>V</b></li> <li>steamed peas <b>VE</b></li> <li>ketchup &amp; mustard <b>VE</b></li> <li>fresh cantaloupe <b>VE</b></li> </ul>	<p><b>17 fiesta de esperanza</b></p> <ul style="list-style-type: none"> <li>sofritas tofu <b>VE</b></li> <li>cilantro lime brown rice <b>VE</b></li> <li>chili black beans <b>VE</b></li> <li>honey cinnamon sweet potatoes <b>VE</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>
<p><b>20</b></p> <ul style="list-style-type: none"> <li>whole grain flatbread cheese pizza <b>V</b></li> <li>house ranch dressing <b>V</b></li> <li>steamed broccoli <b>VE</b></li> <li>steamed peas <b>VE</b></li> <li>fresh peach <b>VE</b></li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly on whole wheat bread <b>VE</b></li> <li>buffalo cauliflower <b>V</b></li> <li>romaine salad <b>VE</b></li> <li>italian dressing <b>V</b></li> <li>fresh watermelon <b>VE</b></li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>veggie chik'n nuggets <b>V</b></li> <li>whole wheat roll <b>VE</b></li> <li>sweet potato fries <b>VE</b></li> <li>garlic kale <b>VE</b></li> <li>ketchup <b>VE</b></li> <li>honey mustard dressing <b>V</b></li> <li>fresh apple slices <b>VE</b></li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>powered up pasta with chickpeas <b>VE</b></li> <li>sauteed green beans <b>VE</b></li> <li>herb roasted butternut squash <b>VE</b></li> <li>fresh cantaloupe <b>VE</b></li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>bbq tofu on a whole wheat bun <b>VE</b></li> <li>whole wheat roll <b>VE</b></li> <li>jazzy black eyed peas <b>VE</b></li> <li>baked potato fries <b>VE</b></li> <li>ketchup <b>VE</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>
<p><b>27</b></p> <ul style="list-style-type: none"> <li>veggie burger on a whole wheat bun <b>V</b></li> <li>bbq baked beans <b>VE</b></li> <li>steamed corn <b>VE</b></li> <li>ketchup &amp; mustard <b>VE</b></li> <li>fresh peach <b>VE</b></li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>super sesame tofu <b>VE</b></li> <li>whole grain fried rice <b>V</b></li> <li>asian broccoli <b>VE</b></li> <li>glazed carrots <b>VE</b></li> <li>fresh watermelon <b>VE</b></li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>grilled cheese on whole wheat bread <b>V</b></li> <li>kale salad with red peppers <b>VE</b></li> <li>fresh apple slices <b>VE</b></li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>bbq tofu bites <b>VE</b></li> <li>whole grain cornbread muffin <b>V</b></li> <li>sweet potato fries <b>VE</b></li> <li>steamed peas <b>VE</b></li> <li>bbq sauce <b>VE</b></li> <li>fresh cantaloupe <b>VE</b></li> </ul>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>whole grain flatbread cheese pizza <b>V</b></li> <li>green leaf salad with cherry tomatoes <b>VE</b></li> <li>italian dressing <b>VE</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>



