## March Breakfast Menu

DC PUBLIC SCHOOLS | K-12

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

= vegetarian entree

All grains served are whole grain rich

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

### March Breakfast Menu

<table>
<thead>
<tr>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>28</td>
<td>1</td>
<td>2</td>
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</tr>
</tbody>
</table>

- non-fat yogurt
- whole grain strawberry oatmeal bar
- fresh apple slices

- turkey sausage patty
- veggie breakfast sausage patty
- whole grain English muffin
- honey
- fresh pear

- warm whole grain pineapple carrot bread
- fresh orange wedges

- scrambled eggs
- turkey bacon
- veggie breakfast sausage patty
- whole wheat toast
- grape jelly
- fresh banana
- 100% grape juice

- whole wheat french toast
- all natural syrup
- butter
- fresh cantaloupe

### Week 1

<table>
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<tr>
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<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
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</tbody>
</table>

- non-fat yogurt
- whole wheat graham crackers
- fresh orange wedges

- warm whole grain banana bread
- fresh pear

- DC Hear the Crunch!
- whole wheat bagel
- light cream cheese
- grape jelly
- fresh apple

- Parent Teacher Conference Day
- No School

- Staff Development Day
- No School

### Week 2

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
</tbody>
</table>

- whole grain strawberry oatmeal bar
- non-fat yogurt
- fresh apple slices

- whole wheat bagel
- light cream cheese
- grape jelly
- fresh pear

- cheesy scrambled eggs
- turkey sausage patty
- veggie breakfast sausage patty
- whole wheat English muffin
- fresh orange wedges

- vanilla yogurt
- whole grain granola
- cranberry sauce
- fresh banana

- whole grain french toast
- all natural syrup
- butter
- fresh cantaloupe

### Week 3

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
</tbody>
</table>

- non-fat yogurt
- whole grain apple oatmeal bar
- fresh apple slices

- whole wheat bagel
- light cream cheese
- strawberry jelly
- fresh pear

- turkey bacon and egg bake
- scrambled eggs
- whole grain toast
- fresh orange wedges

- brown sugar oatmeal
- fresh banana
- 100% grape juice

- whole grain pancakes
- turkey sausage links
- veggie breakfast sausage patty
- all natural syrup
- butter
- fresh cantaloupe

### Week 4

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td>1</td>
</tr>
</tbody>
</table>

- non-fat yogurt
- whole grain strawberry oatmeal bar
- fresh apple slices

- turkey sausage patty
- veggie breakfast sausage patty
- whole grain biscuit
- honey
- fresh pear

- whole grain cereal
- whole wheat graham crackers
- fresh orange wedges

- scrambled eggs
- turkey bacon
- veggie breakfast sausage patty
- whole wheat toast
- grape jelly
- fresh banana
- 100% grape juice

- whole grain french toast
- all natural syrup
- butter
- fresh cantaloupe
## March Breakfast Menu

**DC PUBLIC SCHOOLS | RIVER TERRACE**

SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

[Visit the website](http://www.dccentralkitchen.org)

FOLLOW US ON SOCIAL MEDIA!

