



November 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
1 <ul style="list-style-type: none"> raspberry yogurt whole grain strawberry oatmeal bar fresh apple slices 	2 <p>holiday</p> <p>no school</p>	3 <ul style="list-style-type: none"> turkey sausage links whole grain biscuit honey fresh orange wedges 	4 <ul style="list-style-type: none"> multi-grain frosted flakes whole wheat graham crackers fresh banana 100% grape juice 	5 <p>professional day</p> <p>no school</p>
8 <ul style="list-style-type: none"> whole wheat bagel light cream cheese grape jelly fresh apple slices 	9 <ul style="list-style-type: none"> warm whole grain banana bread fresh pear 	10 <ul style="list-style-type: none"> whole grain frosted mini wheat cereal whole wheat graham crackers fresh orange wedges 	11 <p>holiday</p> <p>no school</p>	12 <ul style="list-style-type: none"> whole grain pancakes turkey sausage links all natural syrup butter fresh cantaloupe
15 <ul style="list-style-type: none"> whole grain blueberry muffin fresh apple slices 	16 <ul style="list-style-type: none"> french toast sticks turkey bacon all natural syrup butter fresh pear 	17 <ul style="list-style-type: none"> cheesy scrambled eggs whole wheat english muffin fresh orange wedges 	18 cranberry pie parfait <ul style="list-style-type: none"> vanilla yogurt whole grain granola cranberry sauce fresh banana 	19 <ul style="list-style-type: none"> whole grain golden grahams cereal whole wheat graham crackers fresh cantaloupe
22 <ul style="list-style-type: none"> whole grain apple cinnamon muffin fresh apple slices 	23 <ul style="list-style-type: none"> whole wheat bagel light cream cheese strawberry jelly fresh pear 	24 <p>holiday</p> <p>no school</p>	25 <p>holiday</p> <p>no school</p>	26 <p>holiday</p> <p>no school</p>
29 <ul style="list-style-type: none"> raspberry yogurt whole grain strawberry oatmeal bar fresh apple slices 	30 <ul style="list-style-type: none"> turkey sausage patty on a whole grain biscuit honey fresh pear 	1 <ul style="list-style-type: none"> multi-grain frosted flakes whole wheat graham crackers fresh orange wedges 	2 <ul style="list-style-type: none"> scrambled eggs turkey bacon whole wheat toast grape jelly butter fresh banana 100% grape juice 	3 <ul style="list-style-type: none"> whole wheat french toast all natural syrup butter fresh cantaloupe



November Vegetarian Breakfast Menu

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1 <ul style="list-style-type: none"> raspberry yogurt V whole grain strawberry oatmeal bar V fresh apple slices VE 	2 <p>holiday</p> <p>no school</p>	3 <ul style="list-style-type: none"> veggie breakfast sausage patty on a whole grain biscuit V honey VE fresh orange wedges VE 	4 <ul style="list-style-type: none"> multi-grain frosted flakes VE whole wheat graham crackers VE fresh banana VE 100% grape juice VE 	5 <p>professional day</p> <p>no school</p>
8 <ul style="list-style-type: none"> whole wheat bagel VE light cream cheese V grape jelly VE fresh apple slices VE 	9 <ul style="list-style-type: none"> warm whole grain banana bread V fresh pear VE 	10 <ul style="list-style-type: none"> whole grain frosted mini wheat cereal VE whole wheat graham crackers VE fresh orange wedges VE 	11 <p>holiday</p> <p>no school</p>	12 <ul style="list-style-type: none"> whole grain pancakes V veggie breakfast sausage patty V all natural syrup VE butter V fresh cantaloupe VE
15 <ul style="list-style-type: none"> whole grain blueberry muffin V fresh apple slices VE 	16 <ul style="list-style-type: none"> french toast sticks V veggie breakfast sausage patty V all natural syrup VE butter V fresh pear VE 	17 <ul style="list-style-type: none"> cheesy scrambled eggs V whole wheat english muffin V fresh orange wedges VE 	18 cranberry pie parfait <ul style="list-style-type: none"> vanilla yogurt V whole grain granola VE cranberry sauce VE fresh banana VE 	19 <ul style="list-style-type: none"> whole grain golden grahams cereal VE whole wheat graham crackers VE fresh cantaloupe VE
22 <ul style="list-style-type: none"> whole grain apple cinnamon muffin V fresh apple slices VE 	23 <ul style="list-style-type: none"> whole wheat bagel VE light cream cheese V strawberry jelly VE fresh pear VE 	24 <p>holiday</p> <p>no school</p>	25 <p>holiday</p> <p>no school</p>	26 <p>holiday</p> <p>no school</p>
29 <ul style="list-style-type: none"> raspberry yogurt V whole grain strawberry oatmeal bar V fresh apple slices VE 	30 <ul style="list-style-type: none"> veggie breakfast sausage patty on a whole grain biscuit V honey VE fresh pear VE 	1 <ul style="list-style-type: none"> multi-grain frosted flakes VE whole wheat graham crackers VE fresh orange wedges VE 	2 <ul style="list-style-type: none"> scrambled eggs and veggie breakfast sausage patty V whole wheat toast VE grape jelly VE butter V fresh banana VE 100% grape juice VE 	3 <ul style="list-style-type: none"> whole wheat french toast V all natural syrup VE butter V fresh cantaloupe VE



