# December Breakfast Menu

**DC Public Schools**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>29</td>
<td>30</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>
| *raspberry yogurt*  
*whole grain strawberry oatmeal bar*  
*fresh apple slices* | *turkey sausage patty on a whole grain biscuit*  
*honey*  
*fresh pear* | *multi-grain frosted flakes*  
*whole wheat graham crackers*  
*fresh orange wedges* | *scrambled eggs*  
*turkey bacon*  
*whole wheat toast*  
*grape jelly*  
*butter*  
*fresh banana*  
*100% grape juice* | *whole grain french toast*  
*all natural syrup*  
*buttermilk*  
*fresh cantaloupe* |
| 6      | 7       | 8         | 9        | 10     |
| *whole wheat bagel*  
*light cream cheese*  
*grape jelly*  
*fresh apple slices* | *warm whole grain banana bread*  
*fresh apple slices* | *cinnamon oatmeal*  
*fresh orange wedges* | *whole grain frosted mini wheat cereal*  
*whole wheat graham crackers*  
*fresh banana*  
*100% grape juice* | *whole grain pancakes*  
*turkey sausage links*  
*all natural syrup*  
*buttermilk*  
*fresh cantaloupe* |
| 13     | 14      | 15        | 16       | 17     |
| *whole wheat bagel*  
*light cream cheese*  
*fresh apple slices* | *golden graham cereal*  
*whole wheat graham crackers*  
*fresh apple slices* | *cheesy scrambled eggs*  
*turkey sausage patties*  
*whole wheat english muffin*  
*fresh orange wedges* | *cranberry pie parfait*  
*vanilla yogurt*  
*whole grain granola*  
*cranberry sauce*  
*fresh orange wedges* | *whole grain french toast*  
*all natural syrup*  
*buttermilk*  
*fresh cantaloupe* |
| 20     | 21      | 22        | 23       | 24     |
| *whole grain apple cinnamon muffin*  
*fresh apple slices* | *whole wheat bagel*  
*light cream cheese*  
*strawberry jelly*  
*fresh apple slices* | *whole grain cinnamon rice chex cereal*  
*whole wheat graham crackers*  
*fresh orange wedges* | holiday  
no school | holiday  
no school |
| 27     | 28      | 29        | 30       | 31     |
| holiday  
no school | holiday  
no school | holiday  
no school | holiday  
no school | holiday  
no school |

**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!
# December Vegetarian Breakfast Menu

## 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.

### DC Public Schools

**LAUNCH YOUR DAY WITH BREAKFAST!**

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

---

<table>
<thead>
<tr>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>29</td>
<td>30</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>
| raspberry yogurt **V**  
whole grain strawberry oatmeal bar **V**  
fresh apple slices **VE** |
| veggie breakfast sausage patty on a whole grain biscuit **V**  
honey **VE**  
fresh pear **VE** |
| multi-grain frosted flakes **VE**  
whole wheat graham crackers **VE**  
fresh orange wedges **VE** |
| scrambled eggs and veggie breakfast sausage patty **V**  
whole wheat toast **VE**  
grape jelly **VE**  
butter **V**  
fresh banana **VE**  
100% grape juice **VE** |
| 6      | 7       | 8         | 9        | 10     |
| whole wheat bagel **VE**  
light cream cheese **V**  
grape jelly **VE**  
fresh apple slices **VE** |
| warm whole grain banana bread **V**  
fresh pear **VE** |
| cinnamon oatmeal **V**  
fresh orange wedges **VE** |
| whole grain frosted mini wheat cereal **VE**  
whole wheat graham crackers **VE**  
fresh banana **VE**  
100% grape juice **VE** |
| 13     | 14      | 15        | 16       | 17     |
| whole wheat bagel **V**  
fresh apple slices **VE** |
| whole grain golden graham cereal **VE**  
whole wheat graham crackers **VE**  
fresh pear **VE** |
| whole grain cinnamon rice chex cereal **VE**  
whole wheat graham crackers **VE**  
fresh orange wedges **VE** |
| cheesy scrambled eggs **V**  
whole wheat english muffin **V**  
whole wheat french toast **VE**  
all natural syrup **V**  
whole wheat graham crackers **VE**  
100% grape juice **VE** |
| cranberry pie parfait  
vanilla yogurt **V**  
whole grain granola **VE**  
cranberry sauce **VE**  
whole wheat french toast **V**  
all natural syrup **V**  |
| 20     | 21      | 22        | 23       | 24     |
| whole grain apple cinnamon muffin **V**  
fresh apple slices **VE** |
| whole wheat bagel **VE**  
light cream cheese **V**  
strawberry jelly **VE**  
fresh pear **VE** |
| whole grain cinnamon rice chex cereal **VE**  
whole wheat graham crackers **VE**  
fresh orange wedges **VE** |
| holiday  
no school |
| 27     | 28      | 29        | 30       | 31     |
| holiday  
no school |
| holiday  
no school |
| holiday  
no school |
| holiday  
no school |
| holiday  
no school |
| holiday  
no school |
## December Breakfast 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.