### What do the colors on the menu mean?
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<td>non-fat yogurt</td>
<td>turkey sausage patty</td>
<td>warm whole grain pineapple carrot bread</td>
<td>scrambled eggs</td>
<td>whole wheat french toast</td>
</tr>
<tr>
<td>whole grain strawberry oatmeal bar</td>
<td>veggie breakfast sausage patty</td>
<td>mandarin oranges</td>
<td>turkey bacon</td>
<td>all natural syrup</td>
</tr>
<tr>
<td>fresh apple slices</td>
<td>whole grain english muffin</td>
<td>honey</td>
<td>veggie breakfast sausage patty</td>
<td>butter</td>
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<td>7</td>
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<tr>
<td>non-fat yogurt</td>
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<td>DC Hear the Crunch!</td>
<td>Parent Teacher Conference Day</td>
<td>Staff Development Day</td>
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<tr>
<td>whole wheat graham crackers</td>
<td>fresh pear</td>
<td>whole wheat bagel</td>
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<td>No School</td>
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<tr>
<td>fresh orange wedges</td>
<td></td>
<td>light cream cheese</td>
<td>fresh apple</td>
<td></td>
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<tr>
<td>14</td>
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<td>18</td>
</tr>
<tr>
<td>whole grain strawberry oatmeal bar</td>
<td>whole wheat bagel</td>
<td>cheesy scrambled eggs</td>
<td>vanilla yogurt</td>
<td>whole wheat french toast</td>
</tr>
<tr>
<td>non-fat yogurt</td>
<td>light cream cheese</td>
<td>turkey sausage patties</td>
<td>whole grain granola</td>
<td>all natural syrup</td>
</tr>
<tr>
<td>fresh apple slices</td>
<td>grape jelly</td>
<td>veggie breakfast sausage patty</td>
<td>cranberry sauce</td>
<td>butter</td>
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<tr>
<td>yogurt</td>
<td>whole wheat bagel</td>
<td>turkey bacon and egg bake</td>
<td>brown sugar oatmeal</td>
<td>whole grain pancakes</td>
</tr>
<tr>
<td>whole grain apple oatmeal bar</td>
<td>light cream cheese</td>
<td>scrambled eggs</td>
<td>fresh banana</td>
<td>turkey sausage links</td>
</tr>
<tr>
<td>fresh apple slices</td>
<td>grape jelly</td>
<td>mandarin oranges</td>
<td>100% grape juice</td>
<td>veggie breakfast sausage patty</td>
</tr>
<tr>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td>1</td>
</tr>
<tr>
<td>non-fat yogurt</td>
<td>turkey sausage patty</td>
<td>whole grain cereal</td>
<td>scrambled eggs</td>
<td>whole grain french toast</td>
</tr>
<tr>
<td>whole grain strawberry oatmeal bar</td>
<td>veggie breakfast sausage patty</td>
<td>whole wheat graham crackers</td>
<td>turkey bacon</td>
<td>all natural syrup</td>
</tr>
<tr>
<td>fresh apple slices</td>
<td>whole grain biscuit</td>
<td>mandarin oranges</td>
<td>veggie breakfast sausage patty</td>
<td>butter</td>
</tr>
<tr>
<td></td>
<td>honey</td>
<td></td>
<td>whole wheat toast</td>
<td>fresh cantaloupe</td>
</tr>
<tr>
<td></td>
<td>fresh pear</td>
<td></td>
<td>grape jelly</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>all wheat toast</td>
<td>fresh banana</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>100% grape juice</td>
</tr>
</tbody>
</table>

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**Take Off with School Breakfast**

NATIONAL SCHOOL BREAKFAST WEEK
MARCH 7-11, 2022 #NSBW22

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**Parent Teacher Conference Day**

**Staff Development Day**

**No School**

**DC Hear the Crunch!**

---

**Parent Teacher Conference Day**

**Staff Development Day**

**No School**

---

**Menu subject to change based on availability**

This institution is an equal opportunity provider.
# March Breakfast Menu

**DC PUBLIC SCHOOLS | ECE**

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

All grains served are whole grain rich

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

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<tr>
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<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>
| - non-fat yogurt  
- fresh apple slices | - turkey sausage patty  
- veggie breakfast sausage patty 🌿  
- whole grain english muffin  
- honey  
- chilled pears | - warm whole grain pineapple carrot bread  
- fresh orange wedges | - scrambled eggs  
- whole wheat toast  
- fresh banana | - whole wheat french toast  
- all natural syrup  
- fresh cantaloupe |
| 7      | 8       | 9         | 10       | 11     |
| - non-fat yogurt  
- fresh orange wedges | - warm whole grain banana bread  
- chilled pears | - DC Hear the Crunch!  
- whole wheat bagel  
- light cream cheese  
- fresh apple | - Parent Teacher Conference Day  
- No School | - Staff Development Day  
- No School |
| 14     | 15      | 16        | 17       | 18     |
| - non-fat yogurt  
- fresh apple slices | - whole wheat bagel  
- light cream cheese  
- chilled pears | - cheesy scrambled eggs  
- whole wheat toast  
- fresh orange wedges | - vanilla yogurt  
- whole grain granola  
- cranberry sauce | - whole wheat french toast  
- all natural syrup  
- fresh cantaloupe |
| 21     | 22      | 23        | 24       | 25     |
| - non-fat yogurt  
- fresh apple slices | - whole wheat bagel  
- light cream cheese  
- chilled pears | - turkey bacon and egg bake  
- scrambled eggs 🌿  
- whole grain toast  
- fresh orange wedges | - brown sugar oatmeal  
- fresh banana | - whole grain pancakes  
- all natural syrup  
- fresh cantaloupe |
| 28     | 29      | 30        | 31       | 1      |
| - non-fat yogurt  
- fresh apple slices | - turkey sausage patty  
- veggie breakfast sausage patty 🌿  
- whole grain biscuit  
- honey  
- chilled pears | - whole grain cheerios cereal  
- fresh orange wedges | - scrambled eggs  
- whole wheat toast  
- fresh banana | - whole wheat french toast  
- all natural syrup  
- fresh cantaloupe |

