### May 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

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<table>
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<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>2</td>
<td>- non-fat yogurt&lt;br&gt;- strawberry oatmeal bar&lt;br&gt;- fresh apple slices</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
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<tr>
<td>9</td>
<td>- whole wheat bagel&lt;br&gt;- cream cheese&lt;br&gt;- strawberry jelly&lt;br&gt;- fresh apple slices</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
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<tr>
<td>16</td>
<td>- non-fat yogurt&lt;br&gt;- apple oatmeal bar&lt;br&gt;- fresh apple slices</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
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<tr>
<td>23</td>
<td>- non-fat yogurt&lt;br&gt;- whole grain strawberry oatmeal bar&lt;br&gt;- fresh apple slices</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
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<tr>
<td>30</td>
<td>- 100% Orange Juice&lt;br&gt;- Honey Cheerios</td>
<td>31</td>
<td>6/1</td>
<td>6/2</td>
<td>6/3</td>
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</tbody>
</table>

**WHAT'S NEW?**

We're celebrating spring with some fresh new breakfast items!

- **Strawberry Parfait**
- **Cheesy Breakfast Burrito**
- **Blueberry Chex Cereal**
- **100% Orange Juice**
- **Honey Cheerios**

---
## May Breakfast Menu

**DC Public Schools | River Terrace**

*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

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### What’s New?
- We’re celebrating spring with some fresh new breakfast items!

#### Strawberry Parfait
#### Cheesy Breakfast Burrito
#### Blueberry Chex Cereal
#### 100% Orange Juice
#### Honey Cheerios

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<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>
| - non-fat yogurt
- strawberry oatmeal bar
- fresh apple slices | - warm whole grain pineapple carrot bread
- fresh pear | - blueberry chex cereal
- whole wheat graham crackers
- mandarin oranges | - turkey sausage patty
- veggie breakfast sausage patty
- whole grain biscuit
- honey
- fresh banana
- 100% orange juice | - whole grain french toast
- turkey sausage patty
- veggie breakfast sausage patty
- fresh cantaloupe
- honey
- butter |
| 9            | 10            | 11           | 12           | 13           |
| - whole wheat bagel
- cream cheese
- strawberry jelly
- fresh apple slices | - apple spice oatmeal
- fresh pear | - honey cheerios
- whole wheat graham crackers
- mandarin oranges | - strawberry parfait
- vanilla yogurt
- whole grain granola
- strawberries
- 100% orange juice | - whole grain pancakes
- turkey sausage link
- veggie breakfast sausage patty
- fresh cantaloupe
- honey
- butter |
| 16           | 17            | 18           | 19           | 20           |
| - non-fat yogurt
- apple oatmeal bar
- fresh apple slices | - turkey bacon and egg bake
- scrambled eggs
- whole wheat english muffin
- strawberry jelly
- butter
- fresh pear | - whole wheat bagel
- lights cream cheese
- grape jelly
- mandarin oranges | - whole grain frosted mini wheats
- low fat cheese stick
- fresh banana
- 100% orange juice | - brown sugar oatmeal
- nonfat yogurt
- fresh cantaloupe |
| 23           | 24            | 25           | 26           | 27           |
| - 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 wheat bagel
- light cream cheese
- strawberry jelly
- mandarin oranges | - egg and cheese breakfast burrito
- hot sauce
- fresh banana
- 100% orange juice | - honey cheerios
- whole wheat graham crackers
- fresh cantaloupe |
| 30           | 31            | 6/1          | 6/2          | 6/3          |
| - no school
- memorial day | - warm whole grain pineapple carrot bread
- fresh pear | - blueberry chex cereal
- whole wheat graham crackers
- mandarin oranges | - turkey sausage patty
- veggie breakfast sausage patty
- whole grain biscuit
- honey
- fresh banana
- 100% orange juice | - whole grain pancakes
- turkey sausage links
- veggie breakfast sausage patty
- fresh cantaloupe
- all natural syrup
- butter |
### May 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.