### LAUNCH YOUR DAY WITH BREAKFAST!

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

<table>
<thead>
<tr>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>29</td>
<td>• raspberry yogurt</td>
<td>• turkey sausage patty on a whole grain biscuit</td>
<td>• scrambled eggs</td>
<td>• whole grain french toast</td>
</tr>
<tr>
<td></td>
<td>• fresh apple slices</td>
<td>• honey</td>
<td>• whole wheat toast</td>
<td>• all natural syrup</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• chilled pears</td>
<td>• fresh banana</td>
<td>• fresh cantaloupe</td>
</tr>
<tr>
<td>6</td>
<td>• whole wheat bagel</td>
<td>• warm whole grain banana bread</td>
<td>• whole grain frosted mini wheat cereal</td>
<td>• whole grain french toast</td>
</tr>
<tr>
<td></td>
<td>• light cream cheese</td>
<td>• chilled pears</td>
<td>• mini wheat cereal</td>
<td>• all natural syrup</td>
</tr>
<tr>
<td></td>
<td>• fresh apple slices</td>
<td></td>
<td>• fresh banana</td>
<td>• fresh cantaloupe</td>
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<tr>
<td>13</td>
<td>• whole wheat bagel</td>
<td>• whole grain cheerios cereal</td>
<td>• cheesy scrambled eggs</td>
<td>• whole grain french toast</td>
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<tr>
<td></td>
<td>• fresh apple slices</td>
<td>• banana bread</td>
<td>• whole wheat toast</td>
<td>• all natural syrup</td>
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<tr>
<td></td>
<td></td>
<td>• chilled pears</td>
<td>• fresh orange wedges</td>
<td>• fresh cantaloupe</td>
</tr>
<tr>
<td>20</td>
<td>• whole grain apple cinnamon muffin</td>
<td>• whole wheat bagel</td>
<td>• whole grain frosted mini wheat cereal</td>
<td>• cranberry pie parfait</td>
</tr>
<tr>
<td></td>
<td>• fresh apple slices</td>
<td>• light cream cheese</td>
<td>• mini wheat cereal</td>
<td>• vanilla yogurt</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• chilled pears</td>
<td>• fresh orange wedges</td>
<td>• whole grain granola</td>
</tr>
<tr>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td>• cranberry sauce</td>
</tr>
<tr>
<td>22</td>
<td>• whole grain frosted mini wheat cereal</td>
<td>• whole grain frosted mini wheat cereal</td>
<td>• 23</td>
<td>• cranberry sauce</td>
</tr>
<tr>
<td></td>
<td>• mini wheat cereal</td>
<td>• fresh orange wedges</td>
<td>holiday</td>
<td>• whole grain french toast</td>
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<tr>
<td></td>
<td>• fresh orange wedges</td>
<td></td>
<td>no school</td>
<td>• all natural syrup</td>
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<td></td>
<td></td>
<td></td>
<td>• fresh cantaloupe</td>
</tr>
<tr>
<td>27</td>
<td>• holiday</td>
<td>• holiday</td>
<td>• holiday</td>
<td>• holiday</td>
</tr>
<tr>
<td>28</td>
<td>• no school</td>
<td>• no school</td>
<td>• no school</td>
<td>• no school</td>
</tr>
<tr>
<td>29</td>
<td>• holiday</td>
<td>• no school</td>
<td>• no school</td>
<td>• no school</td>
</tr>
<tr>
<td>30</td>
<td>• holiday</td>
<td>• no school</td>
<td>• no school</td>
<td>• no school</td>
</tr>
<tr>
<td>31</td>
<td>• holiday</td>
<td>• no school</td>
<td>• no school</td>
<td>• no school</td>
</tr>
</tbody>
</table>
# December Vegetarian Breakfast 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.**

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### LAUNCH YOUR DAY WITH BREAKFAST!