### Note
- **Take Off with School Breakfast**
- National School Breakfast Week  
  - March 7-11, 2022  
  - #NSBW22
### March Lunch Menu

**DC PUBLIC SCHOOLS | K-8**

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</tbody>
</table>
| • turkey and bean chili  
• veg out chili  
• whole grain corn tortilla chips  
• mixed greens salad  
• cucumber coins  
• honey lime dressing  
• fresh pear | • chicken and cheese quesadilla in a whole wheat tortilla  
• sofritas tofu tacos in a whole wheat tortilla  
• chili black beans  
• tomato salsa  
• fresh orange wedges | • beef burger  
• veggie burger  
• whole wheat bun  
• lettuce & tomato  
• tortilla chips  
• cheesy spinach  
• ketchup & mustard  
• fresh banana | • crispy chicken tenders  
• veggie chin’k nuggets  
• brown rice  
• braised collard greens  
• hash brown potatoes  
• ketchup  
• fresh cantaloupe | • beef bolognese  
• tofu bolognese  
• whole grain rotini pasta  
• parmesan butternut squash  
• steamed green peas  
• fresh apple slices |
| 7      | 8       | 9         | 10       | 11     |
| • Italian turkey sausage and cheese pizza  
• cheese pizza  
• whole grain flatbread  
• green leaf salad with diced tomatoes  
• house ranch dressing  
• fresh pear | • orange chicken  
• orange glazed tofu  
• whole grain fried rice  
• Asian kale slaw  
• Korean cauliflower  
• fresh orange wedges | • turkey ham and cheddar melt on whole wheat bread  
• grilled cheese on whole wheat bread  
• steamed corn  
• roasted broccoli  
• fresh banana | Parent Teacher Conference Day  
No School  
| Staff Development Day  
No School | | | | |
| 14     | 15      | 16        | 17       | 18     |
| • all beef hot dog  
• veggie burger  
• whole wheat bun  
• BBQ baked beans  
• sautéed green beans  
• ketchup & mustard  
• fresh pear | • teriyaki chicken  
• Super sesame tofu  
• whole grain lo mein  
• glazed carrots  
• Asian broccoli  
• fresh orange wedges | • baked fish sticks  
• veggie chin’k nuggets  
• whole wheat roll  
• steamed corn  
• mashed potatoes  
• hot sauce  
• fresh banana | • BBQ chicken drum  
• BBQ tofu bites  
• whole grain cornbread muffin  
• sweet potato fries  
• roasted cauliflower  
• fresh cantaloupe | • Italian turkey sausage pizza  
• cheese pizza  
• whole grain flatbread  
• green leaf salad with diced tomatoes & ranch dressing  
• fresh apple slices |
| 21     | 22      | 23        | 24       | 25     |
| • tuna salad sandwich on whole grain bread  
• egg salad on whole wheat bread  
• baby carrots  
• red pepper strips  
• house ranch dressing  
• fresh pear | • roasted turkey  
• BBQ tofu bites  
• cornbread muffin  
• sautéed green beans  
• mashed potatoes  
• gravy  
• fresh orange wedges | • crispy chicken tender  
• veggie chin’k nuggets  
• whole wheat roll  
• BBQ baked beans  
• savory sautéed kale  
• ketchup  
• fresh banana | • mac and cheese  
•powered up pasta with chickpeas  
• steamed broccoli  
• herb roasted butternut squash  
• fresh cantaloupe | • beef shepherd's pie  
• lentil shepherd's pie  
• whole grain biscuit  
• steamed green peas  
• fresh apple slices |
| 28     | 29      | 30        | 31       | 1      |
| • turkey and bean chili  
• veg out chili  
• whole grain tortilla chips  
• mixed greens salad  
• cucumber coins  
• honey lime dressing  
• fresh pear | • chicken and cheese quesadilla  
• sofritas tofu tacos  
• whole wheat tortilla  
• chili black beans  
• tomato salsa  
• fresh orange wedges | • beef burger  
• veggie burger  
• whole wheat bun  
• lettuce & tomato  
• tortilla chips  
• cheesy spinach  
• ketchup & mustard  
• fresh banana | • crispy chicken tenders  
• veggie chin’k nuggets  
• brown rice  
• braised collard greens  
• hash brown potatoes  
• ketchup  
• fresh cantaloupe | • beef bolognese  
• tofu bolognese  
• whole grain rotini pasta  
• parmesan butternut squash  
• steamed green peas  
• fresh apple slices |
**March Lunch Menu**

