



December 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
<p>29</p> <ul style="list-style-type: none"> raspberry yogurt whole grain strawberry oatmeal bar fresh apple slices 	<p>30</p> <ul style="list-style-type: none"> turkey sausage patty on a whole grain biscuit honey fresh pear 	<p>1</p> <ul style="list-style-type: none"> multi-grain frosted flakes whole wheat graham crackers fresh orange wedges 	<p>2</p> <ul style="list-style-type: none"> scrambled eggs turkey bacon whole wheat toast grape jelly butter fresh banana 100% grape juice 	<p>3</p> <ul style="list-style-type: none"> whole grain french toast all natural syrup butter fresh cantaloupe
<p>6</p> <ul style="list-style-type: none"> whole wheat bagel light cream cheese grape jelly fresh apple slices 	<p>7</p> <ul style="list-style-type: none"> warm whole grain banana bread fresh pear 	<p>8</p> <ul style="list-style-type: none"> cinnamon oatmeal fresh orange wedges 	<p>9</p> <ul style="list-style-type: none"> whole grain frosted mini wheat cereal whole wheat graham crackers fresh banana 100% grape juice 	<p>10</p> <ul style="list-style-type: none"> whole grain pancakes turkey sausage links all natural syrup butter fresh cantaloupe
<p>13</p> <ul style="list-style-type: none"> whole wheat bagel light cream cheese fresh apple slices 	<p>14</p> <ul style="list-style-type: none"> golden grahams cereal whole wheat graham crackers fresh pear 	<p>15</p> <ul style="list-style-type: none"> cheesy scrambled eggs turkey sausage patties whole wheat english muffin fresh orange wedges 	<p>16 cranberry pie parfait</p> <ul style="list-style-type: none"> vanilla yogurt whole grain granola cranberry sauce fresh banana 	<p>17</p> <ul style="list-style-type: none"> whole grain french toast all natural syrup fresh cantaloupe
<p>20</p> <ul style="list-style-type: none"> whole grain apple cinnamon muffin fresh apple slices 	<p>21</p> <ul style="list-style-type: none"> whole wheat bagel light cream cheese strawberry jelly fresh pear 	<p>22</p> <ul style="list-style-type: none"> whole grain cinnamon rice chex cereal whole wheat graham crackers fresh orange wedges 	<p>23</p> <p>holiday no school</p>	<p>24</p> <p>holiday no school</p>
<p>27</p> <p>holiday no school</p>	<p>28</p> <p>holiday no school</p>	<p>29</p> <p>holiday no school</p>	<p>30</p> <p>holiday no school</p>	<p>31</p> <p>holiday no school</p>



December Vegetarian Breakfast Menu

DC PUBLIC SCHOOLS

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V = vegetarian **VE** = vegan