November Breakfast Menu

EARLY CHILDHOOD EDUCATION

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8 <ul style="list-style-type: none"> whole wheat bagel light cream cheese fresh apple slices 	9 <ul style="list-style-type: none"> warm whole grain banana bread chilled pears 	10 <ul style="list-style-type: none"> whole grain frosted mini wheat cereal fresh orange wedges 	11 <p>holiday</p> <p>no school</p>	12 <ul style="list-style-type: none"> whole grain pancake all natural syrup fresh cantaloupe
15 <ul style="list-style-type: none"> whole grain blueberry muffin fresh apple slices 	16 <ul style="list-style-type: none"> whole grain french toast sticks all natural syrup chilled pears 	17 <ul style="list-style-type: none"> cheesy scrambled eggs whole wheat toast fresh orange wedges 	18 cranberry pie parfait <ul style="list-style-type: none"> vanilla yogurt whole grain granola cranberry sauce 	19 <ul style="list-style-type: none"> whole grain rice chex cereal fresh cantaloupe
22 <ul style="list-style-type: none"> whole grain apple cinnamon muffin fresh apple slices 	23 <ul style="list-style-type: none"> whole wheat bagel on a whole grain biscuit light cream cheese chilled pears 	24 <p>holiday</p> <p>no school</p>	25 <p>holiday</p> <p>no school</p>	26 <p>holiday</p> <p>no school</p>
29 <ul style="list-style-type: none"> raspberry yogurt fresh apple slices 	30 <ul style="list-style-type: none"> turkey sausage patty on a whole grain biscuit honey chilled pears 	1 <ul style="list-style-type: none"> whole grain cheerios fresh orange wedges 	2 <ul style="list-style-type: none"> scrambled eggs whole wheat toast fresh banana 	3 <ul style="list-style-type: none"> whole wheat french toast all natural syrup fresh cantaloupe



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1 <ul style="list-style-type: none"> • raspberry yogurt V • fresh apple slices VE 	2 <p>holiday</p> <p>no school</p>	3 <ul style="list-style-type: none"> • veggie breakfast sausage patty on a whole grain biscuit V • honey VE • fresh orange wedges VE 	4 <ul style="list-style-type: none"> • whole grain cheerios VE • fresh banana VE 	5 <p>professional day</p> <p>no school</p>
8 <ul style="list-style-type: none"> • whole wheat bagel VE • light cream cheese V • fresh apple slices VE 	9 <ul style="list-style-type: none"> • warm whole grain banana bread V • chilled pears VE 	10 <ul style="list-style-type: none"> • whole grain frosted mini wheat cereal VE • fresh orange wedges VE 	11 <p>holiday</p> <p>no school</p>	12 <ul style="list-style-type: none"> • whole grain pancake V • all natural syrup VE • fresh cantaloupe VE
15 <ul style="list-style-type: none"> • whole grain blueberry muffin V • fresh apple slices VE 	16 <ul style="list-style-type: none"> • whole grain french toast sticks V • all natural syrup VE • chilled pears VE 	17 <ul style="list-style-type: none"> • cheesy scrambled eggs V • whole wheat toast VE • fresh orange wedges VE 	18 cranberry pie parfait <ul style="list-style-type: none"> • vanilla yogurt V • whole grain granola VE • cranberry sauce VE 	19 <ul style="list-style-type: none"> • whole grain rice chex cereal VE • fresh cantaloupe VE
22 <ul style="list-style-type: none"> • whole grain apple cinnamon muffin V • fresh apple slices VE 	23 <ul style="list-style-type: none"> • whole wheat bagel VE • light cream cheese V • chilled pears VE 	24 <p>holiday</p> <p>no school</p>	25 <p>holiday</p> <p>no school</p>	26 <p>holiday</p> <p>no school</p>
29 <ul style="list-style-type: none"> • raspberry yogurt V • fresh apple slices VE 	30 <ul style="list-style-type: none"> • veggie breakfast sausage patty on a whole grain biscuit V • honey VE • chilled pears VE 	1 <ul style="list-style-type: none"> • whole grain cheerios VE • fresh orange wedges VE 	2 <ul style="list-style-type: none"> • scrambled eggs V • whole wheat toast VE • fresh banana VE 	3 <ul style="list-style-type: none"> • whole wheat french toast V • all natural syrup VE • fresh cantaloupe VE



DCPS November 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.