DC PUBLIC SCHOOLS | ECE

What do the colors on the menu mean?
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- BLUE = international
- ORANGE = Fresh Feature Friday Winner!
- = vegetarian entree
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**March is National Nutrition Month!**
This year’s theme is “Celebrate a World of Flavors”. Look for globally-inspired flavors in blue on your menu.

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<tr>
<td>turkey and bean chili</td>
<td>cheese quesadilla</td>
<td>crispy chicken tenders</td>
<td>beef bolognese</td>
<td>beef bolognese</td>
</tr>
<tr>
<td>veg out chili</td>
<td>sofritas tofu tacos</td>
<td>veggie chik’n nuggets</td>
<td>tofu bolognese</td>
<td>tofu bolognese</td>
</tr>
<tr>
<td>whole grain corn tortilla chips</td>
<td>whole wheat tortilla</td>
<td>whole wheat bun</td>
<td>whole grain rotini pasta</td>
<td>whole grain rotini pasta</td>
</tr>
<tr>
<td>cucumber coins</td>
<td>tomato salsa</td>
<td>lettuce &amp; tomato</td>
<td>braised collar greens</td>
<td>braised collar greens</td>
</tr>
<tr>
<td>honey lime dressing</td>
<td>fresh orange wedges</td>
<td>ketchup &amp; mustard</td>
<td>ketchup</td>
<td>fresh cantaloupe</td>
</tr>
<tr>
<td>chilled pears</td>
<td></td>
<td>fresh banana</td>
<td></td>
<td>fresh apple slices</td>
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</tbody>
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7
- Italian turkey sausage and cheese pizza
- Whole grain flatbread
- Romaine salad
- House ranch dressing
- Chilled pears

8
- Orange chicken
- Orange glazed tofu
- Whole grain fried rice
- Korean cauliflower
- Fresh orange wedges

9
- Turkey ham and cheddar melt on whole wheat bread
- Grilled cheese on whole wheat bread
- Roasted broccoli
- Fresh banana

10 Parent Teacher Conference Day
- No School

11 Staff Development Day
- No School

---

21
- Tuna salad sandwich on whole grain bread
- Egg salad on whole wheat bread
- Red pepper strips
- House ranch dressing
- Fresh pear

22
- Roasted turkey
- BBQ tofu bites
- Cornbread muffin
- Sautéed green beans
- Gravy
- Fresh orange wedges

23
- Crispy chicken tender
- Veggie chik’n nuggets
- Whole wheat roll
- Savory sauteed kale
- Ketchup
- Fresh banana

24
- Mac and cheese
- Powered up pasta with chickpeas
- Whole grain biscuit
- Steamed broccoli
- Fresh cantaloupe

25
- Beef shepherd’s pie
- Lentil shepherd’s pie
- Whole grain biscuit
- Fresh apple slices

---

28
- Turkey and bean chili
- Veg out chili
- Whole grain tortilla chips
- Cucumber coins
- Honey lime dressing
- Chilled pears

29
- Cheese quesadilla
- Sofritas tofu tacos
- Whole wheat tortilla
- Tomato salsa
- Fresh orange wedges

30
- Beef burger
- Veggie burger
- Whole wheat bun
- Lettuce & tomato
- Ketchup & mustard
- Fresh banana

31
- Crispy chicken tenders
- Veggie chik’n nuggets
- Brown rice
- Braised collar greens
- Ketchup
- Fresh cantaloupe

---

1
- Beef bolognese
- Tofu bolognese
- Whole grain rotini pasta
- Steamed green peas
- Fresh apple slices
### March Lunch Menu