Menu subject to change based on availability

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<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>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>
| - non-fat yogurt  
- fresh apple slices | - warm whole grain pineapple carrot bread  
- chilled pears | - blueberry chex cereal  
- fresh orange wedges | - turkey sausage patty  
- veggie breakfast sausage patty  
- whole grain biscuit  
- honey  
- fresh banana | - whole grain french toast  
- fresh cantaloupe  
- honey  
- butter |
| 9      | 10      | 11        | 12       | 13     |
| - whole wheat bagel  
- cream cheese  
- strawberry jelly  
- fresh apple slices | - apple spice oatmeal  
- chilled pears | - honey cheerios  
- fresh orange wedges | - strawberry parfait  
- vanilla yogurt  
- whole grain granola  
- strawberries  
- fresh banana | - whole grain pancakes  
- fresh cantaloupe  
- honey  
- butter |
| 16     | 17      | 18        | 19       | 20     |
| - non-fat yogurt  
- fresh apple slices | - turkey bacon and egg bake  
- scrambled eggs  
- whole wheat toast  
- strawberry jelly  
- chilled pears | - whole wheat bagel  
- light cream cheese  
- grape jelly  
- fresh orange wedges | - whole grain frosted mini wheats  
- fresh bananas | - brown sugar oatmeal  
- fresh cantaloupe |
| 23     | 24      | 25        | 26       | 27     |
| - non-fat yogurt  
- fresh apple slices | - turkey sausage patty  
- veggie breakfast sausage patty  
- whole grain biscuit  
- honey  
- chilled pears | - whole wheat bagel  
- light cream cheese  
- strawberry jelly  
- fresh orange wedges | - egg and cheese breakfast burrito  
- fresh banana | - honey cheerios  
- fresh cantaloupe |
| 30     | 31      | 1         | 2        | 3      |
| no school  
memorial day | - warm whole grain pineapple carrot bread  
- chilled pears | - blueberry chex cereal  
- fresh orange wedges | - turkey sausage patty  
- veggie breakfast sausage patty  
- whole grain biscuit  
- honey  
- fresh banana | - whole grain pancakes  
- fresh cantaloupe  
- all natural syrup  
- butter |

---

**WHAT’S NEW?**

We’re celebrating spring with some fresh new breakfast items!

- Strawberry Parfait
- Cheesy Breakfast Burrito
- Blueberry Chex Cereal
- 100% Orange Juice
- Honey Cheerios
## May Lunch Menu

**DC Public Schools | K-8**

### What do the colors on the menu mean?
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- * = vegetarian entree

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**CHEESY BROCCOLI IS BACK!**

This veggie was a popular request on student surveys and a former Fresh Feature Friday winner!

This winning combo is delicious AND nutritious; did you know that the vitamin C in broccoli helps your body get more calcium from cheese?!

Try cheesy broccoli on May 16th

---

### May Lunch Menu

<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>2</td>
<td>all beef hot dog</td>
<td>chicken bulgogi bowl</td>
<td>crispy fish sandwich</td>
<td>turkey meatballs</td>
</tr>
<tr>
<td></td>
<td>veggie burger</td>
<td>super sesame tofu bowl</td>
<td>hot sauce</td>
<td></td>
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<tr>
<td></td>
<td>barbecue and mustard</td>
<td>brown rice</td>
<td>grilled cheese</td>
<td></td>
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<tr>
<td></td>
<td>BBQ baked beans</td>
<td>glazed carrots</td>
<td>sautéed green beans</td>
<td></td>
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<tr>
<td></td>
<td>steamed corn</td>
<td>Asian kale slaw</td>
<td>potato salad</td>
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<tr>
<td></td>
<td>fresh pear</td>
<td>fresh orange wedges</td>
<td>fresh banana</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>turkey sloppy joe</td>
<td>beef and cheese soft</td>
<td>buffalo chicken drum</td>
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<tr>
<td></td>
<td>lentil sloppy joe</td>
<td>taco</td>
<td>buffalo veggie chik'n</td>
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<tr>
<td></td>
<td>baked potato fries</td>
<td>sofritas tofu taco</td>
<td>nuggets</td>
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<td></td>
<td>red cabbage slaw</td>
<td>chili black beans</td>
<td>brown rice</td>
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<td>whole wheat bun</td>
<td>tomato salsa</td>
<td>celery sticks</td>
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<td></td>
<td>lettuce and tomato</td>
<td>fresh orange wedges</td>
<td>ranch dressing</td>
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<td></td>
<td>corn and pepper salad</td>
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<td>fresh pear</td>
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<td>16</td>
<td>crispy chicken tender</td>
<td>whole wheat mac and</td>
<td>beef burger</td>
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<td></td>
<td>veggie chik'n nuggets</td>
<td>cheese</td>
<td>veggie burger</td>
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<td></td>
<td>brown rice</td>
<td>powered up pasta</td>
<td>bbq baked beans</td>
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<td></td>
<td>sweet potato fries</td>
<td>collard with turkey bacon</td>
<td>sautéed green beans</td>
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<td></td>
<td>cheesy broccoli</td>
<td>roasted carrots</td>
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<td>23</td>
<td>turkey and cheddar</td>
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<td>mayo &amp; mustard</td>
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<td>egg salad</td>
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<td>fresh pear</td>
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<td>24</td>
<td>build your own chicken</td>
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<td>whole wheat tortilla</td>
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<td>chipotle pinto beans</td>
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<td>sautéed pepper &amp;</td>
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<td>low fat sour cream</td>
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<td>fresh orange wedges</td>
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<td>memorial day</td>
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<td>turkey ham and cheese</td>
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<td>crispy fish sandwich</td>
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<td>on a whole wheat bun</td>
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<td>super sesame tofu bowl</td>
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<td>veggie burger</td>
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<td>Asian kale slaw</td>
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<td>chicken bulgogi bowl</td>
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<td>super sesame tofu bowl</td>
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<td>fresh cantaloupe</td>
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<td>turkey meatballs and</td>
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<td>sauce</td>
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<td>powered up pasta</td>
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<td>with chickpeas</td>
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<td>whole grain spaghetti</td>
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<td>mixed green salad</td>
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<td>cucumber coins</td>
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<td></td>
<td>fresh apple slices</td>
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### Special Days