# September Lunch Menu

## EARLY CHILDHOOD EDUCATION

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1	2 <ul style="list-style-type: none"> <li>diced herb roasted chicken tender</li> <li>whole grain cornbread muffin</li> <li>sweet potato fries</li> <li>bbq sauce</li> <li>fresh cantaloupe</li> </ul>	3 <ul style="list-style-type: none"> <li>whole grain flatbread turkey pepperoni pizza</li> <li>green leaf salad with italian dressing</li> <li>fresh orange wedges</li> </ul>
6 <p>labor day</p> <p>no school</p>	7 <ul style="list-style-type: none"> <li>turkey sloppy joe on a whole wheat bun</li> <li>cheesy broccoli</li> <li>fresh watermelon</li> </ul>	8 <ul style="list-style-type: none"> <li>whole grain cheese ravioli with tomato sauce</li> <li>side caesar salad with parmesan cream dressing</li> <li>fresh apple slices</li> </ul>	9 <ul style="list-style-type: none"> <li>diced crispy chicken tender with whole grain waffle</li> <li>braised collard greens</li> <li>all natural syrup</li> <li>ketchup</li> <li>fresh cantaloupe</li> </ul>	10 <ul style="list-style-type: none"> <li>halved turkey meatballs &amp; sauce over whole wheat pasta</li> <li>sautéed green beans</li> <li>fresh orange wedges</li> </ul>
13 <ul style="list-style-type: none"> <li>turkey &amp; cheddar on a whole wheat bun</li> <li>light mayonnaise &amp; mustard</li> <li>cucumbers</li> <li>house ranch dressing</li> <li>chilled peaches</li> </ul>	14 <ul style="list-style-type: none"> <li>sweet chili chicken</li> <li>whole grain lo mein</li> <li>korean cauliflower</li> <li>fresh watermelon</li> </ul>	15 <ul style="list-style-type: none"> <li>tuna salad on whole wheat bread</li> <li>lemon parmesan kale</li> <li>fresh apple slices</li> </ul>	16 <ul style="list-style-type: none"> <li>beef burger on a whole wheat bun</li> <li>steamed peas</li> <li>ketchup &amp; mustard</li> <li>fresh cantaloupe</li> </ul>	17 <b>fiesta de esperanza</b> <ul style="list-style-type: none"> <li>diced peruvian chicken</li> <li>cilantro lime brown rice</li> <li>honey cinnamon sweet potatoes</li> <li>fresh orange wedges</li> </ul>
20 <ul style="list-style-type: none"> <li>whole grain flatbread italian turkey sausage and cheese pizza</li> <li>house ranch dressing</li> <li>steamed broccoli</li> <li>chilled peaches</li> </ul>	21 <ul style="list-style-type: none"> <li>turkey club on whole wheat bread with lettuce and tomato</li> <li>light mayonnaise &amp; mustard</li> <li>fresh watermelon</li> </ul>	22 <ul style="list-style-type: none"> <li>diced crispy chicken tender</li> <li>whole wheat roll</li> <li>garlic kale</li> <li>ketchup &amp; honey mustard dressing</li> <li>fresh apple slices</li> </ul>	23 <ul style="list-style-type: none"> <li>whole wheat mac &amp; cheese</li> <li>herb roasted butternut squash</li> <li>fresh cantaloupe</li> </ul>	24 <ul style="list-style-type: none"> <li>pulled bbq chicken on a whole wheat bun</li> <li>baked potato fries</li> <li>ketchup</li> <li>fresh orange wedges</li> </ul>
27 <ul style="list-style-type: none"> <li>sliced all beef hot dog on a whole wheat bun</li> <li>ketchup &amp; mustard</li> <li>steamed corn</li> <li>chilled peaches</li> </ul>	28 <ul style="list-style-type: none"> <li>teriyaki chicken</li> <li>whole grain fried rice</li> <li>asian broccoli</li> <li>fresh watermelon</li> </ul>	29 <ul style="list-style-type: none"> <li>crispy fish sandwich on a whole wheat bun</li> <li>kale salad</li> <li>fresh apple slices</li> </ul>	30 <ul style="list-style-type: none"> <li>diced herb roasted chicken tender</li> <li>whole grain cornbread muffin</li> <li>sweet potato fries</li> <li>bbq sauce</li> <li>fresh cantaloupe</li> </ul>	1 <ul style="list-style-type: none"> <li>whole grain flatbread turkey pepperoni pizza</li> <li>green leaf salad with italian dressing</li> <li>fresh orange wedges</li> </ul>