**DC Public Schools | 9-12**

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<td>chicken and cheese</td>
<td>beef burger</td>
<td>crispy chicken tenders</td>
<td>beef bolognese</td>
</tr>
<tr>
<td>veg out chili</td>
<td>quesadilla</td>
<td>veggie burger</td>
<td>veggie chik’n nuggets</td>
<td>tofu bolognese</td>
</tr>
<tr>
<td>whole grain corn</td>
<td>softitas tofu tacos</td>
<td>whole wheat bun</td>
<td>brown rice</td>
<td>whole grain rotini pasta</td>
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<td>tortilla chips</td>
<td>whole wheat tortilla</td>
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<td>braised collard greens</td>
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<td>ketchup</td>
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<td>ketchup &amp; mustard</td>
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<td>fresh apple</td>
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<tr>
<td>fresh pear</td>
<td>tomato salsa</td>
<td>fresh banana</td>
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<td></td>
<td></td>
<td>100% Grape juice</td>
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<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>italian turkey sausage</td>
<td>orange chicken</td>
<td>turkey ham and cheddar</td>
<td>Parent Teacher</td>
<td>Staff Development</td>
</tr>
<tr>
<td>and cheese pizza</td>
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<td>melt grilled cheese</td>
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**March is National Nutrition Month!**

This year’s theme is “Celebrate a World of Flavors”. Look for globally-inspired flavors in blue on your menu.
March Lunch Menu

RIVER TERRACE | K-8

**What do the colors on the menu mean?**
- **GREEN** = locally-sourced
- **BLUE** = international
- **ORANGE** = Fresh Feature Friday Winner!
- **= vegetarian entree
- All grains served are whole grain rich
- 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

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**March is National Nutrition Month!** This year’s theme is “Celebrate a World of Flavors”. Look for globally-inspired flavors in blue on your menu.

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<thead>
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<tr>
<td>• fresh pear</td>
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**GREEN** = locally-sourced

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### March Lunch Menu

**RIVER TERRACE | 9:12**

#### What do the colors on the menu mean?
- **GREEN** = locally-sourced
- **BLUE** = international
- **ORANGE** = Fresh Feature Friday Winner!
- **=** vegetarian entree
- All grains served are whole grain rich
- 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

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### March is National Nutrition Month!
This year's theme is "Celebrate a World of Flavors". Look for globally-inspired flavors in blue on your menu.

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<td>• braised collar greens 🍜</td>
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<td>• fresh apple 🍜</td>
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<tr>
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<td>• ketchup &amp; mustard 🍜</td>
<td>• fresh banana 🍜</td>
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<td>• turkey ham and cheddar melt 🍜</td>
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<td>Staff Development Day 🍜</td>
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<td>• roasted turkey 🍜</td>
<td>• crispy chicken tender 🍜</td>
<td>• mac and cheese 🍜</td>
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<td>• egg salad on whole wheat bread 🍜</td>
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<td>• powered up pasta with chickpeas 🍜</td>
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<td>• baby carrots 🍜</td>
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<td>• ketchup &amp; mustard 🍜</td>
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</table>
# March Snack Menu

**DC PUBLIC SCHOOLS**

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

All grains served are whole grain rich

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

## Healthy Snacks for Active Students!
To create a healthy snack, include at least two of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>1</td>
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<td>4</td>
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| • whole grain cheeze-its  
• chilled pineapple | • sunbutter cup  
• whole grain graham crackers | • yogurt  
• whole grain granola | • cheddar cheese slices  
• fresh apple | • chilled applesauce  
• mozzarella cheese stick |
| **7**           | 8                  | 9                    | 10                  | 11               |
| • whole grain animal crackers  
• chilled pineapple | • whole grain cheez-its  
• fresh orange wedges | • yogurt  
• whole grain granola | Parent Teacher Conference Day  
No School | Staff Development Day  
No School |
| **14**          | 15                 | 16                   | 17                  | 18               |
| • whole grain cheeze-its  
• chilled pineapple | • sunbutter cup  
• whole grain graham crackers | • yogurt  
• whole grain granola | • cheddar cheese slices  
• fresh apple | • chilled applesauce  
• mozzarella cheese stick |
| **21**          | 22                 | 23                   | 24                  | 25               |
| • whole grain animal crackers  
• chilled pineapple | • whole grain cheez-its  
• fresh orange wedges | • yogurt  
• whole grain granola | • cheddar cheese slices  
• dried cranberries | • whole grain crackers  
• mozzarella cheese stick |
| **28**          | 29                 | 30                   | 31                  | 1                |
| • whole grain cheeze-its  
• chilled pineapple | • sunbutter cup  
• whole grain graham crackers | • yogurt  
• whole grain granola | • cheddar cheese slices  
• fresh apple | • chilled applesauce  
• mozzarella cheese stick |
# March Supper Menu

**DC Public Schools**

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

All grains served are whole grain rich.