- **Friday School Lunch Hero Day**
- **Monday**
- **Tuesday**
- **Wednesday**
- **Thursday**
- **Friday**

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[Menu Image]

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[Online Resources]

**SERVING AWARD-WINNING FOOD THAT KIDS LOVE. WWW.DCCENTRALKITCHEN.ORG FOLLOW US ON SOCIAL MEDIA!**

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[Menu Image]
May Lunch Menu
DC PUBLIC SCHOOLS | RIVER TERRACE K-8

<table>
<thead>
<tr>
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<th>WEDNESDAY</th>
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</thead>
<tbody>
<tr>
<td>2 • all beef hot dog                                                • chicken bulgogi bowl                                               • crispy fish sandwich                                                   • chicken and cheese enchiladas                                        • turkey meatballs</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• veggie burger                                                     • super sesame tofu bowl                                              • hot sauce                                                               • cheese quesadilla                                                   • powered up pasta with chickpeas</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• ketchup and mustard                                              • brown rice                                                            • grilled cheese                                                         • green leaf salad with tomatoes                                      • whole grain spaghetti</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• bbq baked beans                                                   • glazed carrots                                                        • sautéed green beans                                                  • potato salad                                                         • mixed green salad</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• steamed corn                                                       • asian kale slaw                                                       • fresh banana                                                           • tomatoes                                                              • cucumber coins</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• fresh pear                                                        • fresh orange wedges                                                  • fresh banana                                                           • honey lime dressing                                                 • fresh cantaloupe</td>
<td></td>
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</tr>
</tbody>
</table>

What do the colors on the menu mean?  
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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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CHEESY BROCCOLI IS BACK!
This veggie was a popular request on student surveys and a former Fresh Feature Friday winner!

This winning combo is delicious AND nutritious; did you know that the vitamin C in broccoli helps your body get more calcium from cheese?!!

Try cheesy broccoli on May 16th

23 • turkey and cheddar                                                • build your own chicken fajitas                                        • tuna melt                                                             • whole grain flatbread                                              • mediterranean chicken wrap
• mayo & mustard                                                     • cheese quesadilla                                                     • sunbutter and jelly                                                  • turkey pepperoni pizza                                            • mediterranean chicken wrap
• egg salad                                                          • whole wheat tortilla                                                  • whole wheat bun                                                      • cheese pizza                                                      • chicken wrap
• whole wheat bun                                                    • chipotle pinto beans                                                 • chipotle & mustard                                                  • with diced tomatoes                                               • chickpea wrap
• lettuce and tomato                                                 • sautéed pepper & onions                                              • bbq baked beans                                                      • balsamic dressing                                                  • tomatoes and cucumber
• corn and pepper salad                                              • low fat sour cream                                                   • baby carrots                                                        • fresh cantaloupe                                                  • cucumber
• fresh pear                                                         • fresh orange wedges                                                  • italian dressing                                                     • fresh cantaloupe                                                  • baked potato fries

30 no school
31 no school

6/1 • crispy fish sandwich                                             • chicken bulgogi bowl                                                 • super sesame tofu bowl                                              • turkey meatballs and sauce
• hot sauce                                                          • super sesame tofu bowl                                              • brown rice                                                           • powered up pasta with chickpeas
• grilled cheese                                                     • sautéed green beans                                                 • glazed carrots                                                       • mixed green salad
• potato salad                                                        • fresh banana                                                          • asian kale slaw                                                      • cucumber coins
• fresh orange wedges

6/2 • chicken bulgogi bowl                                             • super sesame tofu bowl                                              • brown rice                                                           • mixed green salad
• grilled cheese                                                     • sautéed green beans                                                 • glazed carrots                                                       • cucumber coins
• potato salad                                                        • fresh banana                                                          • asian kale slaw                                                      • fresh cantaloupe

6/3 • turkey meatballs and sauce                                       • powered up pasta with chickpeas                                     • whole grain spaghetti                                               • fresh apple slices
• hot sauce                                                          • mixed green salad                                                     • mixed green salad
• grilled cheese                                                     • fresh apple slices
## May Lunch 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.

