



# October 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.

## LAUNCH YOUR DAY WITH BREAKFAST!

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>27</b> <ul style="list-style-type: none"> <li>whole grain apple cinnamon muffin</li> <li>fresh orange wedges</li> </ul>	<b>28</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>29</b> <ul style="list-style-type: none"> <li>whole grain frosted mini wheats</li> <li>whole wheat graham crackers</li> <li>fresh watermelon</li> </ul>	<b>30</b> <ul style="list-style-type: none"> <li>brown sugar oatmeal</li> <li>fresh apple slices</li> </ul>	<b>1</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>4</b> <ul style="list-style-type: none"> <li>strawberry yogurt</li> <li>whole grain apple oatmeal bar</li> <li>fresh orange wedges</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>turkey sausage patty on a whole grain biscuit</li> <li>honey</li> <li>fresh pear</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>whole grain cheerios</li> <li>whole wheat graham crackers</li> <li>fresh banana</li> <li>100% grape juice</li> </ul>	<b>7</b> parent teacher conferences  no school	<b>8</b> professional day  no school
<b>11</b> holiday  no school	<b>12</b> <ul style="list-style-type: none"> <li>whole wheat bagel</li> <li>light cream cheese</li> <li>grape jelly</li> <li>fresh pear</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>whole grain frosted mini wheat cereal</li> <li>whole wheat graham crackers</li> <li>fresh banana</li> <li>100% grape juice</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>cinnamon oatmeal</li> <li>fresh apple slices</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>autumn spiced pancakes</li> <li>turkey sausage links</li> <li>all natural syrup</li> <li>butter</li> <li>fresh cantaloupe</li> </ul>
<b>18</b> <ul style="list-style-type: none"> <li>whole grain banana muffin</li> <li>fresh orange wedges</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>whole grain waffles with turkey bacon</li> <li>all natural syrup</li> <li>butter</li> <li>fresh pear</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>cheesy scrambled eggs and turkey sausage patty with a whole wheat english muffin</li> <li>fresh banana</li> <li>100% grape juice</li> </ul>	<b>21 pumpkin pie parfait</b> <ul style="list-style-type: none"> <li>vanilla yogurt</li> <li>whole grain granola</li> <li>pumpkin pie filling</li> <li>fresh apple slices</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>whole grain golden grahams cereal</li> <li>whole wheat graham crackers</li> <li>fresh cantaloupe</li> </ul>
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# DCPS October Market Box Breakfast Menu

RON BROWN | OPEN MEAL SITE

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

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

This institution is an equal opportunity provider.

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 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>fresh local apple</li> </ul>	<ul style="list-style-type: none"> <li>local applesauce</li> <li>fresh banana</li> </ul>	<ul style="list-style-type: none"> <li>fresh pear</li> </ul>



## 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>



# October Lunch Menu

DC PUBLIC SCHOOLS | K-8

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## Wild About School Lunch

October 11-15 is National School Lunch Week. This year's theme is "Wild About School Lunch" Join us in celebrating by drawing your cafeteria staff your favorite animal as a way to show your thanks for school lunch!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>bbq sauce</li> <li>whole grain cornbread muffin</li> <li>sweet potato fries</li> <li>steamed peas</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>
<p><b>4</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 pear</li> </ul>	<p><b>5 taco tuesday</b></p> <ul style="list-style-type: none"> <li>local beef soft tacos in a whole wheat tortilla</li> <li>low fat sour cream</li> <li>chili black beans</li> <li>tomato salsa</li> <li>fresh cantaloupe</li> </ul>	<p><b>6</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 orange wedges</li> </ul>	<p><b>7</b></p> <p>parent teacher conferences</p> <p>no school</p>	<p><b>8</b></p> <p>professional day</p> <p>no school</p>
<p><b>11</b></p> <p>holiday</p> <p>no school</p>	<p><b>12 national school lunch week</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>roasted broccoli</li> <li>baby carrots</li> <li>ranch dressing</li> <li>fresh cantaloupe</li> </ul>	<p><b>13 national school lunch week</b></p> <ul style="list-style-type: none"> <li>local beef burger on a whole wheat bun</li> <li>ketchup and mustard</li> <li>bbq baked beans</li> <li>steamed green peas</li> <li>fresh orange wedges</li> </ul>	<p><b>14 national school lunch week</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 banana</li> </ul>	<p><b>15 national school lunch week</b></p> <ul style="list-style-type: none"> <li>buffalo chicken drum</li> <li>whole grain cornbread muffin</li> <li>honey cinnamon sweet potatoes</li> <li>celery sticks</li> <li>house ranch dressing</li> <li>fresh apple slices</li> </ul>
<p><b>18</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 green peas</li> <li>fresh pear</li> </ul>	<p><b>19</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 cantaloupe</li> </ul>	<p><b>20</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 orange wedges</li> </ul>	<p><b>21</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 banana</li> </ul>	<p><b>22</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 apple slices</li> </ul>
<p><b>25</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 pear</li> </ul>	<p><b>26</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 cantaloupe</li> </ul>	<p><b>27</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 orange wedges</li> </ul>	<p><b>28</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>ketchup</li> <li>steamed green peas</li> <li>fresh banana</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>whole grain flatbread turkey pepperoni pizza</li> <li>green leaf salad with cherry tomatoes &amp; house ranch dressing</li> <li>fresh apple slices</li> </ul>