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

---

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>29</td>
<td>30</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>• raspberry yogurt <strong>V</strong>&lt;br&gt; • fresh apple slices <strong>VE</strong></td>
<td>• veggie breakfast sausage patty on a whole grain biscuit <strong>V</strong>&lt;br&gt; • honey <strong>VE</strong>&lt;br&gt; • chilled pears <strong>VE</strong></td>
<td>• whole grain cheerios <strong>VE</strong>&lt;br&gt; • fresh orange wedges <strong>VE</strong></td>
<td>• scrambled eggs <strong>V</strong>&lt;br&gt; • whole wheat toast <strong>VE</strong>&lt;br&gt; • fresh banana <strong>VE</strong></td>
<td>• whole grain french toast <strong>V</strong>&lt;br&gt; • all natural syrup <strong>VE</strong>&lt;br&gt; • fresh cantaloupe <strong>VE</strong></td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>• whole wheat bagel <strong>VE</strong>&lt;br&gt; • light cream cheese <strong>V</strong>&lt;br&gt; • fresh apple slices <strong>VE</strong></td>
<td>• warm whole grain banana bread <strong>V</strong>&lt;br&gt; • chilled pears <strong>VE</strong></td>
<td>• cinnamon oatmeal <strong>V</strong>&lt;br&gt; • fresh orange wedges <strong>VE</strong></td>
<td>• whole grain frosted mini wheat cereal <strong>VE</strong>&lt;br&gt; • fresh banana <strong>VE</strong></td>
<td>• whole grain pancake <strong>V</strong>&lt;br&gt; • all natural syrup <strong>VE</strong>&lt;br&gt; • fresh cantaloupe <strong>VE</strong></td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>• whole grain blueberry muffin <strong>V</strong>&lt;br&gt; • fresh apple slices <strong>VE</strong></td>
<td>• whole grain cheerios cereal <strong>VE</strong>&lt;br&gt; • chilled pears <strong>VE</strong></td>
<td>• cheesy scrambled eggs <strong>V</strong>&lt;br&gt; • whole wheat toast <strong>VE</strong>&lt;br&gt; • fresh orange wedges <strong>VE</strong></td>
<td>• cranberry pie parfait&lt;br&gt; • vanilla yogurt <strong>V</strong>&lt;br&gt; • whole grain granola <strong>VE</strong>&lt;br&gt; • cranberry sauce <strong>VE</strong></td>
<td>• whole grain french toast <strong>V</strong>&lt;br&gt; • all natural syrup <strong>VE</strong>&lt;br&gt; • fresh cantaloupe <strong>VE</strong></td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>• whole grain apple cinnamon muffin <strong>V</strong>&lt;br&gt; • fresh apple slices <strong>VE</strong></td>
<td>• whole wheat bagel <strong>VE</strong>&lt;br&gt; • light cream cheese <strong>V</strong>&lt;br&gt; • chilled pears <strong>VE</strong></td>
<td>• whole grain frosted mini wheat cereal <strong>VE</strong>&lt;br&gt; • fresh orange wedges <strong>VE</strong></td>
<td>• holiday&lt;br&gt; • no school</td>
<td>• holiday&lt;br&gt; • no school</td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>holiday&lt;br&gt; • no school</td>
<td>holiday&lt;br&gt; • no school</td>
<td>holiday&lt;br&gt; • no school</td>
<td>holiday&lt;br&gt; • no school</td>
<td>holiday&lt;br&gt; • no school</td>
</tr>
</tbody>
</table>
### 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.

<table>
<thead>
<tr>
<th>Pickup Day</th>
<th>Site Closed</th>
<th>Pickup Day</th>
<th>Site Closed</th>
<th>Site Closed</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td><strong>TUESDAY</strong></td>
<td><strong>WEDNESDAY</strong></td>
<td><strong>THURSDAY</strong></td>
<td><strong>FRIDAY</strong></td>
</tr>
<tr>
<td>entrees</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• whole grain rice chex cereal</td>
<td>• whole grain apple cinnamon muffin</td>
<td>• whole grain cheerios cereal</td>
<td>• strawberry banana yogurt</td>
<td>• whole grain mini what cereal</td>
</tr>
<tr>
<td>• whole grain graham crackers</td>
<td>• low fat cheese stick</td>
<td>• whole grain graham crackers</td>
<td>• whole grain strawberry oatmeal bar</td>
<td>• low fat cheese stick</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>fruits</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• local applesauce</td>
<td>• fresh orange</td>
<td>• fresh local apple</td>
<td>• local applesauce</td>
<td>• fresh pear</td>
</tr>
<tr>
<td>• 100% grape juice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