# September Vegetarian Lunch Menu

EARLY CHILDHOOD EDUCATION

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30		31	1	2	3
				<ul style="list-style-type: none"> <li>bbq tofu bites <b>VE</b></li> <li>whole grain cornbread muffin <b>V</b></li> <li>sweet potato fries <b>VE</b></li> <li>bbq sauce <b>VE</b></li> <li>fresh cantaloupe <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>whole grain flatbread cheese pizza <b>V</b></li> <li>green leaf salad <b>VE</b></li> <li>italian dressing <b>VE</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>
6	<p><b>labor day</b></p> <p><b>no school</b></p>	7	8	9	10
		<ul style="list-style-type: none"> <li>on the go sloppy joe on a whole wheat bun <b>VE</b></li> <li>cheesy broccoli <b>V</b></li> <li>fresh watermelon <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>powered up pasta with chickpeas <b>VE</b></li> <li>side caesar salad <b>V</b></li> <li>parmesan cream dressing <b>V</b></li> <li>fresh apple slices <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>veggie breakfast sausage patties <b>V</b></li> <li>whole grain waffles <b>V</b></li> <li>braised collard greens <b>VE</b></li> <li>all natural syrup, ketchup, <b>VE</b></li> <li>fresh cantaloupe <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>whole grain flatbread cheese pizza <b>V</b></li> <li>sauteed green beans <b>VE</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>
13	<ul style="list-style-type: none"> <li>sunbutter &amp; jelly on whole wheat bread <b>VE</b></li> <li>cucumbers <b>VE</b></li> <li>house ranch dressing <b>V</b></li> <li>chilled peaches <b>VE</b></li> </ul>	14	15	16	17 <b>fiesta de esperanza</b>
		<ul style="list-style-type: none"> <li>super sesame tofu <b>VE</b></li> <li>whole grain lo mein <b>VE</b></li> <li>korean cauliflower <b>VE</b></li> <li>fresh watermelon <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>egg salad on a whole wheat bun <b>V</b></li> <li>lemon parmesan kale <b>V</b></li> <li>fresh apple slices <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>veggie burger on a whole wheat bun <b>V</b></li> <li>steamed peas <b>VE</b></li> <li>ketchup &amp; mustard <b>VE</b></li> <li>fresh cantaloupe <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>sofritas tofu <b>VE</b></li> <li>cilantro lime brown rice <b>VE</b></li> <li>honey cinnamon sweet potatoes <b>VE</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>
20	<ul style="list-style-type: none"> <li>whole grain flatbread cheese pizza <b>V</b></li> <li>house ranch dressing <b>V</b></li> <li>steamed broccoli <b>VE</b></li> <li>chilled peaches <b>VE</b></li> </ul>	21	22	23	24
		<ul style="list-style-type: none"> <li>sunbutter &amp; jelly on whole wheat bread <b>VE</b></li> <li>buffalo cauliflower <b>V</b></li> <li>fresh watermelon <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>veggie chik'n nuggets <b>V</b></li> <li>whole wheat roll <b>VE</b></li> <li>garlic kale <b>VE</b></li> <li>ketchup <b>VE</b></li> <li>honey mustard dressing <b>V</b></li> <li>fresh apple slices <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>powered up pasta with chickpeas <b>VE</b></li> <li>herb roasted butternut squash <b>VE</b></li> <li>fresh cantaloupe <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>bbq tofu on a whole wheat bun <b>VE</b></li> <li>whole wheat roll <b>VE</b></li> <li>baked potato fries <b>VE</b></li> <li>ketchup <b>VE</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>
27	<ul style="list-style-type: none"> <li>veggie burger on a whole wheat bun <b>V</b></li> <li>steamed corn <b>VE</b></li> <li>ketchup &amp; mustard <b>VE</b></li> <li>chilled peaches <b>VE</b></li> </ul>	28	29	30	1
		<ul style="list-style-type: none"> <li>super sesame tofu <b>VE</b></li> <li>whole grain fried rice <b>V</b></li> <li>asian broccoli <b>VE</b></li> <li>fresh watermelon <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>grilled cheese on whole wheat bread <b>V</b></li> <li>kale salad <b>VE</b></li> <li>fresh apple slices <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>bbq tofu bites <b>VE</b></li> <li>whole grain cornbread muffin <b>V</b></li> <li>sweet potato fries <b>VE</b></li> <li>bbq sauce <b>VE</b></li> <li>fresh cantaloupe <b>VE</b></li> </ul>	<ul style="list-style-type: none"> <li>whole grain flatbread cheese pizza <b>V</b></li> <li>green leaf salad <b>VE</b></li> <li>italian dressing <b>VE</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>



# September Lunch Menu

DC PUBLIC SCHOOLS | 9-12

### 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.**

**Menu subject to change based on availability.**

This institution is an equal opportunity provider.