# October Vegetarian Lunch Menu

DC PUBLIC SCHOOLS | K-8

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**ORANGE** = Fresh Feature Friday Winner!

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

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## Wild About School Lunch

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>27</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>28</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>29</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>30</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>1</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>4</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 pear <b>VE</b></li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>cheese quesadilla <b>V</b></li> <li>chili black beans <b>VE</b></li> <li>tomato salsa <b>VE</b></li> <li>fresh cantaloupe <b>VE</b></li> <li>low fat sour cream <b>V</b></li> </ul>	<p>6</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 orange wedges <b>VE</b></li> </ul>	<p>7</p> <p>parent teacher conferences</p> <p>no school</p>	<p>8</p> <p>professional day</p> <p>no school</p>
<p>11</p> <p>holiday</p> <p>no school</p>	<p>12 national school lunch week</p> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly on whole wheat bread <b>VE</b></li> <li>roasted broccoli <b>VE</b></li> <li>baby carrots <b>VE</b></li> <li>house ranch dressing <b>V</b></li> <li>fresh cantaloupe <b>VE</b></li> </ul>	<p>13 national school lunch week</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 green peas <b>VE</b></li> <li>ketchup &amp; mustard <b>VE</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>	<p>14 national school lunch week</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 banana <b>VE</b></li> </ul>	<p>15 national school lunch week</p> <ul style="list-style-type: none"> <li>buffalo tofu bites <b>V</b></li> <li>whole grain cornbread muffin <b>V</b></li> <li>honey cinnamon sweet potatoes <b>VE</b></li> <li>celery sticks <b>VE</b></li> <li>house ranch dressing <b>V</b></li> <li>fresh apple slices <b>VE</b></li> </ul>
<p>18</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 green peas <b>VE</b></li> <li>fresh pear <b>VE</b></li> </ul>	<p>19</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 cantaloupe <b>VE</b></li> </ul>	<p>20</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 orange wedges <b>VE</b></li> </ul>	<p>21</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 banana <b>VE</b></li> </ul>	<p>22</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 apple slices <b>VE</b></li> </ul>
<p>25</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 pear <b>VE</b></li> </ul>	<p>26</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 cantaloupe <b>VE</b></li> </ul>	<p>27</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 orange wedges <b>VE</b></li> </ul>	<p>28</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>ketchup <b>VE</b></li> <li>fresh banana <b>VE</b></li> </ul>	<p>29</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>house ranch dressing <b>V</b></li> <li>fresh apple slices <b>VE</b></li> </ul>