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
entrees				
<ul style="list-style-type: none"> whole grain rice chex cereal whole grain graham crackers 	<ul style="list-style-type: none"> whole grain apple cinnamon muffin low fat cheese stick 	<ul style="list-style-type: none"> whole grain cheerios cereal whole grain graham crackers 	<ul style="list-style-type: none"> strawberry banana yogurt whole grain strawberry oatmeal bar 	<ul style="list-style-type: none"> whole grain cinnamon flakes cereal low fat cheese stick
fruits				
<ul style="list-style-type: none"> local applesauce 100% grape juice 	<ul style="list-style-type: none"> fresh orange 	<ul style="list-style-type: none"> fresh local apple 	<ul style="list-style-type: none"> local applesauce fresh banana 	<ul style="list-style-type: none"> fresh pear



November Lunch Menu

DC PUBLIC SCHOOLS | K-8

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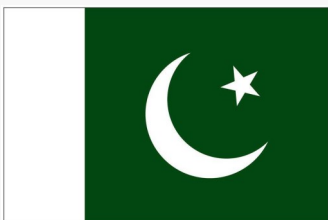
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International Food Day

We are excited to be highlighting Pakistan on **November 9th** for international food day.

Pakistani cuisine is known to have diverse flavors and spices such as cardamom, cinnamon, cloves, nutmeg, and black pepper, cumin seeds, turmeric, and bay leaves.

Enjoy a sample of non-spicy chickpea and potato curry during your lunch time.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <ul style="list-style-type: none"> turkey & bean chili whole grain tortilla chips mixed greens salad cucumber coins honey lime dressing fresh pear 	<p>2</p> <p>holiday</p> <p>no school</p>	<p>3</p> <ul style="list-style-type: none"> local beef burger on a whole wheat bun lettuce & tomato cheesy spinach ketchup & mustard fresh banana 	<p>4</p> <ul style="list-style-type: none"> bbq chicken drum whole wheat roll braised collard greens hash brown potatoes ketchup fresh cantaloupe 	<p>5</p> <p>professional day</p> <p>no school</p>
<p>8</p> <ul style="list-style-type: none"> whole grain flatbread italian turkey sausage and cheese pizza romaine salad with diced tomatoes & house ranch dressing fresh pear 	<p>9</p> <ul style="list-style-type: none"> orange chicken whole grain fried rice asian kale slaw korean cauliflower fresh orange wedges <p>international food day sample: chickpea and potato curry</p>	<p>10</p> <ul style="list-style-type: none"> turkey ham and cheddar melt on whole wheat bread steamed corn roasted broccoli fresh banana 	<p>11</p> <p>holiday</p> <p>no school</p>	<p>12</p> <ul style="list-style-type: none"> jamaican jerk chicken drum yellow rice red beans sautéed cabbage fresh apple slices
<p>15</p> <ul style="list-style-type: none"> all beef hot dog on a whole wheat bun ketchup & mustard bbq baked beans sautéed green beans fresh pear 	<p>16</p> <ul style="list-style-type: none"> teriyaki chicken whole grain lo mein asian broccoli glazed carrots fresh orange wedges 	<p>17</p> <ul style="list-style-type: none"> baked fish sticks whole wheat roll steamed corn mashed potatoes hot sauce fresh banana 	<p>18</p> <ul style="list-style-type: none"> bbq chicken drum whole grain cornbread muffin sweet potato fries roasted cauliflower fresh cantaloupe 	<p>19</p> <ul style="list-style-type: none"> whole grain flatbread turkey pepperoni pizza green leaf salad with diced tomatoes & parmesan cream dressing fresh apple slices
<p>22</p> <ul style="list-style-type: none"> tuna & macaroni salad whole wheat crackers baby carrots red pepper strips house ranch dressing fresh pear 	<p>23 thanksgiving meal</p> <ul style="list-style-type: none"> roasted turkey whole grain cornbread muffin sautéed green beans mashed potatoes & gravy fresh orange wedges 	<p>24</p> <p>holiday</p> <p>no school</p>	<p>25</p> <p>holiday</p> <p>no school</p>	<p>26</p> <p>holiday</p> <p>no school</p>
<p>29</p> <ul style="list-style-type: none"> chicken salad on whole wheat bread roasted broccoli celery sticks with house ranch dressing fresh pear 	<p>30</p> <ul style="list-style-type: none"> chicken and cheese quesadilla in a whole wheat tortilla chili black beans tomato salsa fresh orange wedges 	<p>1</p> <ul style="list-style-type: none"> local beef burger on a whole wheat bun lettuce & tomato cheesy spinach ketchup & mustard fresh banana 	<p>28 brunch for lunch</p> <ul style="list-style-type: none"> turkey sausage links whole grain waffles braised collard greens hash brown potatoes all natural syrup ketchup fresh cantaloupe 	<p>29</p> <ul style="list-style-type: none"> beef bolognese over whole wheat rotini pasta parmesan butternut squash steamed green peas fresh apple slices



November Vegetarian Lunch Menu

DC PUBLIC SCHOOLS | K-8

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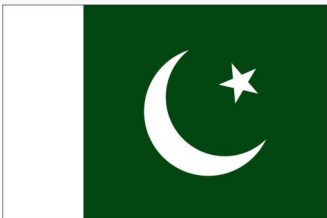
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International Food Day

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Pakistani cuisine is known to have diverse flavors and spices such as cardamom, cinnamon, cloves, nutmeg, and black pepper, cumin seeds, turmeric, and bay leaves.