### HAPPY NATIONAL HISPANIC HERITAGE MONTH!

September 15 to October 15 is National Hispanic Heritage Month. During this time, we celebrate and honor Hispanic and Latin American cultures and history. In honor of this year's theme "Esperanza: A Celebration of Hispanic Heritage and Hope," enjoy a themed meal and join us for our Fiesta de Esperanza on September 17!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>30</b></p> <ul style="list-style-type: none"> <li>all beef hot dog on a whole wheat bun</li> <li>ketchup &amp; mustard</li> <li>bbq baked beans</li> <li>steamed corn</li> <li>fresh peach</li> <li>100% grape juice</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>teriyaki chicken</li> <li>whole grain fried rice</li> <li>asian broccoli</li> <li>glazed carrots</li> <li>fresh watermelon</li> </ul>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>crispy fish sandwich on a whole wheat bun</li> <li>hot sauce</li> <li>kale salad with red peppers</li> <li>fresh apple slices</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>herb roasted chicken drums</li> <li>whole grain cornbread muffin</li> <li>sweet potato fries</li> <li>steamed peas</li> <li>bbq sauce</li> <li>fresh cantaloupe</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>whole grain flatbread turkey pepperoni pizza</li> <li>green leaf salad with cherry tomatoes &amp; italian dressing</li> <li>fresh orange wedges</li> </ul>
<p><b>6</b></p> <p><b>labor day</b></p> <p><b>no school</b></p>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>turkey sloppy joe on a whole wheat bun</li> <li>coleslaw</li> <li>cheesy broccoli</li> <li>fresh watermelon</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>whole grain cheese ravioli with tomato sauce</li> <li>whole grain garlic breadstick</li> <li>side caesar salad with cucumber coins &amp; parmesan cream dressing</li> <li>fresh apple slices</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>oven fried chicken with whole grain waffles</li> <li>hash brown potatoes</li> <li>braised collard greens</li> <li>all natural syrup, ketchup, &amp; honey mustard dressing</li> <li>fresh cantaloupe</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>turkey meatball sub on a whole wheat hoagie</li> <li>roasted butternut squash</li> <li>sauteed green beans</li> <li>fresh orange wedges</li> </ul>
<p><b>13</b></p> <ul style="list-style-type: none"> <li>turkey &amp; cheddar on a whole wheat bun</li> <li>whole wheat crackers</li> <li>light mayonnaise &amp; mustard</li> <li>mixed greens salad with cucumbers &amp; house ranch dressing</li> <li>fresh peach</li> <li>100% grape juice</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>sweet chili chicken</li> <li>whole grain lo mein</li> <li>asian style carrots</li> <li>korean cauliflower</li> <li>fresh watermelon</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>tuna salad on whole wheat bread</li> <li>lemon parmesan kale</li> <li>steamed corn</li> <li>fresh apple slices</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>beef burger on a whole wheat bun with lettuce and tomato</li> <li>steamed peas</li> <li>ketchup &amp; mustard</li> <li>fresh cantaloupe</li> </ul>	<p><b>17 fiesta de esperanza</b></p> <ul style="list-style-type: none"> <li>peruvian chicken drums</li> <li>cilantro lime brown rice</li> <li>chili black beans</li> <li>honey cinnamon sweet potatoes</li> <li>fresh orange wedges</li> </ul>
<p><b>20</b></p> <ul style="list-style-type: none"> <li>whole grain flatbread italian turkey sausage and cheese pizza</li> <li>house ranch dressing</li> <li>steamed broccoli</li> <li>steamed peas</li> <li>fresh peach</li> <li>100% grape juice</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>turkey club on whole wheat bread with lettuce and tomato</li> <li>light mayonnaise &amp; mustard</li> <li>buffalo cauliflower</li> <li>fresh watermelon</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>crispy chicken tender</li> <li>whole wheat roll</li> <li>sweet potato fries</li> <li>garlic kale</li> <li>ketchup &amp; honey mustard dressing</li> <li>fresh apple slices</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>whole wheat mac and cheese</li> <li>sauteed green beans</li> <li>herb roasted butternut squash</li> <li>fresh cantaloupe</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>pulled bbq chicken on a whole wheat bun</li> <li>jazzy black eyed peas</li> <li>baked potato fries</li> <li>ketchup</li> <li>fresh orange wedges</li> </ul>
<p><b>27</b></p> <ul style="list-style-type: none"> <li>all beef hot dog on a whole wheat bun</li> <li>ketchup &amp; mustard</li> <li>bbq baked beans</li> <li>steamed corn</li> <li>fresh peach</li> <li>100% grape juice</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>teriyaki chicken</li> <li>whole grain fried rice</li> <li>asian broccoli</li> <li>glazed carrots</li> <li>fresh watermelon</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>crispy fish sandwich on a whole wheat bun</li> <li>hot sauce</li> <li>kale salad with red peppers</li> <li>fresh apple slices</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>herb roasted chicken drums</li> <li>whole grain cornbread muffin</li> <li>sweet potato fries</li> <li>steamed peas</li> <li>bbq sauce</li> <li>fresh cantaloupe</li> </ul>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>whole grain flatbread turkey pepperoni pizza</li> <li>green leaf salad with cherry tomatoes &amp; italian dressing</li> <li>fresh orange wedges</li> </ul>