For other food resources, visit: [http://coronavirus.dc.gov/food](http://coronavirus.dc.gov/food)

---

**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.

---

**DC CENTRAL KITCHEN**

SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

WWW.DCCENTRALKITCHEN.ORG FOLLOW US ON SOCIAL MEDIA!
### December Lunch Menu

**DC PUBLIC SCHOOLS | K-8**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>29  turkey ham and cheddar melt on whole</td>
<td>30  chicken and cheese quesadilla in a whole</td>
<td>1  local beef burger on a whole wheat bun</td>
<td>2  crispy chicken tenders brown rice</td>
<td>3  beef bolognese over whole wheat rotini</td>
</tr>
<tr>
<td>wheat bread</td>
<td>wheat tortilla</td>
<td>lettuce &amp; tomato</td>
<td>braised collard greens hash brown potatoes</td>
<td>pasta</td>
</tr>
<tr>
<td>steamed broccoli</td>
<td>chili black beans</td>
<td>whole grain tortilla chips</td>
<td>ketchup</td>
<td>parmesan butternut squash</td>
</tr>
<tr>
<td>celery sticks</td>
<td>tomato salsa</td>
<td>cheesy spinach</td>
<td>fresh cantaloupe</td>
<td>steamed green peas</td>
</tr>
<tr>
<td>honey mustard dressing</td>
<td>fresh orange wedges</td>
<td>ketchup &amp; mustard</td>
<td></td>
<td>fresh apple slices</td>
</tr>
<tr>
<td>fresh pear</td>
<td></td>
<td>fresh banana</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6   whole grain flatbread</td>
<td>7   orange chicken</td>
<td>8   turkey ham and cheddar melt on whole wheat</td>
<td>9   zesty beef and pasta bake</td>
<td>10  jamaican jerk chicken drum</td>
</tr>
<tr>
<td>italian turkey sausage and cheese pizza</td>
<td>whole grain fried rice</td>
<td>bread</td>
<td>whole wheat roll</td>
<td>yellow rice</td>
</tr>
<tr>
<td>romaine salad with</td>
<td>asian kale slaw</td>
<td>steamed corn</td>
<td>honey cinnamon sweet potatoes</td>
<td>red beans</td>
</tr>
<tr>
<td>diced tomatoes &amp; house ranch dressing</td>
<td>korean cauliflower</td>
<td>roasted broccoli</td>
<td>sauteed green beans</td>
<td>sauteed cabbage</td>
</tr>
<tr>
<td>fresh pear</td>
<td>fresh orange wedges</td>
<td>fresh banana</td>
<td>fresh cantaloupe</td>
<td>fresh apple slices</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13  all beef hot dog on a whole wheat bun</td>
<td>14  teriyaki chicken</td>
<td>15  baked fish sticks</td>
<td>16  bbq chicken drum</td>
<td>17  whole grain flatbread</td>
</tr>
<tr>
<td>ketchup &amp; mustard</td>
<td>whole grain lo mein</td>
<td>whole wheat roll</td>
<td>whole grain cornbread muffin</td>
<td>turkey pepperoni pizza</td>
</tr>
<tr>
<td>bbq baked beans</td>
<td>asian broccoli</td>
<td>steamed corn</td>
<td>sweet potato fries</td>
<td>green leaf salad with diced tomatoes &amp;</td>
</tr>
<tr>
<td>sauteed green beans</td>
<td>glazed carrots</td>
<td>roasted cauliflower</td>
<td>parmesan cream dressing</td>
<td>parmesan cream dressing</td>
</tr>
<tr>
<td>fresh pear</td>
<td>fresh orange wedges</td>
<td>fresh banana</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>20  tuna &amp; macaroni salad</td>
<td>21  Holiday Meal</td>
<td>22  crispy chicken tender</td>
<td>23  holiday</td>
<td>24  holiday</td>
</tr>
<tr>
<td>whole wheat crackers</td>
<td>roasted turkey</td>
<td>ketchup</td>
<td>no school</td>
<td>no school</td>
</tr>
<tr>
<td>baby carrots</td>
<td>whole wheat cornbread muffin</td>
<td>whole wheat roll</td>
<td></td>
<td></td>
</tr>
<tr>
<td>red pepper strips</td>
<td>sauteed green beans</td>
<td>steamed corn</td>
<td></td>
<td></td>
</tr>
<tr>
<td>house ranch dressing</td>
<td>mashed potatoes &amp; gravy</td>
<td>roasted cauliflower</td>
<td></td>
<td></td>
</tr>
<tr>
<td>fresh pear</td>
<td>fresh orange wedges</td>
<td>fresh banana</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27  holiday</td>
<td>28  holiday</td>
<td>29  holiday</td>
<td>30  holiday</td>
<td>31  holiday</td>
</tr>
<tr>
<td>no school</td>
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</tr>
<tr>
<td><strong>HAPPY HOLIDAYS!</strong></td>
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</tr>
</tbody>
</table>