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>29</p> <ul style="list-style-type: none"> raspberry yogurt V whole grain strawberry oatmeal bar V fresh apple slices VE 	<p>30</p> <ul style="list-style-type: none"> veggie breakfast sausage patty on a whole grain biscuit V honey VE fresh pear VE 	<p>1</p> <ul style="list-style-type: none"> multi-grain frosted flakes VE whole wheat graham crackers VE fresh orange wedges VE 	<p>2</p> <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 	<p>3</p> <ul style="list-style-type: none"> whole grain french toast V all natural syrup VE butter V fresh cantaloupe VE
<p>6</p> <ul style="list-style-type: none"> whole wheat bagel VE light cream cheese V grape jelly VE fresh apple slices VE 	<p>7</p> <ul style="list-style-type: none"> warm whole grain banana bread V fresh pear VE 	<p>8</p> <ul style="list-style-type: none"> cinnamon oatmeal V fresh orange wedges VE 	<p>9</p> <ul style="list-style-type: none"> whole grain frosted mini wheat cereal VE whole wheat graham crackers VE fresh banana VE 100% grape juice VE 	<p>10</p> <ul style="list-style-type: none"> whole grain pancakes V veggie breakfast sausage patty V all natural syrup VE butter V fresh cantaloupe VE
<p>13</p> <ul style="list-style-type: none"> whole wheat bagel V fresh apple slices VE 	<p>14</p> <ul style="list-style-type: none"> whole grain golden grahams cereal VE whole wheat graham crackers VE fresh pear VE 	<p>15</p> <ul style="list-style-type: none"> cheesy scrambled eggs V whole wheat english muffin V fresh orange wedges VE 	<p>16 cranberry pie parfait</p> <ul style="list-style-type: none"> vanilla yogurt V whole grain granola VE cranberry sauce VE fresh banana VE 	<p>17</p> <ul style="list-style-type: none"> whole grain french toast V all natural syrup fresh cantaloupe VE
<p>20</p> <ul style="list-style-type: none"> whole grain apple cinnamon muffin V fresh apple slices VE 	<p>21</p> <ul style="list-style-type: none"> whole wheat bagel VE light cream cheese V strawberry jelly VE fresh pear VE 	<p>22</p> <ul style="list-style-type: none"> whole grain cinnamon rice chex cereal VE whole wheat graham crackers VE fresh orange wedges VE 	<p>23</p> <p>holiday</p> <p>no school</p>	<p>24</p> <p>holiday</p> <p>no school</p>
<p>27</p> <p>holiday</p> <p>no school</p>	<p>28</p> <p>holiday</p> <p>no school</p>	<p>29</p> <p>holiday</p> <p>no school</p>	<p>30</p> <p>holiday</p> <p>no school</p>	<p>31</p> <p>holiday</p> <p>no school</p>



December Breakfast Menu

EARLY CHILDHOOD EDUCATION

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 grain french toast all natural syrup fresh cantaloupe
6 <ul style="list-style-type: none"> whole wheat bagel light cream cheese fresh apple slices 	7 <ul style="list-style-type: none"> warm whole grain banana bread chilled pears 	8 <ul style="list-style-type: none"> cinnamon oatmeal fresh orange wedges 	9 <ul style="list-style-type: none"> whole grain frosted mini wheat cereal fresh banana 	10 <ul style="list-style-type: none"> whole grain pancake all natural syrup fresh cantaloupe
13 <ul style="list-style-type: none"> whole wheat bagel fresh apple slices 	14 <ul style="list-style-type: none"> whole grain cheerios cereal chilled pears 	15 <ul style="list-style-type: none"> cheesy scrambled eggs whole wheat toast fresh orange wedges 	16 cranberry pie parfait <ul style="list-style-type: none"> vanilla yogurt whole grain granola cranberry sauce 	17 <ul style="list-style-type: none"> whole grain french toast all natural syrup fresh cantaloupe
20 <ul style="list-style-type: none"> whole grain apple cinnamon muffin fresh apple slices 	21 <ul style="list-style-type: none"> whole wheat bagel light cream cheese chilled pears 	22 <ul style="list-style-type: none"> whole grain frosted mini wheat cereal fresh orange wedges 	23 holiday no school	24 holiday no school
27 holiday no school	28 holiday no school	29 holiday no school	30 holiday no school	31 holiday no school



December Vegetarian Breakfast Menu

EARLY CHILDHOOD EDUCATION

What do the colors on the menu mean?

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 grain french toast V • all natural syrup VE • fresh cantaloupe VE
6 <ul style="list-style-type: none"> • whole wheat bagel VE • light cream cheese V • fresh apple slices VE 	7 <ul style="list-style-type: none"> • warm whole grain banana bread V • chilled pears VE 	8 <ul style="list-style-type: none"> • cinnamon oatmeal V • fresh orange wedges VE 	9 <ul style="list-style-type: none"> • whole grain frosted mini wheat cereal VE • fresh banana VE 	10 <ul style="list-style-type: none"> • whole grain pancake V • all natural syrup VE • fresh cantaloupe VE
13 <ul style="list-style-type: none"> • whole grain blueberry muffin V • fresh apple slices VE 	14 <ul style="list-style-type: none"> • whole grain cheerios cereal VE • chilled pears VE 	15 <ul style="list-style-type: none"> • cheesy scrambled eggs V • whole wheat toast VE • fresh orange wedges VE 	16 cranberry pie parfait <ul style="list-style-type: none"> • vanilla yogurt V • whole grain granola VE • cranberry sauce VE 	17 <ul style="list-style-type: none"> • whole grain french toast V • all natural syrup VE • fresh cantaloupe VE
20 <ul style="list-style-type: none"> • whole grain apple cinnamon muffin V • fresh apple slices VE 	21 <ul style="list-style-type: none"> • whole wheat bagel VE • light cream cheese V • chilled pears VE 	22 <ul style="list-style-type: none"> • whole grain frosted mini wheat cereal VE • fresh orange wedges VE 	23 <p>holiday no school</p>	24 <p>holiday no school</p>
27 <p>holiday no school</p>	28 <p>holiday no school</p>	29 <p>holiday no school</p>	30 <p>holiday no school</p>	31 <p>holiday no school</p>