# September Vegetarian Lunch Menu

DC PUBLIC SCHOOLS | 9-12

**What do the colors on the menu mean?**

**GREEN** = locally-sourced

**BLUE** = international

**ORANGE** = Fresh Feature Friday Winner!

**V** = vegetarian **VE** = vegan

**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.



## HAPPY NATIONAL HISPANIC HERITAGE MONTH!

September 15 to October 15 is National Hispanic Heritage Month. During this time, we celebrate and honor Hispanic and Latin American cultures and history. In honor of this year's theme "Esperanza: A Celebration of Hispanic Heritage and Hope," enjoy a themed meal and join us for our Fiesta de Esperanza on September 17!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>30</b></p> <ul style="list-style-type: none"> <li>veggie burger on a whole wheat bun <b>V</b></li> <li>bbq baked beans <b>VE</b></li> <li>steamed corn <b>VE</b></li> <li>ketchup &amp; mustard <b>VE</b></li> <li>fresh peach <b>VE</b></li> <li>100% grape juice <b>VE</b></li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>super sesame tofu <b>VE</b></li> <li>whole grain fried rice <b>V</b></li> <li>asian broccoli <b>VE</b></li> <li>glazed carrots <b>VE</b></li> <li>fresh watermelon <b>VE</b></li> </ul>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>grilled cheese on whole wheat bread <b>V</b></li> <li>kale salad with red peppers <b>VE</b></li> <li>fresh apple slices <b>VE</b></li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>bbq tofu bites <b>VE</b></li> <li>whole grain cornbread muffin <b>V</b></li> <li>sweet potato fries <b>VE</b></li> <li>steamed peas <b>VE</b></li> <li>bbq sauce <b>VE</b></li> <li>fresh cantaloupe <b>VE</b></li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>whole grain flatbread cheese pizza <b>V</b></li> <li>green leaf salad with cherry tomatoes <b>VE</b></li> <li>italian dressing <b>VE</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>
<p><b>6</b></p> <p><b>labor day</b></p> <p><b>no school</b></p>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>on the go sloppy joe on a whole wheat bun <b>VE</b></li> <li>coleslaw <b>V</b></li> <li>cheesy broccoli <b>V</b></li> <li>fresh watermelon <b>VE</b></li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>powered up pasta with chickpeas <b>VE</b></li> <li>side caesar salad <b>V</b></li> <li>cucumber coins <b>VE</b></li> <li>parmesan cream dressing <b>V</b></li> <li>fresh apple slices <b>VE</b></li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>veggie breakfast sausage patties <b>V</b></li> <li>whole grain waffles <b>V</b></li> <li>hash brown potatoes <b>VE</b></li> <li>braised collard greens <b>VE</b></li> <li>all natural syrup, ketchup, honey mustard dressing <b>V</b></li> <li>fresh cantaloupe <b>VE</b></li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>whole grain flatbread cheese pizza <b>V</b></li> <li>roasted butternut squash <b>VE</b></li> <li>sauteed green beans <b>VE</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>
<p><b>13</b></p> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly on whole wheat bread <b>VE</b></li> <li>whole wheat crackers <b>V</b></li> <li>light mayonnaise &amp; mustard <b>V</b></li> <li>mixed greens salad with cucumbers <b>VE</b></li> <li>house ranch dressing <b>V</b></li> <li>fresh peach <b>VE</b></li> <li>100% grape juice <b>VE</b></li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>super sesame tofu <b>VE</b></li> <li>whole grain lo mein <b>VE</b></li> <li>asian style carrots <b>VE</b></li> <li>korean cauliflower <b>VE</b></li> <li>fresh watermelon <b>VE</b></li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>egg salad on a whole wheat bun <b>V</b></li> <li>lemon parmesan kale <b>V</b></li> <li>steamed corn <b>VE</b></li> <li>fresh apple slices <b>VE</b></li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>veggie burger on a whole wheat bun with lettuce and tomato <b>V</b></li> <li>steamed peas <b>VE</b></li> <li>ketchup &amp; mustard <b>VE</b></li> <li>fresh cantaloupe <b>VE</b></li> </ul>	<p><b>17 fiesta de esperanza</b></p> <ul style="list-style-type: none"> <li>sofritas tofu <b>VE</b></li> <li>cilantro lime brown rice <b>VE</b></li> <li>chili black beans <b>VE</b></li> <li>honey cinnamon sweet potatoes <b>VE</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>
<p><b>20</b></p> <ul style="list-style-type: none"> <li>whole grain flatbread cheese pizza <b>V</b></li> <li>house ranch dressing <b>V</b></li> <li>steamed broccoli <b>VE</b></li> <li>steamed peas <b>VE</b></li> <li>fresh peach <b>VE</b></li> <li>100% grape juice <b>VE</b></li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly on whole wheat bread <b>VE</b></li> <li>buffalo cauliflower <b>V</b></li> <li>romaine salad <b>VE</b></li> <li>italian dressing <b>V</b></li> <li>fresh watermelon <b>VE</b></li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>veggie chik'n nuggets <b>V</b></li> <li>whole wheat roll <b>VE</b></li> <li>sweet potato fries <b>VE</b></li> <li>garlic kale <b>VE</b></li> <li>ketchup <b>VE</b></li> <li>honey mustard dressing <b>V</b></li> <li>fresh apple slices <b>VE</b></li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>powered up pasta with chickpeas <b>VE</b></li> <li>sauteed green beans <b>VE</b></li> <li>herb roasted butternut squash <b>VE</b></li> <li>fresh cantaloupe <b>VE</b></li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>bbq tofu on a whole wheat bun <b>VE</b></li> <li>jazzy black eyed peas <b>VE</b></li> <li>baked potato fries <b>VE</b></li> <li>ketchup <b>VE</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>
<p><b>27</b></p> <ul style="list-style-type: none"> <li>veggie burger on a whole wheat bun <b>V</b></li> <li>bbq baked beans <b>VE</b></li> <li>steamed corn <b>VE</b></li> <li>ketchup &amp; mustard <b>VE</b></li> <li>fresh peach <b>VE</b></li> <li>100% grape juice <b>VE</b></li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>super sesame tofu <b>VE</b></li> <li>whole grain fried rice <b>V</b></li> <li>asian broccoli <b>VE</b></li> <li>glazed carrots <b>VE</b></li> <li>fresh watermelon <b>VE</b></li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>grilled cheese on whole wheat bread <b>V</b></li> <li>kale salad with red peppers <b>VE</b></li> <li>fresh apple slices <b>VE</b></li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>bbq tofu bites <b>VE</b></li> <li>whole grain cornbread muffin <b>V</b></li> <li>sweet potato fries <b>VE</b></li> <li>steamed peas <b>VE</b></li> <li>bbq sauce <b>VE</b></li> <li>fresh cantaloupe <b>VE</b></li> </ul>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>whole grain flatbread cheese pizza <b>V</b></li> <li>green leaf salad with cherry tomatoes <b>VE</b></li> <li>italian dressing <b>VE</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>