Enjoy a sample of non-spicy chickpea and potato curry during your lunch time.



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<p>1</p> <ul style="list-style-type: none"> veg out chili VE whole grain tortilla chips VE mixed greens salad with cucumber coins VE honey lime dressing V fresh pear VE 	<p>2</p> <p>holiday</p> <p>no school</p>	<p>3</p> <ul style="list-style-type: none"> veggie burger on a whole wheat bun V lettuce & tomato VE cheesy spinach V ketchup & mustard V fresh banana VE 	<p>4</p> <ul style="list-style-type: none"> bbq tofu bites VE whole wheat roll VE braised collard greens VE hash brown potatoes VE ketchup VE fresh cantaloupe VE 	<p>5</p> <p>professional day</p> <p>no school</p>
<p>8</p> <ul style="list-style-type: none"> whole grain flatbread cheese pizza V romaine salad with diced tomatoes & house ranch dressing V fresh pear VE 	<p>9</p> <ul style="list-style-type: none"> orange glazed tofu VE whole grain fried rice VE asian kale slaw VE korean cauliflower VE fresh orange wedges VE <p>international food day sample: chickpea and potato curry V</p>	<p>10</p> <ul style="list-style-type: none"> grilled cheese on whole wheat bread V steamed corn VE roasted broccoli VE fresh banana VE 	<p>11</p> <p>holiday</p> <p>no school</p>	<p>12</p> <ul style="list-style-type: none"> jamaican jerk tofu VE yellow rice VE red beans VE sautéed cabbage VE fresh apple slices VE
<p>15</p> <ul style="list-style-type: none"> veggie burger on a whole wheat bun V ketchup & mustard VE bbq baked beans VE sautéed green beans VE fresh pear VE 	<p>16</p> <ul style="list-style-type: none"> super sesame tofu VE whole grain lo mein VE asian broccoli VE glazed carrots VE fresh orange wedges VE 	<p>17</p> <ul style="list-style-type: none"> veggie chik'n nuggets V whole wheat roll VE steamed corn VE mashed potatoes V hot sauce VE fresh banana VE 	<p>18</p> <ul style="list-style-type: none"> bbq tofu bites VE whole grain cornbread muffin V sweet potato fries VE roasted cauliflower VE fresh cantaloupe VE 	<p>19</p> <ul style="list-style-type: none"> whole grain flatbread cheese pizza V green leaf salad with diced tomatoes & parmesan cream dressing V fresh apple slices VE
<p>22</p> <ul style="list-style-type: none"> egg salad on a whole wheat bun V baby carrots with red pepper strips VE house ranch dressing V fresh pear VE 	<p>23 thanksgiving meal</p> <ul style="list-style-type: none"> veggie chik'n nuggets V whole grain cornbread muffin V sautéed green beans VE mashed potatoes & gravy V fresh orange wedges VE 	<p>24</p> <p>holiday</p> <p>no school</p>	<p>25</p> <p>holiday</p> <p>no school</p>	<p>26</p> <p>holiday</p> <p>no school</p>
<p>29</p> <ul style="list-style-type: none"> egg salad on a whole wheat bun V roasted broccoli VE celery sticks with house ranch dressing V fresh pear VE 	<p>30</p> <ul style="list-style-type: none"> sofritas tofu tacos on a whole wheat tortilla VE chili black beans VE tomato salsa VE fresh orange wedges VE 	<p>1</p> <ul style="list-style-type: none"> veggie burger on a whole wheat bun V lettuce & tomato VE cheesy spinach V ketchup & mustard VE fresh banana VE 	<p>28 brunch for lunch</p> <ul style="list-style-type: none"> veggie breakfast sausage V whole grain waffles V braised collard greens VE hash brown potatoes VE all natural syrup VE ketchup VE 	<p>29</p> <ul style="list-style-type: none"> tofu bolognese over whole wheat rotini pasta VE parmesan butternut squash V steamed green peas VE fresh apple slices VE