# October Lunch Menu

## EARLY CHILDHOOD EDUCATION

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<p><b>27</b></p> <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>	<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>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>kale salad</li> <li>fresh apple slices</li> </ul>	<p><b>30</b></p> <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>	<p><b>1</b></p> <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>
<p><b>4</b></p> <ul style="list-style-type: none"> <li>turkey sloppy joe on a whole wheat bun</li> <li>cheesy broccoli</li> <li>chilled pears</li> </ul>	<p><b>5 taco tuesday</b></p> <ul style="list-style-type: none"> <li>local beef soft tacos in a whole wheat tortilla</li> <li>tomato salsa</li> <li>fresh cantaloupe</li> </ul>	<p><b>6</b></p> <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 orange wedges</li> </ul>	<p><b>7</b></p> <p>parent teacher conferences</p> <p>no school</p>	<p><b>8</b></p> <p>professional day</p> <p>no school</p>
<p><b>11</b></p> <p>holiday</p> <p>no school</p>	<p><b>12 national school lunch week</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>roasted broccoli</li> <li>ranch dressing</li> <li>fresh cantaloupe</li> </ul>	<p><b>13 national school lunch week</b></p> <ul style="list-style-type: none"> <li>local beef burger on a whole wheat bun</li> <li>ketchup and mustard</li> <li>bbq baked beans</li> <li>fresh orange wedges</li> </ul>	<p><b>14 national school lunch week</b></p> <ul style="list-style-type: none"> <li>tuna salad on whole wheat bread</li> <li>lemon parmesan kale</li> <li>fresh banana</li> </ul>	<p><b>15 national school lunch week</b></p> <ul style="list-style-type: none"> <li>diced buffalo chicken</li> <li>whole grain cornbread muffin</li> <li>honey cinnamon sweet potatoes</li> <li>fresh apple slices</li> </ul>
<p><b>18</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>chilled pears</li> </ul>	<p><b>19</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>fresh cantaloupe</li> </ul>	<p><b>20</b></p> <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 orange wedges</li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>whole wheat mac &amp; cheese</li> <li>herb roasted butternut squash</li> <li>fresh banana</li> </ul>	<p><b>22</b></p> <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 apple slices</li> </ul>
<p><b>25</b></p> <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 pears</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>teriyaki chicken</li> <li>whole grain fried rice</li> <li>asian broccoli</li> <li>fresh cantaloupe</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>crispy fish sandwich on a whole wheat bun</li> <li>kale salad</li> <li>fresh orange wedges</li> </ul>	<p><b>28</b></p> <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>ketchup</li> <li>fresh banana</li> </ul>	<p><b>29</b></p> <ul style="list-style-type: none"> <li>whole grain flatbread turkey pepperoni pizza</li> <li>green leaf salad with house ranch dressing</li> <li>fresh apple slices</li> </ul>





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<p>4</p> <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>chilled pears <b>VE</b></li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>cheese quesadilla <b>V</b></li> <li>tomato salsa <b>VE</b></li> <li>fresh cantaloupe <b>VE</b></li> <li>low fat sour cream <b>V</b></li> </ul>	<p>6</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>braised collard greens <b>VE</b></li> <li>all natural syrup, ketchup <b>V</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>	<p>7</p> <p>parent teacher conferences</p> <p>no school</p>	<p>8</p> <p>professional day</p> <p>no school</p>
<p>11</p> <p>holiday</p> <p>no school</p>	<p>12 national school lunch week</p> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly on whole wheat bread <b>VE</b></li> <li>roasted broccoli <b>VE</b></li> <li>house ranch dressing <b>V</b></li> <li>fresh cantaloupe <b>VE</b></li> </ul>	<p>13 national school lunch week</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>ketchup &amp; mustard <b>VE</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>	<p>14 national school lunch week</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>fresh banana <b>VE</b></li> </ul>	<p>15 national school lunch week</p> <ul style="list-style-type: none"> <li>buffalo tofu bites <b>V</b></li> <li>whole grain cornbread muffin <b>V</b></li> <li>honey cinnamon sweet potatoes <b>VE</b></li> <li>house ranch dressing <b>V</b></li> <li>fresh apple slices <b>VE</b></li> </ul>
<p>18</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>chilled pears <b>VE</b></li> </ul>	<p>19</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>fresh cantaloupe <b>VE</b></li> </ul>	<p>20</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>garlic kale <b>VE</b></li> <li>ketchup <b>VE</b></li> <li>honey mustard dressing <b>V</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>	<p>21</p> <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 banana <b>VE</b></li> </ul>	<p>22</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>baked potato fries <b>VE</b></li> <li>ketchup <b>VE</b></li> <li>fresh apple slices <b>VE</b></li> </ul>
<p>25</p> <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 pears <b>VE</b></li> </ul>	<p>26</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>fresh cantaloupe <b>VE</b></li> </ul>	<p>27</p> <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 orange wedges <b>VE</b></li> </ul>	<p>28</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>ketchup <b>VE</b></li> <li>fresh banana <b>VE</b></li> </ul>	<p>29</p> <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>house ranch dressing <b>V</b></li> <li>fresh apple slices <b>VE</b></li> </ul>