# DCPS September Market Box Lunch Menu

RON BROWN | OPEN MEAL SITE

**Skim or 1% milk will be offered with every meal.**

Vegetarian options offered daily.

V = indicates vegetarian

VE = indicates vegan

*This menu is subject to change based on product availability.*

This institution is an equal opportunity provider.



## FOOD DISTRIBUTION

Market boxes will be available for pickup at Ron Brown on Mondays and Wednesdays from 10 am–2 pm. Monday's box will include meals for Tuesday and Wednesday. Wednesday's box will include meals for Thursday, Friday, and Monday,

For other food resources, visit: <http://coronavirus.dc.gov/food>

Pickup Day	Site Closed	Pickup Day	Site Closed	Site Closed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>entrees</b>				
<ul style="list-style-type: none"> <li><b>build your own pizza:</b></li> <li>whole grain flatbread squares with shredded mozzarella cheese, tomato sauce V</li> </ul>	<ul style="list-style-type: none"> <li>turkey &amp; cheddar on a whole wheat bun with lettuce &amp; tomato</li> <li>or</li> <li>cheese sandwich on whole wheat bread with lettuce &amp; tomato V</li> </ul>	<ul style="list-style-type: none"> <li>tuna salad on a whole wheat bun</li> <li>or</li> <li>egg salad on a whole wheat bun V</li> </ul>	<ul style="list-style-type: none"> <li>grilled chicken caesar wrap in a whole wheat tortilla with romaine lettuce</li> <li>or</li> <li>veggie chik'n caesar wrap in a whole wheat tortilla with romaine lettuce V</li> </ul>	<ul style="list-style-type: none"> <li>buffalo chicken wrap in a whole wheat tortilla with romaine lettuce</li> <li>or</li> <li>buffalo veggie chik'n wrap in a whole wheat tortilla with romaine lettuce V</li> </ul>
<b>vegetables</b>				
<ul style="list-style-type: none"> <li>local green leaf salad</li> </ul>	<ul style="list-style-type: none"> <li>local cucumber coins</li> </ul>	<ul style="list-style-type: none"> <li>black bean &amp; corn salad</li> </ul>	<ul style="list-style-type: none"> <li>baby carrots</li> </ul>	<ul style="list-style-type: none"> <li>local corn</li> </ul>
<b>fruits</b>				
<ul style="list-style-type: none"> <li>fresh local apple</li> </ul>	<ul style="list-style-type: none"> <li>local cinnamon applesauce</li> </ul>	<ul style="list-style-type: none"> <li>fresh pear</li> </ul>	<ul style="list-style-type: none"> <li>fresh peach</li> </ul>	<ul style="list-style-type: none"> <li>fresh orange</li> </ul>
<b>condiments</b>				
<ul style="list-style-type: none"> <li>italian dressing</li> </ul>	<ul style="list-style-type: none"> <li>light mayonnaise</li> <li>mustard</li> <li>ranch dressing</li> </ul>		<ul style="list-style-type: none"> <li>caesar dressing</li> </ul>	<ul style="list-style-type: none"> <li>ranch dressing</li> </ul>



# September Supper 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.**

**Menu subject to change based on availability.**

This institution is an equal opportunity provider.



#### DID YOU KNOW?

Our supper meals provide all five groups on MyPlate: Grains, Protein, Fruit, Vegetables and Dairy! For more information on MyPlate, visit: [www.choosemyplate.gov](http://www.choosemyplate.gov)

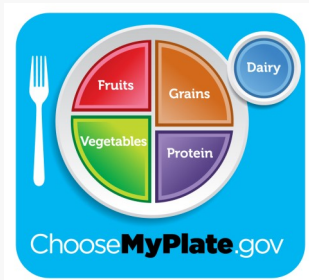
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>30</b></p> <ul style="list-style-type: none"> <li>turkey bacon ranch wrap in a whole wheat tortilla</li> <li>baby carrots</li> <li>fresh honeydew</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>cheesy mexican bean dip</li> <li>whole grain tortilla chips</li> <li>tomato salsa</li> <li>fresh orange wedges</li> </ul>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>chicken caesar wrap with romaine lettuce in a whole wheat tortilla</li> <li>cucumber coins</li> <li>parmesan cream dressing</li> <li>fresh cantaloupe</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly on whole wheat bread</li> <li>lemon parmesan kale</li> <li>100% grape juice</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>tuna salad on a whole wheat bun</li> <li>broccoli florets</li> <li>honey lime dressing</li> <li>cinnamon applesauce</li> </ul>