November Lunch Menu

DC PUBLIC SCHOOLS | 9-12

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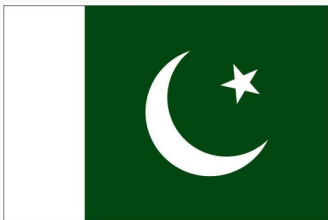
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<p>15</p> <ul style="list-style-type: none"> all beef hot dog on a whole wheat bun ketchup & mustard bbq baked beans sautéed green beans fresh pear 	<p>16</p> <ul style="list-style-type: none"> teriyaki chicken whole grain lo mein asian broccoli glazed carrots fresh orange wedges 	<p>17</p> <ul style="list-style-type: none"> baked fish sticks whole wheat roll steamed corn mashed potatoes hot sauce fresh banana 100% grape juice 	<p>18</p> <ul style="list-style-type: none"> bbq chicken drum whole grain cornbread muffin sweet potato fries roasted cauliflower fresh cantaloupe 	<p>19</p> <ul style="list-style-type: none"> whole grain flatbread turkey pepperoni pizza green leaf salad with diced tomatoes & parmesan cream dressing fresh apple
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<p>29</p> <ul style="list-style-type: none"> chicken salad on whole wheat bread roasted broccoli celery sticks with house ranch dressing fresh pear 	<p>30</p> <ul style="list-style-type: none"> chicken and cheese quesadilla in a whole wheat tortilla whole wheat zesty ranch crackers chili black beans tomato salsa fresh orange wedges 	<p>1</p> <ul style="list-style-type: none"> local beef burger on a whole wheat bun lettuce & tomato cheesy spinach ketchup & mustard fresh banana 100% grape juice 	<p>28 brunch for lunch</p> <ul style="list-style-type: none"> turkey sausage links whole grain waffles braised collard greens hash brown potatoes all natural syrup ketchup fresh cantaloupe 	<p>29</p> <ul style="list-style-type: none"> beef bolognese over whole wheat rotini pasta parmesan butternut squash steamed green peas fresh apple



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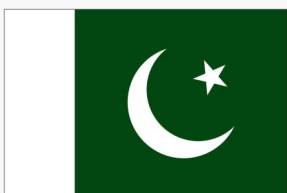
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <ul style="list-style-type: none"> • veg out chili VE • whole grain tortilla chips VE • mixed greens salad with cucumber coins VE • honey lime dressing V • fresh pear VE 	<p>2</p> <p>holiday</p> <p>no school</p>	<p>3</p> <ul style="list-style-type: none"> • veggie burger on a whole wheat bun V • lettuce & tomato VE • cheesy spinach V • ketchup & mustard V • fresh banana VE • 100% grape juice VE 	<p>4</p> <ul style="list-style-type: none"> • bbq tofu bites VE • whole wheat roll VE • braised collard greens VE • hash brown potatoes VE • ketchup VE • fresh cantaloupe VE 	<p>5</p> <p>professional day</p> <p>no school</p>
<p>8</p> <ul style="list-style-type: none"> • whole grain flatbread cheese pizza V • romaine salad with diced tomatoes & house ranch dressing V • fresh pear VE 	<p>9</p> <ul style="list-style-type: none"> • orange glazed tofu VE • whole grain fried rice VE • asian kale slaw VE • korean cauliflower VE • fresh orange wedges VE <p>international food day sample: chickpea and potato curry V</p>	<p>10</p> <ul style="list-style-type: none"> • grilled cheese on whole wheat bread V • steamed corn VE • roasted broccoli VE • fresh banana VE • 100% grape juice VE 	<p>11</p> <p>holiday</p> <p>no school</p>	<p>12</p> <ul style="list-style-type: none"> • jamaican jerk tofu VE • yellow rice VE • red beans VE • sautéed cabbage VE • fresh apple VE
<p>15</p> <ul style="list-style-type: none"> • veggie burger on a whole wheat bun V • ketchup & mustard VE • bbq baked beans VE • sautéed green beans VE • fresh pear VE 	<p>16</p> <ul style="list-style-type: none"> • super sesame tofu VE • whole grain lo mein VE • asian broccoli VE • glazed carrots VE • fresh orange wedges VE 	<p>17</p> <ul style="list-style-type: none"> • veggie chik'n nuggets V • whole wheat roll VE • steamed corn VE • mashed potatoes V • hot sauce VE • fresh banana VE • 100% grape juice VE 	<p>18</p> <ul style="list-style-type: none"> • bbq tofu bites VE • whole grain cornbread muffin V • sweet potato fries VE • roasted cauliflower VE • fresh cantaloupe VE 	<p>19</p> <ul style="list-style-type: none"> • whole grain flatbread cheese pizza V • green leaf salad with diced tomatoes & parmesan cream dressing V • fresh apple VE
<p>22</p> <ul style="list-style-type: none"> • egg salad on a whole wheat bun V • baby carrots with red pepper strips VE • house ranch dressing V • fresh pear VE 	<p>23 thanksgiving meal</p> <ul style="list-style-type: none"> • veggie chik'n nuggets V • whole grain cornbread muffin V • sautéed green beans VE • mashed potatoes & gravy V • fresh orange wedges VE 	<p>24</p> <p>holiday</p> <p>no school</p>	<p>25</p> <p>holiday</p> <p>no school</p>	<p>26</p> <p>holiday</p> <p>no school</p>
<p>29</p> <ul style="list-style-type: none"> • egg salad on a whole wheat bun V • roasted broccoli VE • celery sticks with house ranch dressing V • fresh pear VE 	<p>30</p> <ul style="list-style-type: none"> • sofritas tofu tacos on a whole wheat tortilla VE • whole wheat zesty crackers VE • chili black beans VE • tomato salsa VE • fresh orange wedges VE 	<p>1</p> <ul style="list-style-type: none"> • veggie burger on a whole wheat bun V • lettuce & tomato VE • cheesy spinach V • ketchup & mustard VE • fresh banana VE • 100% grape juice VE 	<p>28 brunch for lunch</p> <ul style="list-style-type: none"> • veggie breakfast sausage V • whole grain waffles V • braised collard greens VE • hash brown potatoes VE • all natural syrup VE • ketchup VE 	<p>29</p> <ul style="list-style-type: none"> • tofu bolognese over whole wheat rotini pasta VE • parmesan butternut squash V • steamed green peas VE • fresh apple VE



November Lunch Menu

EARLY CHILDHOOD EDUCATION

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.