DCPS December 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 mini what 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



December Lunch Menu

DC PUBLIC SCHOOLS | K-8

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HAPPY HOLIDAYS!

Come enjoy the Holiday Meal on December 21st!

The holidays are a great time to learn about the traditions and values of other people! Many people celebrate holidays with special food. What is your favorite holiday food? Ask your classmates to learn about their family food traditions!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>29</p> <ul style="list-style-type: none"> turkey ham and cheddar melt on whole wheat bread steamed broccoli celery sticks honey mustard 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 whole grain tortilla chips cheesy spinach ketchup & mustard fresh banana 	<p>2</p> <ul style="list-style-type: none"> crispy chicken tenders brown rice braised collard greens hash brown potatoes ketchup fresh cantaloupe 	<p>3</p> <ul style="list-style-type: none"> beef bolognese over whole wheat rotini pasta parmesan butternut squash steamed green peas fresh apple slices
<p>6</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>7</p> <ul style="list-style-type: none"> orange chicken whole grain fried rice asian kale slaw korean cauliflower fresh orange wedges 	<p>8</p> <ul style="list-style-type: none"> turkey ham and cheddar melt on whole wheat bread steamed corn roasted broccoli fresh banana 	<p>9</p> <ul style="list-style-type: none"> zesty beef and pasta bake whole wheat roll honey cinnamon sweet potatoes sautéed green beans fresh cantaloupe 	<p>10</p> <ul style="list-style-type: none"> jamaican jerk chicken drum yellow rice red beans sautéed cabbage fresh apple slices
<p>13</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>14</p> <ul style="list-style-type: none"> teriyaki chicken whole grain lo mein asian broccoli glazed carrots fresh orange wedges 	<p>15</p> <ul style="list-style-type: none"> baked fish sticks whole wheat roll steamed corn mashed potatoes hot sauce fresh banana 	<p>16</p> <ul style="list-style-type: none"> bbq chicken drum whole grain cornbread muffin sweet potato fries roasted cauliflower fresh cantaloupe 	<p>17</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>20</p> <ul style="list-style-type: none"> tuna & macaroni salad whole wheat crackers baby carrots red pepper strips house ranch dressing fresh pear 	<p>21 Holiday Meal</p> <ul style="list-style-type: none"> roasted turkey whole grain cornbread muffin sautéed green beans mashed potatoes & gravy fresh orange wedges 	<p>22</p> <ul style="list-style-type: none"> crispy chicken tender ketchup whole wheat roll bbq baked beans savory sautéed kale fresh banana 	<p>23</p> <p>holiday no school</p>	<p>24</p> <p>holiday no school</p>
<p>27</p> <p>holiday no school</p>	<p>28</p> <p>holiday no school</p>	<p>29</p> <p>holiday no school</p>	<p>30</p> <p>holiday no school</p>	<p>31</p> <p>holiday no school</p>