Menu subject to change based on availability.

This institution is an equal opportunity provider.

### CHEESY BROCCOLI IS BACK!

This veggie was a popular request on student surveys and a former Fresh Feature Friday winner!

This winning combo is delicious AND nutritious; did you know that the vitamin C in broccoli helps your body get more calcium from cheese?!

Try cheesy broccoli on May 16th.

### May Lunch Menu

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>• all beef hot dog 🍔 • veggie burger 🍔 • ketchup and mustard 🍔 • steamed corn 🍒 • chilled pears 🍏</td>
<td>• chicken bulgogi bowl 🍚 • super sesame tofu bowl 🍚 • brown rice 🍚 • glazed carrots 🍎 • fresh orange wedges 🍊</td>
<td>• crispy fish sandwich 🍚 • hot sauce 🍚 • grilled cheese 🍚 • sautéed green beans 🍎 • fresh banana 🍏</td>
<td>• chicken and cheese enchiladas 🍚 • cheese quesadilla 🍚 • tomatoes 🍅 • fresh cantaloupe 🍏</td>
<td>• turkey meatballs and sauce 🍚 • powered up pasta with chickpeas 🍚 • whole grain spaghetti 🍚 • cucumber coins 🥒 • fresh apple slices 🍏</td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>• turkey sloppy joe 🍔 • lentil sloppy joe 🍔 • baked potato fries 🍔 • chilled pears 🍏</td>
<td>• beef and cheese soft taco 🍚 • sofritas tofu taco 🍚 • tomato salsa 🍚 • fresh orange wedges 🍊</td>
<td>• buffalo chicken drumstick 🍚 • buffalo veggie chik'n nuggets 🍚 • brown rice 🍚 • steamed corn 🍒 • fresh banana 🍏</td>
<td>• whole grain flatbread cheese pizza with peppers and onions 🍚 • spinach salad 🍚 • parmesan cream dressing 🍏 • fresh cantaloupe 🍏</td>
<td>• chicken alfredo 🍚 • chickpea alfredo 🍚 • whole wheat penne 🍚 • steamed broccoli 🍚 • fresh apple slices 🍏</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td>• crispy chicken tender 🍚 • veggie chik'n nuggets 🍚 • brown rice 🍚 • cheesy broccoli 🍚 • ketchup 🍚 • chilled pears 🍏</td>
<td>• whole wheat mac and cheese 🍚 • powered up pasta with chickpeas 🍚 • sautéed carrots 🍎 • fresh orange wedges 🍊</td>
<td>• beef burger 🍚 • veggie burger 🍚 • ketchup &amp; mustard 🍚 • sautéed green beans 🍎 • fresh banana 🍏</td>
<td>• world language festival 🍚 • chesapeake fish tacos 🍚 • black bean taco 🍚 • baja cream sauce 🍚 • mexican street corn 🍚 • fresh cantaloupe 🍏</td>
<td>• world language festival 🍚 • diced teriyaki chicken 🍚 • super sesame tofu 🍚 • whole grain fried rice 🍚 • green bean and mushroom stir fry 🍚 • fresh apple slices 🍏</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td>• turkey and cheddar 🍚 • mayo &amp; mustard 🍚 • egg salad 🍚 • whole wheat bun 🍚 • lettuce and tomato 🍚 • chilled pears 🍏</td>
<td>• build-your-own chicken fajita 🍚 • cheese quesadilla 🍚 • whole wheat tortilla 🍚 • sautéed pepper and onions 🍚 • low fat sour cream 🍚 • fresh orange wedges 🍊</td>
<td>• tuna melt 🍚 • sunbutter and jelly 🍚 • whole wheat bun 🍚 • steamed green peas 🍚 • italian dressing 🍚 • fresh banana 🍏</td>
<td>• whole grain flatbread pepperoni pizza 🍚 • cheese pizza 🍚 • mixed greens salad 🍚 • balsamic dressing 🍏 • fresh cantaloupe 🍏</td>
<td>• mediterranean chicken wrap 🍚 • mediterranean chickpea wrap 🍚 • baked potato fries 🍚 • fresh apple slices 🍏</td>
</tr>
<tr>
<td>30</td>
<td>31</td>
<td>32</td>
<td>33</td>
<td>34</td>
</tr>
<tr>
<td>• no school memorial day</td>
<td>• turkey ham and cheese on a whole wheat bun 🍚 • veggie burger 🍚 • baby carrots 🍚 • cucumber coins 🍚 • mayo, mustard 🍚 • ranch dressing 🍚 • fresh orange wedges 🍊</td>
<td>• crispy fish sandwich 🍚 • hot sauce 🍚 • grilled cheese 🍚 • sautéed green beans 🍎 • fresh banana 🍏</td>
<td>• chicken bulgogi bowl 🍚 • super sesame tofu bowl 🍚 • brown rice 🍚 • glazed carrots 🍎 • fresh cantaloupe 🍏</td>
<td>• turkey meatballs and sauce 🍚 • powered up pasta with chickpeas 🍚 • whole grain spaghetti 🍚 • cucumber coins 🥒 • fresh apple slices 🍏</td>
</tr>
</tbody>
</table>
## May Lunch Menu