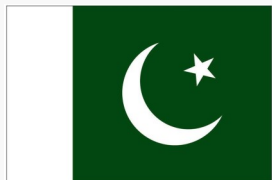
This institution is an equal opportunity provider.

International Food Day

We are excited to be highlighting Pakistan on **November 9th** for international food day.

Pakistani cuisine is known to have diverse flavors and spices such as cardamom, cinnamon, cloves, nutmeg, and black pepper, cumin seeds, turmeric, and bay leaves.

Enjoy a sample of non-spicy chickpea and potato curry during your lunch time.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> • turkey & bean chili • whole grain tortilla chips • cucumber coins • honey lime dressing • chilled pears 	2 <p>holiday</p> <p>no school</p>	3 <ul style="list-style-type: none"> • local beef burger on a whole wheat bun • lettuce & tomato • ketchup & mustard • fresh banana 	4 <ul style="list-style-type: none"> • diced bbq chicken • whole wheat roll • braised collard greens • fresh cantaloupe 	5 <p>professional day</p> <p>no school</p>
8 <ul style="list-style-type: none"> • whole grain flatbread • italian turkey sausage and cheese pizza • romaine salad with house ranch dressing • chilled pears 	9 <ul style="list-style-type: none"> • diced orange chicken • whole grain fried rice • korean cauliflower • fresh orange wedges <p>international food day sample: chickpea and potato curry</p>	10 <ul style="list-style-type: none"> • turkey ham and cheddar melt on whole wheat bread • roasted broccoli • fresh banana 	11 <p>holiday</p> <p>no school</p>	12 <ul style="list-style-type: none"> • diced jamaican jerk chicken • yellow rice • sautéed cabbage • fresh apple slices
15 <ul style="list-style-type: none"> • sliced all beef hot dog on a whole wheat bun • ketchup & mustard • bbq baked beans • chilled pears 	16 <ul style="list-style-type: none"> • diced teriyaki chicken • whole grain lo mein • glazed carrots • fresh orange wedges 	17 <ul style="list-style-type: none"> • baked fish sticks • whole wheat roll • steamed corn • fresh banana 	18 <ul style="list-style-type: none"> • diced bbq chicken • whole grain cornbread muffin • sweet potato fries • fresh cantaloupe 	19 <ul style="list-style-type: none"> • whole grain flatbread • turkey pepperoni pizza • green leaf salad with parmesan cream dressing • fresh apple slices
22 <ul style="list-style-type: none"> • tuna & macaroni salad • red pepper strips • house ranch dressing • chilled pears 	23 thanksgiving meal <ul style="list-style-type: none"> • roasted turkey • whole grain cornbread muffin • mashed potatoes & gravy • fresh orange wedges 	24 <p>holiday</p> <p>no school</p>	25 <p>holiday</p> <p>no school</p>	26 <p>holiday</p> <p>no school</p>
29 <ul style="list-style-type: none"> • chicken salad on whole wheat bread • roasted broccoli • ranch dressing • chilled pears 	30 <ul style="list-style-type: none"> • cheese quesadilla in a whole wheat tortilla • tomato salsa • fresh orange wedges 	1 <ul style="list-style-type: none"> • local beef burger on a whole wheat bun • lettuce & tomato • ketchup & mustard • fresh banana 	28 brunch for lunch <ul style="list-style-type: none"> • sliced turkey sausage links • whole grain waffles • braised collard greens • all natural syrup • ketchup • fresh cantaloupe 	29 <ul style="list-style-type: none"> • beef bolognese over whole wheat rotini pasta • steamed green peas • fresh apple slices



November Vegetarian Lunch Menu

EARLY CHILDHOOD EDUCATION

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.

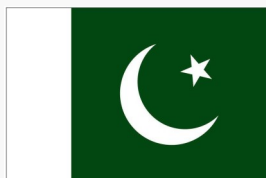
This institution is an equal opportunity provider.

International Food Day

We are excited to be highlighting Pakistan on **November 9th** for international food day.

Pakistani cuisine is known to have diverse flavors and spices such as cardamom, cinnamon, cloves, nutmeg, and black pepper, cumin seeds, turmeric, and bay leaves.