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!
# December Vegetarian Lunch Menu

**DC PUBLIC SCHOOLS | K-8**

What do the colors on the menu mean?
- **GREEN** = locally-sourced
- **BLUE** = international
- **ORANGE** = Fresh Feature Friday Winner!
- V = vegetarian
- VE = vegan

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

Menu subject to change based on availability.

This institution is an equal opportunity provider.

---

**HAPPY 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!

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<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>29</td>
<td>30</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>egg salad on whole wheat bread <strong>V</strong></td>
<td>sofritas tofu tacos on a whole wheat tortilla <strong>VE</strong></td>
<td>veggie burger on a whole wheat bun <strong>V</strong></td>
<td>veggie chik’n nuggets <strong>V</strong></td>
<td>tofu bolognese over whole grain rotini pasta <strong>VE</strong></td>
</tr>
<tr>
<td>steamed broccoli <strong>VE</strong></td>
<td>chili black beans <strong>VE</strong></td>
<td>ketchup &amp; mustard <strong>VE</strong></td>
<td>brown rice <strong>VE</strong></td>
<td>parmesan butternut squash <strong>VE</strong></td>
</tr>
<tr>
<td>celery sticks <strong>VE</strong></td>
<td>tomato salsa <strong>VE</strong></td>
<td>lettuce &amp; tomato <strong>VE</strong></td>
<td>braised collard greens <strong>VE</strong></td>
<td>steamed green peas <strong>VE</strong></td>
</tr>
<tr>
<td>honey mustard dressing <strong>V</strong></td>
<td>whole grain tortilla chips <strong>VE</strong></td>
<td>whole grain tortilla chips <strong>VE</strong></td>
<td>hash brown potatoes <strong>VE</strong></td>
<td>fresh apple slices <strong>VE</strong></td>
</tr>
<tr>
<td>fresh pear <strong>VE</strong></td>
<td>fresh orange wedges <strong>VE</strong></td>
<td>fresh orange wedges <strong>VE</strong></td>
<td>ketchup</td>
<td>fresh cantaloupe <strong>VE</strong></td>
</tr>
</tbody>
</table>

| 6               | 7                | 8                | 9                 | 10              |
| whole grain flatbread cheese pizza **V** | orange glazed tofu **VE** | grilled cheese on whole wheat bread **V** | powered up pasta with chickpeas **VE** | jamaican jerk tofu **VE** |
| romaine salad with diced tomatoes & house ranch dressing **V** | whole grain fried rice **VE** | steamed corn **VE** | whole wheat roll **VE** | yellow rice **VE** |
| fresh pear **VE** | asian kale slaw **VE** | roasted broccoli **VE** | honey cinnamon sweet potatoes **V** | red beans **VE** |
|                | korean cauliflower **VE** | fresh banana **VE** | sauteed green beans **VE** | sauteed cabbage **VE** |
|                | fresh orange wedges **VE** | fresh banana **VE** | fresh cantaloupe **VE** | fresh apple slices **VE** |