**DC PUBLIC SCHOOLS | 9-12**

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### Weekly Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>- all beef hot dog</td>
<td>- chicken bulgogi bowl</td>
<td>- crispy fish sandwich</td>
<td>- chicken and cheese enchiladas</td>
<td>- turkey meatballs</td>
</tr>
<tr>
<td>- veggie burger</td>
<td>- super sesame tofu bowl</td>
<td>- hot sauce</td>
<td>- cheese quesadillas</td>
<td>- black bean taco</td>
</tr>
<tr>
<td>- ketchup and mustard</td>
<td>- brown rice</td>
<td>- grilled cheese</td>
<td>- local green leaf salad with tomatoes</td>
<td>- pepperoni pizza</td>
</tr>
<tr>
<td>- bbq baked beans</td>
<td>- glazed carrots</td>
<td>- sautéed green beans</td>
<td>- honey lime dressing</td>
<td>- super sesame tofu</td>
</tr>
<tr>
<td>- local steamed corn</td>
<td>- potato salad</td>
<td>- tomato salad</td>
<td>- fresh cantaloupe</td>
<td>- pepperoni pizza</td>
</tr>
<tr>
<td>- fresh pear</td>
<td>- tartar sauce</td>
<td>- fresh banana</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>- turkey sloppy joe</td>
<td>- beef and cheese soft taco</td>
<td>- buffalo chicken drum</td>
<td>- cheese pizza with peppers and onions</td>
<td>- chicken alfredo</td>
</tr>
<tr>
<td>- lentil sloppy joe</td>
<td>- softfritas tofu taco</td>
<td>- buffalo veggie chik’n nuggets</td>
<td>- cheese pizza</td>
<td>- chicken alfredo</td>
</tr>
<tr>
<td>- baked potato fries</td>
<td>- chill black beans</td>
<td>- brown rice</td>
<td>- spinach salad</td>
<td>- whole wheat penne</td>
</tr>
<tr>
<td>- red cabbage slaw</td>
<td>- tomato salsa</td>
<td>- steamed corn</td>
<td>- baby carrots</td>
<td>- roasted carrots</td>
</tr>
<tr>
<td>- fresh pear</td>
<td>- fresh orange wedges</td>
<td>- celery sticks</td>
<td>- parmesan cream</td>
<td>- steamed broccoli</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td>- crispy chicken tender</td>
<td>- whole wheat mac &amp; cheese</td>
<td>- beef burger</td>
<td>- world language festival</td>
<td>- world language festival</td>
</tr>
<tr>
<td>- veggie chik’n nuggets</td>
<td>- powered up pasta with chickpeas</td>
<td>- veggie burger</td>
<td>- teriyaki chicken drum</td>
<td>- teriyaki chicken drum</td>
</tr>
<tr>
<td>- brown rice</td>
<td>- collards with turkey bacon</td>
<td>- kettle &amp; mustard</td>
<td>- black bean taco</td>
<td>- black bean taco</td>
</tr>
<tr>
<td>- sweet potato fries</td>
<td>- roasted carrots</td>
<td>- sautéed green beans</td>
<td>- baja cream sauce</td>
<td>- baja cream sauce</td>
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<tr>
<td>- cheesy broccoli</td>
<td>- fresh orange wedges</td>
<td>- fresh banana</td>
<td>- mexican street corn</td>
<td>- mexican street corn</td>
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<tr>
<td>- ketchup</td>
<td></td>
<td></td>
<td>- tangy cilantro lime slaw</td>
<td>- tangy cilantro lime slaw</td>
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<tr>
<td>- fresh pear</td>
<td></td>
<td></td>
<td>- fresh cantaloupe</td>
<td>- fresh cantaloupe</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td>- turkey and cheddar</td>
<td>- build-your-own chicken fajita</td>
<td>- tuna melt</td>
<td>- whole grain flatbread pepperoni pizza</td>
<td>- mediterranean chicken wrap</td>
</tr>
<tr>
<td>- mayo &amp; mustard</td>
<td></td>
<td>- sunbutter and jelly</td>
<td>- cheese pizza</td>
<td>- mediterranean chicken wrap</td>
</tr>
<tr>
<td>- egg salad</td>
<td></td>
<td>- whole wheat bun</td>
<td>- mixed greens salad</td>
<td>- tomatoes and cucumber</td>
</tr>
<tr>
<td>- whole wheat bun</td>
<td></td>
<td>- steamed green peas</td>
<td>- with diced tomatoes</td>
<td>- baked potato fries</td>
</tr>
<tr>
<td>- lettuce and tomato</td>
<td>- corn and pepper salad</td>
<td>- baby carrots</td>
<td>- balsamic dressing</td>
<td>- fresh apple</td>
</tr>
<tr>
<td>- fresh pear</td>
<td></td>
<td>- sautéed pepper and onions</td>
<td>- fresh cantaloupe</td>
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</tr>
<tr>
<td>30</td>
<td>31</td>
<td>6/1</td>
<td>6/2</td>
<td>6/3</td>
</tr>
<tr>
<td>- no school</td>
<td>- turkey ham and cheese</td>
<td>- crispy fish sandwich</td>
<td>- chicken bulgogi bowl</td>
<td>- turkey meatballs and sauce</td>
</tr>
<tr>
<td>memorial day</td>
<td>on a whole wheat bun</td>
<td>- hot sauce</td>
<td>- super sesame tofu bow</td>
<td>- black bean taco</td>
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<tr>
<td></td>
<td>- veggie burger</td>
<td>- grilled cheese</td>
<td>- brown rice</td>
<td>- warm chicken</td>
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<tr>
<td></td>
<td>- baby carrots</td>
<td>- sautéed green beans</td>
<td>- glazed carrots</td>
<td>- mixed greens salad</td>
</tr>
<tr>
<td></td>
<td>- cucumber coins</td>
<td>- potato salad</td>
<td>- asian kale slaw</td>
<td>- cucumbers</td>
</tr>
<tr>
<td></td>
<td>- mayo, mustard</td>
<td>- tartar sauce</td>
<td>- fresh cantaloupe</td>
<td>- fresh apple</td>
</tr>
<tr>
<td></td>
<td>- ranch dressing</td>
<td></td>
<td></td>
<td></td>
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**What do the colors on the menu mean?**