Enjoy a sample of non-spicy chickpea and potato curry during



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> • veggie chili VE • whole grain tortilla chips VE • cucumber coins VE • honey lime dressing V • chilled pears VE 	2 <p>holiday</p> <p>no school</p>	3 <ul style="list-style-type: none"> • veggie burger on a whole wheat bun V • lettuce & tomato VE • ketchup & mustard VE • fresh banana VE 	4 <ul style="list-style-type: none"> • bbq tofu bites VE • whole wheat roll VE • braised collard greens VE • fresh cantaloupe VE 	5 <p>professional day</p> <p>no school</p>
8 <ul style="list-style-type: none"> • whole grain flatbread cheese pizza V • romaine salad with house ranch dressing V • chilled pears VE 	9 <ul style="list-style-type: none"> • orange glazed tofu VE • whole grain fried rice VE • korean cauliflower VE • fresh orange wedges VE <p>international food day sample: chickpea and potato curry V</p>	10 <ul style="list-style-type: none"> • grilled cheese on whole wheat bread V • roasted broccoli VE • fresh banana VE 	11 <p>holiday</p> <p>no school</p>	12 <ul style="list-style-type: none"> • jamaican jerk tofu VE • yellow rice VE • sautéed cabbage VE • fresh apple slices VE
15 <ul style="list-style-type: none"> • veggie burger on a whole wheat bun V • ketchup & mustard VE • bbq baked beans VE • chilled pears VE 	16 <ul style="list-style-type: none"> • super sesame tofu VE • whole grain lo mein VE • glazed carrots VE • fresh orange wedges VE 	17 <ul style="list-style-type: none"> • veggie chik'n nuggets V • whole wheat roll VE • steamed corn VE • fresh banana VE 	18 <ul style="list-style-type: none"> • bbq tofu bites VE • whole grain cornbread muffin V • sweet potato fries VE • fresh cantaloupe VE 	19 <ul style="list-style-type: none"> • whole grain flatbread cheese pizza V • green leaf salad with parmesan cream dressing V • fresh apple slices VE
22 <ul style="list-style-type: none"> • egg salad on a whole wheat bun V • red pepper strips • house ranch dressing V • chilled pears VE 	23 thanksgiving meal <ul style="list-style-type: none"> • veggie chik'n nuggets V • whole grain cornbread muffin V • mashed potatoes & gravy V • fresh orange wedges VE 	24 <p>holiday</p> <p>no school</p>	25 <p>holiday</p> <p>no school</p>	26 <p>holiday</p> <p>no school</p>
29 <ul style="list-style-type: none"> • egg salad on a whole wheat bun V • roasted broccoli • house ranch dressing V • chilled pears VE 	30 <ul style="list-style-type: none"> • sofritas tofu tacos on a whole wheat tortilla VE • tomato salsa VE • fresh orange wedges VE 	1 <ul style="list-style-type: none"> • veggie burger on a whole wheat bun V • lettuce & tomato VE • ketchup & mustard VE • fresh banana VE 	28 brunch for lunch <ul style="list-style-type: none"> • veggie breakfast sausage V • whole grain waffles VE • braised collard greens VE • all natural syrup VE • ketchup VE • fresh cantaloupe VE 	29 <ul style="list-style-type: none"> • tofu bolognese over whole wheat rotini pasta VE • steamed green peas VE • fresh apple slices VE



DCPS November 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>

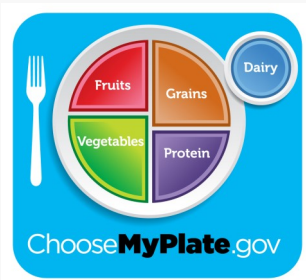
Pickup Day	Site Closed	Pickup Day	Site Closed	Site Closed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
entrees				
<ul style="list-style-type: none"> build your own pizza: whole grain flatbread squares with shredded mozzarella cheese, tomato sauce V 	<ul style="list-style-type: none"> turkey & cheddar on a whole wheat bun with lettuce & tomato or cheese sandwich on whole wheat bread with lettuce & tomato V 	<ul style="list-style-type: none"> tuna salad on a whole wheat bun or egg salad on a whole wheat bun V 	<ul style="list-style-type: none"> grilled chicken caesar wrap in a whole wheat tortilla with romaine lettuce or veggie chik'n caesar wrap in a whole wheat tortilla with romaine lettuce V 	<ul style="list-style-type: none"> buffalo chicken wrap in a whole wheat tortilla with romaine lettuce or buffalo veggie chik'n wrap in a whole wheat tortilla with romaine lettuce V
vegetables				
<ul style="list-style-type: none"> local green leaf salad 	<ul style="list-style-type: none"> local cucumber coins 	<ul style="list-style-type: none"> black bean & corn salad 	<ul style="list-style-type: none"> baby carrots 	<ul style="list-style-type: none"> local corn
fruits				
<ul style="list-style-type: none"> fresh local apple 	<ul style="list-style-type: none"> local applesauce 	<ul style="list-style-type: none"> fresh pear 	<ul style="list-style-type: none"> 100% grape juice 	<ul style="list-style-type: none"> fresh orange
condiments				
<ul style="list-style-type: none"> italian dressing 	<ul style="list-style-type: none"> light mayonnaise mustard ranch dressing 		<ul style="list-style-type: none"> caesar dressing 	<ul style="list-style-type: none"> ranch dressing