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 meal provide all five groups on MyPlate: grains, protein, fruit, vegetables, and dairy!

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<tbody>
<tr>
<td>28</td>
<td>buffalo chicken wrap with romaine lettuce in a whole wheat tortilla</td>
<td>sunbutter &amp; jelly on whole wheat bread</td>
<td>cumin lime chicken whole wheat tortilla</td>
<td>shredded mozzarella cheese whole grain flatbread squares</td>
</tr>
<tr>
<td></td>
<td>baby carrots</td>
<td>snap peas</td>
<td>shredded romaine lettuce</td>
<td>tomato sauce</td>
</tr>
<tr>
<td></td>
<td>house ranch dressing</td>
<td>100% grape juice</td>
<td>low fat sour cream</td>
<td>fresh orange wedges</td>
</tr>
<tr>
<td></td>
<td>fresh cantaloupe</td>
<td></td>
<td>local applesauce</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>chicken caesar wrap with lettuce on a whole grain tortilla</td>
<td>turkey ham and cheese on a whole wheat bun</td>
<td>tuna salad on a whole wheat bun</td>
<td>shredded mozzarella cheese whole grain flatbread squares</td>
</tr>
<tr>
<td></td>
<td>baby spinach salad</td>
<td>cucumber coins</td>
<td>baby carrots</td>
<td>tomato sauce</td>
</tr>
<tr>
<td></td>
<td>italian dressing</td>
<td>honey mustard dressing</td>
<td>local applesauce</td>
<td>fresh orange wedges</td>
</tr>
<tr>
<td></td>
<td>fresh cantaloupe</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>cheese slices</td>
<td>turkey club on whole wheat bread with lettuce &amp; tomato</td>
<td>chicken salad on a whole wheat bun</td>
<td>turkey &amp; cheddar on a whole wheat bun</td>
</tr>
<tr>
<td></td>
<td>whole wheat crackers</td>
<td>cucumber coins</td>
<td>cauliflower florets</td>
<td>cucumber coins</td>
</tr>
<tr>
<td></td>
<td>baby spinach salad</td>
<td>mustard &amp; light mayonnaise</td>
<td>asian dressing</td>
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</tr>
<tr>
<td></td>
<td>snap peas</td>
<td></td>
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<td></td>
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<td></td>
<td></td>
<td>fresh banana</td>
</tr>
<tr>
<td></td>
<td>balsamic dressing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td>mediterranean chicken wrap</td>
<td>egg salad on whole wheat bread</td>
<td>cheesy mexican bean dip</td>
<td>sunbutter and jelly on whole wheat bread</td>
</tr>
<tr>
<td></td>
<td>cucumber coins</td>
<td>broccoli florets</td>
<td>whole wheat tortilla chips</td>
<td>lemon parmesan kale</td>
</tr>
<tr>
<td></td>
<td>fresh cantaloupe</td>
<td>balsamic dressing</td>
<td>tomato salsa</td>
<td>fresh orange wedges</td>
</tr>
<tr>
<td></td>
<td>lemon olive oil dressing</td>
<td></td>
<td>local applesauce</td>
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<tr>
<td></td>
<td>fresh cantaloupe</td>
<td></td>
<td>local applesauce</td>
<td></td>
</tr>
</tbody>
</table>

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**Parent Teacher Conference Day**

**Staff Development Day**

No School

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**Parent Teacher Conference Day**

**Staff Development Day**

No School
# March Supper Menu

**RIVER TERRACE**

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

All grains served are whole grain rich

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

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### Menu subject to change based on availability

This institution is an equal opportunity provider

---

### Did you know?

Our supper meal provide all five groups on MyPlate: grains, protein, fruit, vegetables, and dairy!

---

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
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<td>sunbutter &amp; jelly on whole wheat bread and snap peas</td>
<td>cumin lime chicken</td>
<td>shredded mozzarella cheese</td>
<td>turkey &amp; cheddar on a whole wheat bun</td>
</tr>
<tr>
<td>baby carrots</td>
<td>local applesauce</td>
<td>whole wheat tortilla</td>
<td>whole grain flatbread squares</td>
<td>cucumber coins</td>
</tr>
<tr>
<td>house ranch dressing</td>
<td>honey mustard dressing</td>
<td>shredded romaine lettuce</td>
<td>tomato sauce</td>
<td>mustard &amp; light mayonnaise</td>
</tr>
<tr>
<td>fresh cantaloupe</td>
<td>100% grape juice</td>
<td>low fat sour cream</td>
<td>mandarin oranges</td>
<td>fresh banana</td>
</tr>
</tbody>
</table>