- **GREEN** = locally-sourced
- **BLUE** = international
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- **= vegetarian entree**

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**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**

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---

**CHEESEY BROCCOLI IS BACK!**

This veggie was a popular request on student surveys and a former Fresh Feature Friday winner!

This winning combo is delicious AND nutritious; did you know that the vitamin C in broccoli helps your body get more calcium from cheese?!

Try cheesy broccoli on May 16th

---

**SERVING AWARD-WINNING FOOD THAT KIDS LOVE.**

WWW.DCCENTRALKITCHEN.ORG

**FOLLOW US ON SOCIAL MEDIA!**
May Lunch Menu

DC PUBLIC SCHOOLS | RIVER TERRACE 9-12

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<td>6</td>
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| • all beef hot dog  
• veggie burger  
• ketchup and mustard  
• bbq baked beans  
• local steamed corn  
• fresh pear | • chicken bulgogi bowl  
• super sesame tofu bowl  
• brown rice  
• glazed carrots  
• asian kale slaw  
• mandarin oranges | • crispy fish sandwich  
• hot sauce  
• grilled cheese  
• sautéed green beans  
• potato salad  
• tartar sauce  
• fresh banana  
• 100% grape juice | • chicken and cheese enchiladas  
• cheese quesadilla  
• local green leaf salad with tomatoes  
• honey lime dressing  
• fresh cantaloupe | • turkey meatballs  
• powered up pasta with chickpeas  
• whole grain spaghetti  
• mixed green salad  
• cucumber coins  
• fresh apple |
| 9            | 10            | 11            | 12            | 13           |
| • turkey sloppy joe  
• lentil sloppy joe  
• baked potato fries  
• red cabbage slaw  
• fresh pear | • beef and cheese soft taco  
• sofritas tofu taco  
• chili black beans  
• tomato salsa  
• mandarin oranges | • buffalo chicken drum  
• buffalo veggie chik’n nuggets  
• brown rice  
• steamed corn  
• celery sticks  
• ranch dressing  
• fresh banana  
• 100% grape juice | • cheese pizza with peppers and onions  
• cheese pizza  
• spinach salad  
• baby carrots  
• parmesan cream dressing  
• fresh cantaloupe | • chicken alfredo  
• chikpea alfredo  
• whole wheat penne  
• roasted carrots  
• steamed broccoli  
• fresh apple |
| 16           | 17            | 18            | 19            | 20           |
| • crispy chicken tender  
• veggie chik’n nuggets  
• brown rice  
• sweet potato fries  
• cheesy broccoli  
• ketchup  
• fresh pear | • whole wheat mac and cheese  
• powered up pasta with chickpeas  
• collards with turkey bacon  
• roasted carrots  
• mandarin oranges | • beef burger  
• veggie burger  
• ketchup & mustard  
• bbq baked beans  
• sautéed green beans  
• fresh banana  
• 100% grape juice | • world language  
• world language festival | | |
| 23           | 24            | 25            | 26            | 27           |
| • turkey and cheddar  
• mayo & mustard  
• egg salad  
• whole wheat bun  
• lettuce and tomato  
• corn and pepper salad  
• fresh pear | • build-your-own chicken fajita  
• cheese quesadilla  
• whole wheat tortilla  
• chipotle pinto beans  
• sautéed pepper and onions  
• low fat sour cream  
• mandarin oranges | • tuna melt  
• sunbutter and jelly  
• whole wheat bun  
• steamed green peas  
• baby carrots  
• italian dressing  
• fresh banana  
• 100% grape juice | • whole grain flatbread  
• pepperoni pizza  
• cheese pizza  
• mixed greens salad with diced tomatoes  
• balsamic dressing  
• fresh cantaloupe | • mediterranean chicken wrap  
• mediterranean chickpea wrap  
• tomatoes and cucumber  
• baked potato fries  