December Vegetarian Lunch Menu

DC PUBLIC SCHOOLS | K-8

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>29</p> <ul style="list-style-type: none"> egg salad on whole wheat bread V steamed broccoli VE celery sticks VE honey mustard dressing V fresh pear V 	<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 ketchup & mustard VE lettuce & tomato VE whole grain tortilla chips VE cheesy spinach V fresh banana VE 	<p>2</p> <ul style="list-style-type: none"> veggie chik'n nuggets V brown rice VE braised collard greens VE hash brown potatoes VE ketchup VE fresh cantaloupe VE 	<p>3</p> <ul style="list-style-type: none"> tofu bolognese over whole grain rotini pasta VE parmesan butternut squash V steamed green peas VE fresh apple slices VE
<p>6</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>7</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>8</p> <ul style="list-style-type: none"> grilled cheese on whole wheat bread V steamed corn VE roasted broccoli VE fresh banana VE 	<p>9</p> <ul style="list-style-type: none"> powered up pasta with chickpeas VE whole wheat roll VE honey cinnamon sweet potatoes V sautéed green beans VE fresh cantaloupe VE 	<p>10</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>13</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>14</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>15</p> <ul style="list-style-type: none"> veggie chick'n nuggets V whole wheat roll VE steamed corn VE mashed potatoes V hot sauce VE fresh banana VE 	<p>16</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>17</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>20</p> <ul style="list-style-type: none"> egg salad V whole wheat crackers VE baby carrots VE red pepper strips VE house ranch dressing V fresh pear VE 	<p>21 Holiday 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>22</p> <ul style="list-style-type: none"> bbq tofu bites VE whole wheat roll VE bbq baked beans VE savory sautéed kale VE fresh banana VE 	<p>23</p> <p>holiday no school</p>	<p>24</p> <p>holiday no school</p>
<p>27</p> <p>holiday no school</p>	<p>28</p> <p>holiday no school</p>	<p>29</p> <p>holiday no school</p>	<p>30</p> <p>holiday no school</p>	<p>31</p> <p>holiday no school</p>



December Lunch Menu

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<p>29</p> <ul style="list-style-type: none"> turkey ham and cheddar melt on whole wheat bread steamed broccoli celery sticks honey mustard 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 whole grain tortilla chips cheesy spinach ketchup & mustard fresh banana 100% grape juice 	<p>2</p> <ul style="list-style-type: none"> crispy chicken tenders brown rice braised collard greens hash brown potatoes ketchup fresh cantaloupe 	<p>3</p> <ul style="list-style-type: none"> beef bolognese over whole wheat rotini pasta parmesan butternut squash steamed green peas fresh apple
<p>6</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>7</p> <ul style="list-style-type: none"> orange chicken whole grain fried rice asian kale slaw korean cauliflower fresh orange wedges 	<p>8</p> <ul style="list-style-type: none"> turkey ham and cheddar melt on whole wheat bread steamed corn roasted broccoli fresh banana 100% grape juice 	<p>9</p> <ul style="list-style-type: none"> zesty beef and pasta bake whole wheat roll honey cinnamon sweet potatoes sautéed green beans fresh cantaloupe 	<p>10</p> <ul style="list-style-type: none"> jamaican jerk chicken drum yellow rice red beans sautéed cabbage fresh apple
<p>13</p> <ul style="list-style-type: none"> all beef hot dog on a whole wheat bun whole grain tortilla chips ketchup & mustard bbq baked beans sautéed green beans fresh pear 	<p>14</p> <ul style="list-style-type: none"> teriyaki chicken whole grain lo mein asian broccoli glazed carrots fresh orange wedges 	<p>15</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>16</p> <ul style="list-style-type: none"> bbq chicken drum whole grain cornbread muffin sweet potato fries roasted cauliflower fresh cantaloupe 	<p>17</p> <ul style="list-style-type: none"> whole grain flatbread turkey pepperoni pizza green leaf salad with diced tomatoes & parmesan cream dressing fresh apple
<p>20</p> <ul style="list-style-type: none"> tuna & macaroni salad whole wheat crackers baby carrots red pepper strips house ranch dressing fresh pear 	<p>21 Holiday Meal</p> <ul style="list-style-type: none"> roasted turkey whole grain cornbread muffin sautéed green beans mashed potatoes & gravy fresh orange wedges 	<p>22</p> <ul style="list-style-type: none"> crispy chicken tender ketchup whole wheat roll bbq baked beans savory sautéed kale fresh banana 	<p>23</p> <p>holiday</p> <p>no school</p>	<p>24</p> <p>holiday</p> <p>no school</p>
<p>27</p> <p>holiday</p> <p>no school</p>	<p>28</p> <p>holiday</p> <p>no school</p>	<p>29</p> <p>holiday</p> <p>no school</p>	<p>30</p> <p>holiday</p> <p>no school</p>	<p>31</p> <p>holiday</p> <p>no school</p>