# October 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.

### Wild About School Lunch

October 11-15 is National School Lunch Week. This year's theme is "Wild About School Lunch" Join us in celebrating by drawing your cafeteria staff your favorite animal as a way to show your thanks for school lunch!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>27</b> <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>	<b>28</b> <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>	<b>29</b> <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</li> </ul>	<b>30</b> <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>	<b>1</b> <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>
	<b>4</b> <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 pear</li> </ul>	<b>5 taco tuesday</b> <ul style="list-style-type: none"> <li>local beef soft tacos in a whole wheat tortilla</li> <li>whole grain tortilla chips</li> <li>chili black beans</li> <li>tomato salsa</li> <li>fresh cantaloupe</li> <li>low fat sour cream</li> </ul>	<b>6</b> <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 orange wedges</li> </ul>	<b>7</b> <p>parent teacher conferences</p> <p>no school</p>	<b>8</b> <p>professional day</p> <p>no school</p>
	<b>11</b> <p>holiday</p> <p>no school</p>	<b>12 national school lunch week</b> <ul style="list-style-type: none"> <li>turkey &amp; cheddar on a whole wheat bun</li> <li>light mayonnaise &amp; mustard</li> <li>whole wheat crackers</li> <li>roasted broccoli</li> <li>baby carrots</li> <li>ranch dressing</li> <li>fresh cantaloupe</li> </ul>	<b>13 national school lunch week</b> <ul style="list-style-type: none"> <li>local beef burger on a whole wheat bun</li> <li>bbq baked beans</li> <li>steamed green peas</li> <li>fresh orange wedges</li> <li>ketchup and mustard</li> </ul>	<b>14 national school lunch week</b> <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 banana</li> <li>100% grape juice</li> </ul>	<b>15 national school lunch week</b> <ul style="list-style-type: none"> <li>buffalo chicken drum</li> <li>whole grain cornbread muffin</li> <li>honey cinnamon sweet potatoes</li> <li>celery sticks</li> <li>house ranch dressing</li> <li>fresh apple</li> </ul>
	<b>18</b> <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 green peas</li> <li>fresh pear</li> </ul>	<b>19</b> <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 cantaloupe</li> </ul>	<b>20</b> <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 orange wedges</li> </ul>	<b>21</b> <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 banana</li> <li>100% grape juice</li> </ul>	<b>22</b> <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 apple</li> </ul>
	<b>25</b> <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 pear</li> </ul>	<b>26</b> <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 cantaloupe</li> </ul>	<b>27</b> <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 orange wedges</li> </ul>	<b>28</b> <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 green peas</li> <li>ketchup</li> <li>fresh banana</li> <li>100% grape juice</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>whole grain flatbread turkey pepperoni pizza</li> <li>green leaf salad with cherry tomatoes &amp; house ranch dressing</li> <li>fresh apple</li> </ul>



# October 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.

## Wild About School Lunch

October 11-15 is National School Lunch Week. This year's theme is "Wild About School Lunch" Join us in celebrating by drawing your cafeteria staff your favorite animal as a way to show your thanks for school lunch!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>
<p><b>4</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 pear <b>VE</b></li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>cheese quesadilla <b>V</b></li> <li>whole grain tortilla chips <b>VE</b></li> <li>chili black beans <b>VE</b></li> <li>tomato salsa <b>VE</b></li> <li>fresh cantaloupe <b>VE</b></li> <li>low fat sour cream <b>V</b></li> </ul>	<p><b>6</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 orange wedges <b>VE</b></li> </ul>	<p><b>7</b></p> <p>parent teacher conferences</p> <p>no school</p>	<p><b>8</b></p> <p>professional day</p> <p>no school</p>
<p><b>11</b></p> <p>holiday</p> <p>no school</p>	<p><b>12 national school lunch week</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>roasted broccoli <b>VE</b></li> <li>baby carrots <b>VE</b></li> <li>house ranch dressing <b>V</b></li> <li>fresh cantaloupe <b>VE</b></li> </ul>	<p><b>13 national school lunch week</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 green peas <b>VE</b></li> <li>ketchup &amp; mustard <b>VE</b></li> <li>fresh orange wedges <b>VE</b></li> </ul>	<p><b>14 national school lunch week</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 banana <b>VE</b></li> <li>100% grape juice <b>VE</b></li> </ul>	<p><b>15 national school lunch week</b></p> <ul style="list-style-type: none"> <li>buffalo tofu bites <b>V</b></li> <li>whole grain cornbread muffin <b>V</b></li> <li>honey cinnamon sweet potatoes <b>VE</b></li> <li>celery sticks <b>VE</b></li> <li>house ranch dressing <b>V</b></li> <li>fresh apple <b>VE</b></li> </ul>
<p><b>18</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 green peas <b>VE</b></li> <li>fresh pear <b>VE</b></li> </ul>	<p><b>19</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 cantaloupe <b>VE</b></li> </ul>	<p><b>20</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 orange wedges <b>VE</b></li> </ul>	<p><b>21</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 banana <b>VE</b></li> <li>100% grape juice <b>VE</b></li> </ul>	<p><b>22</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 apple <b>VE</b></li> </ul>
<p><b>25</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 pear <b>VE</b></li> </ul>	<p><b>26</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 cantaloupe <b>VE</b></li> </ul>	<p><b>27</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 orange wedges <b>VE</b></li> </ul>	<p><b>28</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>ketchup <b>VE</b></li> <li>fresh banana <b>VE</b></li> <li>100% grape juice <b>VE</b></li> </ul>	<p><b>29</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>house ranch dressing <b>V</b></li> <li>fresh apple <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 applesauce</li> </ul>	<ul style="list-style-type: none"> <li>fresh pear</li> </ul>	<ul style="list-style-type: none"> <li>100% grape juice</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>