• fresh apple |
| 30           | 31            | 6/1           | 6/2           | 6/3          |
| • turkey ham and cheese on a whole wheat bun  
• veggie burger  
• baby carrots  
• cucumber coins  
• mayo, mustard  
• ranch dressing  
• mandarin oranges | • no school memorial day | • crispy fish sandwich  
• hot sauce  
• grilled cheese  
• sautéed green beans  
• potato salad  
• tartar sauce  
• fresh banana  
• 100% grape juice | • chicken bulgogi bowl  
• super sesame tofu bowl  
• brown rice  
• glazed carrots  
• asian kale slaw  
• fresh cantaloupe | • turkey meatballs and sauce  
• powered up pasta with chickpeas  
• whole grain spaghetti  
• mixed green salad  
• cucumber coins  
• fresh apple |
# May Snack Menu

## DC Public Schools

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

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.

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<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>whole grain animal crackers</td>
<td>whole grain cheez-its</td>
<td>yogurt</td>
<td>cheddar cheese slices</td>
<td>whole grain crackers</td>
</tr>
<tr>
<td>chilled pineapple</td>
<td>fresh orange wedges</td>
<td>whole grain granola</td>
<td>dried cranberries</td>
<td>mozzarella cheese stick</td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>whole grain cheez-its</td>
<td>sunbutter cup</td>
<td>yogurt</td>
<td>cheddar cheese slices</td>
<td>chilled applesauce</td>
</tr>
<tr>
<td>chilled pineapple</td>
<td>whole grain graham crackers</td>
<td>whole grain granola</td>
<td>fresh apple</td>
<td>mozzarella cheese stick</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
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<tr>
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<tr>
<td>chilled pineapple</td>
<td>fresh orange wedges</td>
<td>whole grain granola</td>
<td>dried cranberries</td>
<td>mozzarella cheese stick</td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td>whole grain cheez-its</td>
<td>sunbutter cup</td>
<td>yogurt</td>
<td>cheddar cheese slices</td>
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</tr>
<tr>
<td>chilled pineapple</td>
<td>whole grain graham crackers</td>
<td>whole grain granola</td>
<td>fresh apple</td>
<td>mozzarella cheese stick</td>
</tr>
<tr>
<td>30</td>
<td>31</td>
<td>6/1</td>
<td>6/2</td>
<td>6/3</td>
</tr>
<tr>
<td>no school</td>
<td>whole grain cheez-its</td>
<td>yogurt</td>
<td>cheddar cheese slices</td>
<td>whole grain crackers</td>
</tr>
<tr>
<td>memorial day</td>
<td>fresh orange wedges</td>
<td>whole grain granola</td>
<td>dried cranberries</td>
<td>mozzarella cheese stick</td>
</tr>
</tbody>
</table>

**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.
### May Supper 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>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>
| buffalo chicken wrap with romaine lettuce in a whole wheat tortilla | sunbutter & jelly on whole wheat bread with lettuce on a whole grain tortilla | chicken caesar wrap with lettuce on a whole grain tortilla | tuna salad on a whole wheat bun | cumin lime chicken
| baby carrots | snap peas | cucumber coins | lemon parmesan kale | whole wheat tortilla |
| house ranch dressing | 100% grape juice | parmesan cream dressing | fresh orange wedges | shredded romaine lettuce |
| fresh cantaloupe | | applesauce | | low fat sour cream |

**What do the colors on the menu mean?**

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**BLUE** = international

**ORANGE** = Fresh Feature Friday Winner!

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

Menu subject to change based on availability.