<p><b>6</b></p> <p><b>labor day</b></p> <p><b>no school</b></p>	<p><b>7 build your own pizza</b></p> <ul style="list-style-type: none"> <li>shredded mozzarella cheese</li> <li>whole grain flatbread squares</li> <li>tomato sauce</li> <li>fresh orange wedges</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>tuna &amp; macaroni salad</li> <li>broccoli florets</li> <li>italian dressing</li> <li>fresh cantaloupe</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>sunbutter cup</li> <li>whole grain animal crackers</li> <li>snap peas</li> <li>asian dressing</li> <li>100% grape juice</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>turkey ham &amp; cheddar on a whole wheat bun</li> <li>light mayonnaise &amp; mustard</li> <li>cucumber coins</li> <li>honey mustard dressing</li> <li>cinnamon applesauce</li> </ul>
<p><b>13</b></p> <ul style="list-style-type: none"> <li>chicken salad</li> <li>whole wheat crackers</li> <li>cauliflower florets</li> <li>asian dressing</li> <li>fresh honeydew</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>turkey &amp; cheddar on a whole wheat bun</li> <li>baby spinach salad with balsamic dressing</li> <li>light mayonnaise &amp; mustard</li> <li>fresh orange wedges</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>cheddar cheese slices</li> <li>whole wheat ranch crackers</li> <li>baby carrots</li> <li>house ranch dressing</li> <li>fresh cantaloupe</li> </ul>	<p><b>16 build your own taco</b></p> <ul style="list-style-type: none"> <li>cumin lime chicken</li> <li>whole wheat tortilla</li> <li>tomato salsa</li> <li>shredded romaine lettuce</li> <li>100% grape juice</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>egg salad on a whole wheat bun</li> <li>celery sticks</li> <li>honey mustard dressing</li> <li>cinnamon applesauce</li> </ul>
<p><b>20</b></p> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly on whole wheat bread</li> <li>snap peas</li> <li>ranch dressing</li> <li>fresh honeydew</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>southwest chicken with lettuce in a whole wheat tortilla</li> <li>tomato salsa</li> <li>honey lime dressing</li> <li>fresh orange wedges</li> </ul>	<p><b>22 build your own pizza</b></p> <ul style="list-style-type: none"> <li>shredded mozzarella cheese</li> <li>whole grain flatbread squares</li> <li>tomato sauce</li> <li>fresh cantaloupe</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>mediterranean chicken wrap with lettuce &amp; tomato on whole grain flatbread</li> <li>cucumber coins</li> <li>lemon olive oil dressing</li> <li>100% grape juice</li> </ul>	<p><b>24 snack stackerz</b></p> <ul style="list-style-type: none"> <li>cheddar cheese slices &amp; turkey slices</li> <li>whole wheat crackers</li> <li>asian kale slaw</li> <li>cinnamon applesauce</li> </ul>
<p><b>27</b></p> <ul style="list-style-type: none"> <li>turkey bacon ranch wrap in a whole wheat tortilla</li> <li>baby carrots</li> <li>fresh honeydew</li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>cheesy mexican bean dip</li> <li>whole grain tortilla chips</li> <li>tomato salsa</li> <li>fresh orange wedges</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>chicken caesar wrap with romaine lettuce in a whole wheat tortilla</li> <li>cucumber coins</li> <li>parmesan cream dressing</li> <li>fresh cantaloupe</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly on whole wheat bread</li> <li>lemon parmesan kale</li> <li>100% grape juice</li> </ul>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>tuna salad on a whole wheat bun</li> <li>broccoli florets</li> <li>honey lime dressing</li> <li>cinnamon applesauce</li> </ul>