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<p>29</p> <ul style="list-style-type: none"> egg salad on whole wheat bread V steamed broccoli VE celery sticks VE honey mustard dressing V fresh pear V 	<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 whole wheat zesty ranch crackers V fresh orange wedges VE 	<p>1</p> <ul style="list-style-type: none"> veggie burger on a whole wheat bun V ketchup & mustard VE lettuce & tomato VE whole grain tortilla chips VE cheesy spinach V fresh banana VE 	<p>2</p> <ul style="list-style-type: none"> veggie chik'n nuggets V brown rice VE braised collard greens VE hash brown potatoes VE ketchup VE fresh cantaloupe VE 	<p>3</p> <ul style="list-style-type: none"> tofu bolognese over whole grain rotini pasta VE parmesan butternut squash V steamed green peas VE fresh apple slices VE
<p>6</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>7</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>8</p> <ul style="list-style-type: none"> grilled cheese on whole wheat bread V steamed corn VE roasted broccoli VE fresh banana VE 	<p>9</p> <ul style="list-style-type: none"> powered up pasta with chickpeas VE whole wheat roll VE honey cinnamon sweet potatoes V sauteed green beans VE fresh cantaloupe VE 	<p>10</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>13</p> <ul style="list-style-type: none"> veggie burger on a whole wheat bun V ketchup & mustard VE bbq baked beans VE whole grain tortilla chips VE sautéed green beans VE 	<p>14</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>15</p> <ul style="list-style-type: none"> veggie chick'n nuggets V whole wheat roll VE steamed corn VE mashed potatoes V hot sauce VE fresh banana VE 	<p>16</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>17</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>20</p> <ul style="list-style-type: none"> egg salad on a whole wheat bun V whole wheat crackers VE baby carrots VE red pepper strips VE house ranch dressing V fresh pear VE 	<p>21 Holiday 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>22</p> <ul style="list-style-type: none"> bbq tofu bites VE whole wheat roll VE bbq baked beans VE savory sauteed kale VE fresh banana VE 	<p>23</p> <p>holiday</p> <p>no school</p>	<p>24</p> <p>holiday</p> <p>no school</p>
<p>27</p> <p>holiday</p> <p>no school</p>	<p>28</p> <p>holiday</p> <p>no school</p>	<p>29</p> <p>holiday</p> <p>no school</p>	<p>30</p> <p>holiday</p> <p>no school</p>	<p>31</p> <p>holiday</p> <p>no school</p>



DCPS December 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>

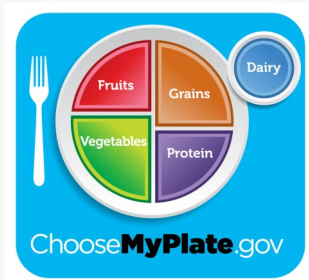
Pickup Day	Site Closed	Pickup Day	Site Closed	Site Closed
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
entrees				
<ul style="list-style-type: none"> build your own pizza: whole grain flatbread squares with shredded mozzarella cheese, tomato sauce V 	<ul style="list-style-type: none"> turkey & cheddar on 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