November Snack Menu

DC PUBLIC SCHOOLS

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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
1 <ul style="list-style-type: none"> whole grain animal crackers chilled pineapple 	2 <p>holiday</p> <p>no school</p>	3 <ul style="list-style-type: none"> raspberry yogurt whole grain granola 	4 <ul style="list-style-type: none"> cheddar cheese slices dried cranberries 	5 <p>professional day</p> <p>no school</p>
8 <ul style="list-style-type: none"> whole grain goldfish chilled pineapple 	9 <ul style="list-style-type: none"> sunbutter cup whole grain graham crackers 	10 <ul style="list-style-type: none"> strawberry yogurt whole grain cinnamon goldfish grahams 	11 <p>holiday</p> <p>no school</p>	12 <ul style="list-style-type: none"> chilled applesauce mozzarella cheese stick
15 <ul style="list-style-type: none"> whole grain animal crackers chilled pineapple 	16 <ul style="list-style-type: none"> whole grain cheez-its fresh orange wedges 	17 <ul style="list-style-type: none"> raspberry yogurt whole grain granola 	18 <ul style="list-style-type: none"> cheddar cheese slices dried cranberries 	19 <ul style="list-style-type: none"> whole grain banana muffin mozzarella cheese stick
22 <ul style="list-style-type: none"> whole grain goldfish chilled pineapple 	23 <ul style="list-style-type: none"> sunbutter cup whole grain graham crackers 	24 <p>holiday</p> <p>no school</p>	25 <p>holiday</p> <p>no school</p>	26 <p>holiday</p> <p>no school</p>
29 <ul style="list-style-type: none"> whole grain animal crackers chilled pineapple 	30 <ul style="list-style-type: none"> whole grain cheez-its fresh orange wedges 	1 <ul style="list-style-type: none"> raspberry yogurt whole grain granola 	2 <ul style="list-style-type: none"> cheddar cheese slices dried cranberries 	3 <ul style="list-style-type: none"> whole grain banana muffin mozzarella cheese stick



November 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> buffalo chicken wrap with romaine lettuce in a whole wheat tortilla celery sticks house ranch dressing fresh cantaloupe 	2 <p>holiday</p> <p>no school</p>	3 build your own taco <ul style="list-style-type: none"> cumin lime chicken whole wheat tortilla shredded romaine lettuce low fat sour cream cinnamon applesauce 	4 build your own pizza <ul style="list-style-type: none"> shredded mozzarella cheese whole grain flatbread squares tomato sauce fresh orange wedges 	5 <p>professional day</p> <p>no school</p>
8 <ul style="list-style-type: none"> turkey and cheese on a whole wheat bun broccoli florets asian dressing fresh cantaloupe 	9 <ul style="list-style-type: none"> cheddar cheese slices whole wheat crackers baby spinach salad with Italian dressing 100% grape juice 	10 <ul style="list-style-type: none"> tuna salad on a whole wheat bun baby carrots cinnamon applesauce 	11 <p>holiday</p> <p>no school</p>	12 snack stackerz <ul style="list-style-type: none"> cheddar cheese slices & turkey slices whole wheat roll kale salad fresh banana
15 <ul style="list-style-type: none"> cheddar cheese slices whole wheat ranch crackers baby spinach salad with snap peas and balsamic dressing fresh cantaloupe 	16 <ul style="list-style-type: none"> turkey club on whole wheat bread with lettuce & tomato cucumber coins mustard & light mayonnaise 100% grape juice 	17 <ul style="list-style-type: none"> chicken salad whole wheat crackers cauliflower florets asian dressing cinnamon applesauce 	18 build your own pizza <ul style="list-style-type: none"> shredded mozzarella cheese whole grain flatbread squares tomato sauce fresh orange wedges 	19 <ul style="list-style-type: none"> bbq chicken wrap with lettuce in a whole wheat tortilla baby carrots honey mustard dressing fresh banana
22 <ul style="list-style-type: none"> mediterranean chicken wrap with lettuce & tomato on whole grain flatbread cucumber coins lemon olive oil dressing fresh cantaloupe 	23 <ul style="list-style-type: none"> egg salad on a whole wheat bun broccoli florets balsamic dressing 100% grape juice 	24 <p>holiday</p> <p>no school</p>	25 <p>holiday</p> <p>no school</p>	26 <p>holiday</p> <p>no school</p>
29 <ul style="list-style-type: none"> buffalo chicken wrap with romaine lettuce in a whole wheat tortilla baby carrots house ranch dressing fresh cantaloupe 	30 <ul style="list-style-type: none"> sunbutter & jelly on whole wheat bread snap peas 100% grape juice 	1 build your own taco <ul style="list-style-type: none"> cumin lime chicken whole wheat tortilla shredded romaine lettuce low fat sour cream cinnamon applesauce 	2 build your own pizza <ul style="list-style-type: none"> shredded mozzarella cheese whole grain flatbread squares tomato sauce fresh orange wedges 	3 <ul style="list-style-type: none"> turkey & cheddar on a whole wheat bun cucumber coins mustard & light mayonnaise fresh banana