**7**
- chicken caesar wrap with lettuce on a whole grain tortilla
- baby spinach salad
- italian dressing
- fresh cantaloupe

**8**
- turkey ham and cheese on a whole wheat bun
- baby carrots
- local applesauce

**9**
- tuna salad on a whole wheat bun
- baby carrots
- local applesauce

---

**10**
- Parent Teacher Conference Day
- No School

**11**
- Staff Development Day
- No School

---

**21**
- mediterranean chicken wrap
- cucumber coins
- fresh cantaloupe
- lemon olive oil dressing

**22**
- egg salad on whole wheat bread
- broccoli florets
- balsamic dressing
- 100% grape juice

**23**
- cheesy mexican bean dip
- whole grain tortilla chips
- tomato salsa
- local applesauce

**24**
- sunbutter and jelly on whole wheat bread
- lemon parmesan kale
- mandarin oranges

**25**
- chicken caesar wrap
- baby carrots
- parmesan cream dressing
- fresh banana

---

**28**
- buffalo chicken wrap with romaine lettuce in a whole wheat tortilla
- baby carrots
- house ranch dressing
- fresh cantaloupe

**29**
- sunbutter & jelly on whole wheat bread and snap peas | 100% grape juice

**30**
- cumin lime chicken | whole wheat tortilla | shredded romaine lettuce | low fat sour cream | local applesauce

**31**
- shredded mozzarella cheese | whole grain flatbread squares | tomato sauce | mandarin oranges | fresh banana

---

1. Did you know?
2. Our supper meal provide all five groups on MyPlate: grains, protein, fruit, vegetables, and dairy!
## March Fusion Bar 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!
- = vegetarian entree

All grains served are whole grain rich

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

### TACO BOWL
02/28 - 03/04

- **+ pick your base**
  - cilantro lime rice
  - whole grain corn tortilla chips

- **+pick your protein**
  - cumin lime chicken
  - cheddar cheese

- **+pick your toppings**
  - shredded romaine lettuce
  - tomato salsa
  - sautéed peppers & onions
  - corn
  - black beans

- **+add your dressing**
  - honey lime dressing

### KOREAN BOWL
03/07 - 03/11

- **+ pick your base**
  - jasmine brown rice with scallions

- **+pick your protein**
  - beef bulgogi
  - chicken bulgogi

- **+pick your toppings**
  - asian kale salad
  - korean cauliflower
  - glazed carrots
  - steamed peas
  - edamame

- **+add your dressing**
  - asian dressing

### PASTA BOWL
03/14 - 03/18

- **+ pick your base**
  - whole grain rotini pasta

- **+pick your protein**
  - herb roasted chicken
  - mozzarella cheese
  - parmesan cheese

- **+pick your toppings**
  - chickpeas
  - steamed broccoli
  - roasted red bell pepper
  - roasted red potato
  - roasted zucchini

- **+add your sauce**
  - tomato sauce
  - alfredo sauce

### INDIAN BOWL
03/21 - 03/25

- **+ pick your base**
  - brown basmati rice

- **+pick your protein**
  - curried chicken

- **+pick your toppings**
  - curried chickpeas
  - baby spinach
  - potato samosa
  - roasted carrots
  - sautéed cabbage