| 13              | 14               | 15               | 16                | 17               |
| veggie burger on a whole wheat bun **V** | super sesame tofu **VE** | veggie chick’n nuggets **V** | bbq tofu bites **VE** | whole grain flatbread cheese pizza **V** |
| ketchup & mustard **VE** | whole grain lo mein **VE** | whole wheat roll **VE** | whole grain cornbread muffin **V** | green leaf salad with diced tomatoes & parmesan cream dressing **V** |
| bbq baked beans **VE** | steamed corn **VE** | steamed corn **VE** | sweet potato fries **VE** | fresh apple slices **VE** |
| sauteed green beans **VE** | mashed potatoes **V** | mashed potatoes **V** | roasted cauliflower **VE** | fresh apple slices **VE** |
| fresh pear **VE** | hot sauce **VE** | hot sauce **VE** | fresh banana **VE** | fresh apple slices **VE** |

| 20              | 21 Holiday Meal  | 22               | 23                | 24               |
| egg salad **V** | Holiday Meal     | bbq tofu bites **VE** | holiday           | holiday          |
| whole wheat crackers **VE** | veggie chik’n nuggets **V** | whole wheat roll **VE** | no school         | no school        |
| baby carrots **VE** | whole grain cornbread muffin **V** | bbq baked beans **VE** | holiday           | holiday          |
| red pepper strips **VE** | sauteed green beans **VE** | savory sauteed kale | no school         | holiday          |
| house ranch dressing **V** | mashed potatoes & gravy **V** | fresh banana **VE** | holiday           | no school        |
| fresh pear **VE** | fresh orange wedges **VE** | fresh banana **VE** | fresh cantaloupe **VE** | fresh apple slices **VE** |

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<table>
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![Logo](image/1.png)

SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

WWW.DCCENTRALKITCHEN.ORG

FOLLOW US ON SOCIAL MEDIA!  

[www.twitter.com](https://twitter.com)  
[www.facebook.com](https://www.facebook.com)  
[www.instagram.com](https://www.instagram.com)  
[www.youtube.com](https://www.youtube.com)
## December Lunch Menu

**DC Public Schools | 9-12**

What do the colors on the menu mean?  
**GREEN** = locally-sourced  
**BLUE** = international  
**ORANGE** = Fresh Feature Friday Winner!

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

Menu subject to change based on availability.

This institution is an equal opportunity provider.

### HAPPY 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!

<table>
<thead>
<tr>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
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<th>FRIDAY</th>
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<tr>
<td>29</td>
<td>30</td>
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<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>
| • turkey ham and cheddar melt on whole wheat bread  
• steamed broccoli  
• celery sticks  
• honey mustard dressing  
• fresh pear | • chicken and cheese quesadilla in a whole wheat tortilla  
• whole wheat zesty ranch crackers  
• chili black beans  
• tomato salsa  
• fresh orange wedges | • local beef burger on a whole wheat bun  
• lettuce & tomato  
• whole grain tortilla chips  
• cheesy spinach  
• ketchup & mustard  
• fresh banana  
• 100% grape juice | • crispy chicken tenders  
• brown rice  
• braised collard greens  
• hash brown potatoes  
• ketchup  
• fresh cantaloupe | • beef bolognese over whole wheat rotini pasta  
• parmesan butternut squash  
• steamed green peas  
• fresh apple |

<table>
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<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
</table>
| • orange chicken  
• whole grain fried rice  
• asian kale slaw  
• korean cauliflower  
• fresh orange wedges | • turkey ham and cheddar melt on whole wheat bread  
• steamed corn  
• roasted broccoli  
• fresh banana  
• 100% grape juice | • zesty beef and pasta bake  
• whole wheat roll  
• honey cinnamon sweet potatoes  
• sautéed green beans  
• fresh cantaloupe | • jamaican jerk chicken drum  
• yellow rice  
• red beans  
• sautéed cabbage  
• fresh apple | |

<table>
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<tr>
<th>13</th>
<th>14</th>
<th>15</th>
<th>16</th>
<th>17</th>
</tr>
</thead>
</table>
| • all beef hot dog on a whole wheat bun  
• whole grain tortilla chips  
• ketchup & mustard  
• bbq baked beans  
• sautéed green beans  
• fresh pear | • teriyaki chicken  
• whole grain lo mein  
• asian broccoli  
• glazed carrots  
• fresh orange wedges | • baked fish sticks  
• whole wheat roll  
• steamed corn  
• mashed potatoes  
• hot sauce  
• fresh banana  
• 100% grape juice | • bbq chicken drum  
• whole grain cornbread muffin  
• sweet potato fries  
• roasted cauliflower  
• fresh apple | • whole grain flatbread  
• turkey pepperoni pizza  
• green leaf salad with diced tomatoes & parmesan cream dressing  
• fresh apple |