December 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
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"> zesty ranch crackers mozzarella cheese stick
6 <ul style="list-style-type: none"> whole grain cheeze-its chilled pineapple 	7 <ul style="list-style-type: none"> sunbutter cup whole grain graham crackers 	8 <ul style="list-style-type: none"> strawberry yogurt whole grain granola 	9 <ul style="list-style-type: none"> cheddar cheese slices fresh apple 	10 <ul style="list-style-type: none"> chilled applesauce mozzarella cheese stick
13 <ul style="list-style-type: none"> whole grain animal crackers chilled pineapple 	14 <ul style="list-style-type: none"> whole grain cheez-its fresh orange wedges 	15 <ul style="list-style-type: none"> raspberry yogurt whole grain granola 	16 <ul style="list-style-type: none"> cheddar cheese slices dried cranberries 	17 <ul style="list-style-type: none"> zesty ranch crackers mozzarella cheese stick
20 <p>holiday no school</p>	21 <p>holiday no school</p>	22 <p>holiday no school</p>	23 <p>holiday no school</p>	24 <p>holiday no school</p>
27 <p>holiday no school</p>	28 <p>holiday no school</p>	29 <p>holiday no school</p>	30 <p>holiday no school</p>	31 <p>holiday no school</p>



December 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
<p>29</p> <ul style="list-style-type: none"> buffalo chicken wrap with romaine lettuce in a whole wheat tortilla baby carrots house ranch dressing fresh cantaloupe 	<p>30</p> <ul style="list-style-type: none"> sunbutter & jelly on whole wheat bread snap peas asian dressing 100% grape juice 	<p>1 build your own taco</p> <ul style="list-style-type: none"> cumin lime chicken whole wheat tortilla shredded romaine lettuce low fat sour cream honey lime dressing local applesauce 	<p>2 build your own pizza</p> <ul style="list-style-type: none"> shredded mozzarella cheese whole grain flatbread squares tomato sauce fresh orange wedges 	<p>3</p> <ul style="list-style-type: none"> turkey & cheddar on a whole wheat bun cucumber coins mustard & light mayonnaise fresh banana
<p>6</p> <ul style="list-style-type: none"> turkey and cheese on a whole wheat bun mayo and mustard cucumber coins honey mustard fresh cantaloupe 	<p>7</p> <ul style="list-style-type: none"> bbq chicken tender wrap on a whole wheat tortilla baby spinach salad with italian dressing 100% grape juice 	<p>8</p> <ul style="list-style-type: none"> tuna salad on a whole wheat bun baby carrots local applesauce 	<p>9</p> <ul style="list-style-type: none"> southwest chicken wrap with lettuce on a whole wheat tortilla tomato salsa fresh orange wedges honey lime dressing 	<p>10 snack stackerz</p> <ul style="list-style-type: none"> cheddar cheese slices & turkey slices whole wheat roll kale salad fresh banana
<p>13</p> <ul style="list-style-type: none"> cheddar cheese slices whole wheat ranch crackers snap peas and balsamic dressing fresh cantaloupe 	<p>14</p> <ul style="list-style-type: none"> turkey club on whole wheat bread with lettuce & tomato cucumber coins mustard & light mayonnaise 100% grape juice 	<p>15</p> <ul style="list-style-type: none"> chicken salad whole wheat crackers cauliflower florets asian dressing local applesauce 	<p>16 build your own pizza</p> <ul style="list-style-type: none"> shredded mozzarella cheese whole grain flatbread squares tomato sauce fresh orange wedges 	<p>17</p> <ul style="list-style-type: none"> bbq chicken wrap with lettuce in a whole wheat tortilla baby carrots honey mustard dressing fresh banana
<p>20</p> <ul style="list-style-type: none"> mediterranean chicken wrap with lettuce & tomato on whole grain flatbread cucumber coins lemon olive oil dressing fresh cantaloupe 	<p>21</p> <ul style="list-style-type: none"> egg salad on a whole wheat bun broccoli florets balsamic dressing 100% grape juice 	<p>22</p> <ul style="list-style-type: none"> cheesy mexican bean dip with whole grain tortilla chips tomato salsa local applesauce 	<p>23</p> <p>holiday no school</p>	<p>24</p> <p>holiday no school</p>
<p>27</p> <p>holiday no school</p>	<p>28</p> <p>holiday no school</p>	<p>29</p> <p>holiday no school</p>	<p>30</p> <p>holiday no school</p>	<p>31</p> <p>holiday no school</p>