# September Snack Menu

DC PUBLIC SCHOOLS

This institution is an equal opportunity provider.



## Healthy Snacks for Active Students!

Healthy snacks are an important part of your diet. To create a healthy snack, include at least two of the five food groups on MyPlate: grain, protein, fruit, vegetables, and dairy!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> <ul style="list-style-type: none"> <li>whole grain goldfish</li> <li>chilled pineapple</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>sunbutter cup</li> <li>whole grain graham crackers</li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>strawberry banana yogurt</li> <li>whole grain cinnamon goldfish grahams</li> </ul>	<b>2</b> <ul style="list-style-type: none"> <li>cheddar cheese slices</li> <li>whole wheat crackers</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>chilled applesauce</li> <li>mozzarella cheese stick</li> </ul>
<b>6</b>  <p style="text-align: center;"><b>labor day</b>  <b>no school</b></p>	<b>7</b> <ul style="list-style-type: none"> <li>whole grain animal crackers</li> <li>chilled pineapple</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>hummus dip</li> <li>baby carrots</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>cheddar cheese slices</li> <li>dried cranberries</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>whole grain apple cinnamon muffin</li> <li>mozzarella cheese stick</li> </ul>
<b>13</b> <ul style="list-style-type: none"> <li>whole grain goldfish</li> <li>chilled pineapple</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>sunbutter cup</li> <li>whole grain graham crackers</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>strawberry banana yogurt</li> <li>whole grain cinnamon goldfish grahams</li> </ul>	<b>16</b> <ul style="list-style-type: none"> <li>cheddar cheese slices</li> <li>whole wheat crackers</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>chilled applesauce</li> <li>mozzarella cheese stick</li> </ul>
<b>20</b> <ul style="list-style-type: none"> <li>whole grain animal crackers</li> <li>chilled pineapple</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>whole grain cheez-its</li> <li>fresh orange wedges</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>hummus dip</li> <li>baby carrots</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>cheddar cheese slices</li> <li>dried cranberries</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>whole grain apple cinnamon muffin</li> <li>mozzarella cheese stick</li> </ul>
<b>27</b> <ul style="list-style-type: none"> <li>whole grain goldfish</li> <li>chilled pineapple</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>sunbutter cup</li> <li>whole grain graham crackers</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>strawberry banana yogurt</li> <li>whole grain cinnamon goldfish grahams</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>cheddar cheese slices</li> <li>whole wheat crackers</li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>chilled applesauce</li> <li>mozzarella cheese stick</li> </ul>