- **+add your dressing**
  - yogurt lime dressing
March Salad Bar Lunch Menu

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

All grains served are whole grain rich

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

Menu subject to change based on availability

---

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>buffalo chicken salad</td>
<td>chinese chicken salad</td>
<td>bbq chicken salad</td>
<td>chicken caesar salad</td>
<td>southwest taco salad</td>
</tr>
<tr>
<td>• diced buffalo chicken</td>
<td>• chinese chicken</td>
<td>• bbq chicken</td>
<td>• grilled chicken</td>
<td>• cumin lime chicken</td>
</tr>
<tr>
<td>• romaine lettuce</td>
<td>• edamame</td>
<td>• cheddar cheese</td>
<td>• parmesan cheese</td>
<td>• cheddar cheese</td>
</tr>
<tr>
<td>• cucumber coins</td>
<td>• shredded kale</td>
<td>• romaine lettuce</td>
<td>• shredded kale</td>
<td>• romaine lettuce</td>
</tr>
<tr>
<td>• shredded carrot</td>
<td>• romaine lettuce</td>
<td>• corn</td>
<td>• romaine lettuce</td>
<td>• black beans</td>
</tr>
<tr>
<td>• house ranch dressing</td>
<td>• shredded carrots</td>
<td>• red onion</td>
<td>• cucumber coins</td>
<td>• corn</td>
</tr>
<tr>
<td>• whole grain croutons</td>
<td>• purple cabbage</td>
<td>• red pepper</td>
<td>• cherry tomatoes</td>
<td>• cherry tomatoes</td>
</tr>
<tr>
<td>• whole grain roll</td>
<td>• mandarin oranges</td>
<td>• honey mustard dressing</td>
<td>• chickpeas</td>
<td>• honey lime dressing</td>
</tr>
<tr>
<td>• fresh fruit</td>
<td>• whole grain crispy chow main</td>
<td>• whole grain croutons</td>
<td>• caesar dressing</td>
<td>• whole lime dressing</td>
</tr>
<tr>
<td></td>
<td>• whole grain roll</td>
<td>• whole grain roll</td>
<td>• whole grain tortilla chips</td>
<td>• whole grain roll</td>
</tr>
<tr>
<td></td>
<td>• fresh fruit</td>
<td>• fresh fruit</td>
<td>• whole grain roll</td>
<td>• fresh fruit</td>
</tr>
</tbody>
</table>

This institution is an equal opportunity provider
## DCPS March 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.

### Breakfast Menu

<table>
<thead>
<tr>
<th>Pickup Day</th>
<th>Site Closed</th>
<th>Pickup Day</th>
<th>Site Closed</th>
<th>Pickup Day</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>
<td></td>
</tr>
<tr>
<td>entrees</td>
<td></td>
<td>entrees</td>
<td></td>
<td>entrees</td>
<td></td>
</tr>
<tr>
<td>• whole grain rice chex cereal</td>
<td>• strawberry yogurt</td>
<td>• whole grain cheerios cereal</td>
<td>• strawberry banana yogurt</td>
<td>• whole grain mini what cereal</td>
<td></td>
</tr>
<tr>
<td>• whole grain graham crackers</td>
<td>• whole grain granola</td>
<td>• whole grain cheerios cereal</td>
<td>• whole grain strawberry oatmeal bar</td>
<td>• low fat cheese stick</td>
<td></td>
</tr>
<tr>
<td>fruits</td>
<td></td>
<td>fruits</td>
<td></td>
<td>fruits</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>
<td></td>
</tr>
<tr>
<td>• 100% grape juice</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Skim or 1% milk will be offered with every meal. This menu is subject to change based on product availability.

**FOOD DISTRIBUTION**

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

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

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### Entrees

<table>
<thead>
<tr>
<th>Pickup Day</th>
<th>Site Closed</th>
<th>Pickup Day</th>
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<th>Pickup Day</th>
<th>Site Closed</th>
<th>Pickup Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>TUES &amp; SAT</td>
<td>WED &amp; SUN</td>
<td>THURSDAY</td>
<td></td>
<td></td>
<td>FRIDAY</td>
</tr>
</tbody>
</table>

- **build your own pizza:**
  - whole grain flatbread squares with shredded mozzarella cheese, tomato sauce *V*
  - cheese sandwich on whole wheat bread with lettuce & tomato
  - or
  - turkey & cheddar on a whole wheat bun with lettuce & tomato
  - or
  - egg salad on a whole wheat bun *V*
  - or
  - tuna salad on a whole wheat bun
  - or
  - grilled chicken caesar wrap in a whole wheat tortilla with romaine lettuce
  - or
  - buffalo chicken wrap in a whole wheat tortilla with romaine lettuce
  - or
  - veggie chik'n caesar wrap in a whole wheat tortilla with romaine lettuce *V*
  - or
  - buffalo veggie chik'n wrap in a whole wheat tortilla with romaine lettuce

- **tuna salad on a whole wheat bun**

- **egg salad on a whole wheat bun** *V*

- **tuna salad on a whole wheat bun**

- **grilled chicken caesar wrap in a whole wheat tortilla with romaine lettuce**

- **buffalo chicken wrap in a whole wheat tortilla with romaine lettuce**

- **veggie chik’n caesar wrap in a whole wheat tortilla with romaine lettuce** *V*

- **buffalo veggie chik’n wrap in a whole wheat tortilla with romaine lettuce**

### 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

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(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442;

(3) email: program.intake@usda.gov.

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