# October 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
<b>27</b> <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>	<b>28</b> <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>	<b>29</b> <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>	<b>30</b> <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>	<b>1</b> <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>
<b>4</b> <ul style="list-style-type: none"> <li>buffalo chicken wrap with romaine lettuce in a whole wheat tortilla</li> <li>baby carrots</li> <li>fresh honeydew</li> </ul>	<b>5 build your own pizza</b> <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>	<b>6</b> <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>	<b>7</b>  <b>parent teacher conferences</b>  <b>no school</b>	<b>8</b>  <b>professional day</b>  <b>no school</b>
<b>11</b>  <b>holiday</b>  <b>no school</b>	<b>12</b> <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 orange wedges</li> </ul>	<b>13</b> <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>	<b>14 build your own taco</b> <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>	<b>15</b> <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>
<b>18</b> <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>	<b>19</b> <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>	<b>20 build your own pizza</b> <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>	<b>21</b> <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>	<b>22 snack stackerz</b> <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>
<b>25</b> <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>	<b>26</b> <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>	<b>27</b> <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>	<b>28</b> <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>	<b>29</b> <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>

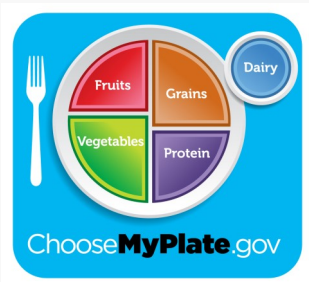




# October Snack Menu

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>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>hummus dip</li> <li>baby carrots</li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>chilled applesauce</li> <li>mozzarella cheese stick</li> </ul>
<b>4</b> <ul style="list-style-type: none"> <li>whole grain animal crackers</li> <li>chilled pineapple</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>whole grain cheez-its</li> <li>fresh orange wedges</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>hummus dip</li> <li>baby carrots</li> </ul>	<b>7</b> <b>parent teacher conferences</b>  <b>no school</b>	<b>8</b>  <b>professional day</b>  <b>no school</b>
<b>11</b>  <b>holiday</b>  <b>no school</b>	<b>12</b> <ul style="list-style-type: none"> <li>sunbutter cup</li> <li>whole grain graham crackers</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>strawberry banana yogurt</li> <li>whole grain cinnamon goldfish grahams</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>cheddar cheese slices</li> <li>whole wheat crackers</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>chilled applesauce</li> <li>mozzarella cheese stick</li> </ul>
<b>18</b> <ul style="list-style-type: none"> <li>whole grain animal crackers</li> <li>chilled pineapple</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>whole grain cheez-its</li> <li>fresh orange wedges</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>hummus dip</li> <li>baby carrots</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>cheddar cheese slices</li> <li>dried cranberries</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>whole grain apple cinnamon muffin</li> <li>mozzarella cheese stick</li> </ul>
<b>25</b> <ul style="list-style-type: none"> <li>whole grain goldfish</li> <li>chilled pineapple</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>sunbutter cup</li> <li>whole grain graham crackers</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>strawberry banana yogurt</li> <li>whole grain cinnamon goldfish grahams</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>cheddar cheese slices</li> <li>whole wheat crackers</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>chilled applesauce</li> <li>mozzarella cheese stick</li> </ul>