<table>
<thead>
<tr>
<th>20</th>
<th>21</th>
<th>22</th>
<th>23</th>
<th>24</th>
</tr>
</thead>
</table>
| • tuna & macaroni salad  
• whole wheat crackers  
• baby carrots  
• red pepper strips  
• house ranch dressing  
• fresh pear | **Holiday Meal**  
• roasted turkey  
• whole grain cornbread muffin  
• sautéed green beans  
• mashed potatoes & gravy  
• fresh orange wedges | • crispy chicken tender  
• ketchup  
• whole wheat roll  
• bbq baked beans  
• savory sautéed kale  
• fresh banana | | |

<table>
<thead>
<tr>
<th>27</th>
<th>28</th>
<th>29</th>
<th>30</th>
<th>31</th>
</tr>
</thead>
</table>
| **Holiday**  
**no school** | **Holiday**  
**no school** | **Holiday**  
**no school** | **Holiday**  
**no school** | **Holiday**  
**no school** |
### December Vegetarian Lunch Menu

**DC PUBLIC SCHOOLS | 9-12**

**HAPPY HOLIDAYS!**

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**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.**

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---

**MONDAY**

- 29 • egg salad on whole wheat bread **V**
  - steamed broccoli **VE**
  - celery sticks **VE**
  - honey mustard dressing **V**
  - fresh pear **V**

**TUESDAY**

- 30 • sofritas tofu tacos on a whole wheat tortilla **VE**
  - chili black beans **VE**
  - tomato salsa **V**
  - whole wheat zesty ranch crackers **V**
  - fresh orange wedges **VE**

**WEDNESDAY**

- 1 • veggie burger on a whole wheat bun **V**
  - ketchup & mustard **VE**
  - lettuce & tomato **VE**
  - whole grain tortilla chips **V**
  - cheesy spinach **V**
  - fresh banana **VE**

**THURSDAY**

- 2 • veggie chik’n nuggets **V**
  - brown rice **VE**
  - braised collard greens **V**
  - hash brown potatoes **VE**
  - ketchup **VE**
  - fresh cantaloupe **VE**

**FRIDAY**

- 3 • tofu bolognese over whole grain rotini pasta **VE**
  - parmesan butternut squash **V**
  - steamed green peas **VE**
  - fresh apple slices **VE**

*Vegetarian* meals are provided at every meal.

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**HAPPY HOLIDAYS!**

Come enjoy the Holiday Meal on December 21st!
### DCPS December Market Box Lunch Menu

**Ron Brown | Open Meal Site**

**Serving Award-Winning Food That Kids Love.**

**WWW.DCCENTRALKITCHEN.ORG**

**Follow Us On Social Media!**

**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.*

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<table>
<thead>
<tr>
<th>Pickup Day</th>
<th>Site Closed</th>
<th>Pickup Day</th>
<th>Site Closed</th>
<th>Site Closed</th>
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<tbody>
<tr>
<td>MONDAY</td>
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<td>THURSDAY</td>
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<tr>
<td>MONDAY</td>
<td></td>
<td>FRIDAY</td>
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<td></td>
</tr>
</tbody>
</table>

#### entrees

- **build your own pizza:**
  - whole grain flatbread squares with shredded mozzarella cheese, tomato sauce V
- turkey & cheddar on a whole wheat bun with lettuce & tomato or
  - cheese sandwich on whole wheat bread with lettuce & tomato V
  - tuna salad on a whole wheat bun
  - egg salad on a whole wheat bun V
  - 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
  - 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

- local green leaf salad
- local cucumber coins
- black bean & corn salad
- baby carrots
- local corn

#### fruits

- fresh local apple
- local applesauce
- fresh pear
- 100% grape juice
- fresh orange

#### condiments

- italian dressing
- light mayonnaise
- mustard
- ranch dressing
- caesar dressing
- ranch dressing

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

Vegetarian options offered daily.

V = indicates vegetarian  

VE = indicates vegan

For other food resources, visit:  

http://coronavirus.dc.gov/food

### 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
# December Snack Menu

**DC Public Schools**

<table>
<thead>
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<tr>
<td>29</td>
<td>30</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>
| • whole grain animal crackers  
• chilled pineapple | • whole grain cheez-its  
• fresh orange wedges | • raspberry yogurt  
• whole grain granola | • cheddar cheese slices  
• dried cranberries | • zesty ranch crackers  
• mozzarella cheese stick |
| 6      | 7       | 8         | 9        | 10     |
| • whole grain cheez-its  
• chilled pineapple | • sunbutter cup  
• whole grain graham crackers | • strawberry yogurt  
• whole grain granola | • cheddar cheese slices  
• fresh apple | • chilled applesauce  
• mozzarella cheese stick |
| 13     | 14      | 15        | 16       | 17     |
| • whole grain animal crackers  
• chilled pineapple | • whole grain cheez-its  
• fresh orange wedges | • raspberry yogurt  
• whole grain granola | • cheddar cheese slices  
• dried cranberries | • zesty ranch crackers  
• mozzarella cheese stick |
| 20     | 21      | 22        | 23       | 24     |
| holiday  
no school | holiday  
no school | holiday  
no school | holiday  
no school | holiday  
no school |
| 27     | 28      | 29        | 30       | 31     |
| holiday  
no school | holiday  
no school | holiday  
no school | holiday  
no school | holiday  
no school |

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!
## December Supper Menu

**DC Public Schools**

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### 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)

### Menu

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>29</td>
<td>buffalo chicken wrap with romaine lettuce in a whole wheat tortilla</td>
<td>sunbutter &amp; jelly on whole wheat bread</td>
<td>build your own taco</td>
<td>build your own pizza</td>
</tr>
<tr>
<td></td>
<td>baby carrots</td>
<td>snap peas</td>
<td>cumin lime chicken</td>
<td>shredded mozzarella cheese</td>
</tr>
<tr>
<td></td>
<td>house ranch dressing</td>
<td>asian dressing</td>
<td>whole wheat tortilla</td>
<td>whole grain flatbread squares</td>
</tr>
<tr>
<td></td>
<td>fresh cantaloupe</td>
<td>100% grape juice</td>
<td>shredded romaine lettuce</td>
<td>tomato sauce</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>low fat sour cream</td>
<td>fresh orange wedges</td>
</tr>
<tr>
<td>6</td>
<td>turkey and cheese on a whole wheat bun</td>
<td>bbq chicken tender wrap on a whole wheat tortilla</td>
<td>tuna salad on a whole wheat bun</td>
<td>turkey &amp; cheddar on a whole wheat bun</td>
</tr>
<tr>
<td></td>
<td>mayo and mustard</td>
<td>baby spinach salad with italian dressing</td>
<td>baby carrots</td>
<td>cucumber coins</td>
</tr>
<tr>
<td></td>
<td>cucumber coins</td>
<td>local applesauce</td>
<td>local applesauce</td>
<td>mustard &amp; light mayonnaise</td>
</tr>
<tr>
<td></td>
<td>honey mustard</td>
<td></td>
<td></td>
<td>fresh banana</td>
</tr>
<tr>
<td></td>
<td>fresh cantaloupe</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>13</td>
<td>cheddar cheese slices</td>
<td>turkey club on whole wheat bread with lettuce &amp; tomato</td>
<td>chicken salad</td>
<td>snack stackerz</td>
</tr>
<tr>
<td></td>
<td>whole wheat ranch crackers</td>
<td></td>
<td>whole wheat crackers</td>
<td>cheddar cheese slices &amp; turkey slices</td>
</tr>
<tr>
<td></td>
<td>snap peas and balsamic dressing</td>
<td>cucumber coins</td>
<td>cauliflower florets</td>
<td>whole wheat slices</td>
</tr>
<tr>
<td></td>
<td>fresh cantaloupe</td>
<td>mustard &amp; light mayonnaise</td>
<td>asian dressing</td>
<td>kale salad</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>local applesauce</td>
<td>fresh banana</td>
</tr>
<tr>
<td>20</td>
<td>mediterranean chicken wrap with lettuce &amp; tomato on whole grain flatbread</td>
<td>egg salad on a whole wheat bun</td>
<td>cheesy mexican bean dip with whole grain tortilla chips</td>
<td>bbq chicken wrap with lettuce in a whole wheat tortilla</td>
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<td></td>
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<td>broccoli florets</td>
<td>baby carrots</td>
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<td></td>
<td>balsamic dressing</td>
<td>honey mustard</td>
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<td>100% grape juice</td>
<td>dressing</td>
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<td>fresh cantaloupe</td>
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