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**Did you know?**

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

![MyPlate Diagram](image)
# May Supper Menu

RIVER TERRACE

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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>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>buffalo chicken wrap with romaine lettuce in a whole wheat tortilla</td>
<td>sunbutter &amp; jelly on whole wheat bread</td>
<td>chicken caesar wrap with lettuce on a whole grain tortilla</td>
<td>tuna salad on a whole wheat bun</td>
<td>cumin lime chicken whole wheat tortilla</td>
</tr>
<tr>
<td>baby carrots</td>
<td>snap peas</td>
<td>cucumber coins</td>
<td>lemon parmesan kale</td>
<td>shredded romaine lettuce</td>
</tr>
<tr>
<td>house ranch dressing</td>
<td>100% grape juice</td>
<td>parmesan cream dressing</td>
<td>mandarin oranges</td>
<td>low fat sour cream</td>
</tr>
<tr>
<td>fresh cantaloupe</td>
<td>applesauce</td>
<td>applesauce</td>
<td>fresh banana</td>
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<tbody>
<tr>
<td>southwest chicken wrap</td>
<td>mozzarella cheese</td>
<td>tuna macaroni salad</td>
<td>sunbutter and jelly sandwich</td>
<td>cobb salad with diced turkey ham, cheese, cucumber, and tomato</td>
</tr>
<tr>
<td>tomato salsa</td>
<td>flatbread squares</td>
<td>broccoli florets</td>
<td>snap peas</td>
<td>whole wheat crackers</td>
</tr>
<tr>
<td>honey lime dressing</td>
<td>tomato sauce</td>
<td>italian dressing</td>
<td>lemon parmesan kale</td>
<td>ranch dressing</td>
</tr>
<tr>
<td>fresh cantaloupe</td>
<td>100% grape juice</td>
<td>applesauce</td>
<td>asian dressing</td>
<td>mandarin oranges</td>
</tr>
<tr>
<td></td>
<td></td>
<td>mayo, mustard</td>
<td></td>
<td>fresh banana</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>cheddar cheese</td>
<td>chicken salad</td>
<td>turkey ham and cheese on a whole wheat bun</td>
<td>cheesy mexican bean dip</td>
<td>egg salad on a whole wheat bun</td>
</tr>
<tr>
<td>crackers</td>
<td>whole wheat crackers</td>
<td>cauliflower florets</td>
<td>whole grain tortilla chips</td>
<td>celery sticks</td>
</tr>
<tr>
<td>baby carrots</td>
<td>baby spinach salad</td>
<td>asian dressing</td>
<td>tomato salsa</td>
<td>honey mustard dressing</td>
</tr>
<tr>
<td>house ranch dressing</td>
<td>balsamic dressing</td>
<td>applesauce</td>
<td>mandarin oranges</td>
<td>fresh banana</td>
</tr>
<tr>
<td>fresh cantaloupe</td>
<td>100% grape juice</td>
<td>mayo, mustard</td>
<td></td>
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<tr>
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<th>25</th>
<th>26</th>
<th>27</th>
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</thead>
<tbody>
<tr>
<td>mozzarella pasta salad with tomatoes and cucumbers</td>
<td>sunbutter cup</td>
<td>curried chicken salad on a whole wheat bun</td>
<td>tuna salad on a whole wheat bun</td>
<td>turkey club on a whole wheat hoagie</td>
</tr>
<tr>
<td>baby spinach salad with balsamic dressing</td>
<td>animal crackers</td>
<td>asian kale slaw</td>
<td>broccoli florets</td>
<td>baby carrots</td>
</tr>
<tr>
<td></td>
<td>snap peas</td>
<td>applesauce</td>
<td>house ranch dressing</td>
<td>mustard &amp; light mayonnaise</td>
</tr>
<tr>
<td></td>
<td>honey lime dressing</td>
<td></td>
<td>fresh orange wedges</td>
<td>fresh banana</td>
</tr>
<tr>
<td></td>
<td>100% grape juice</td>
<td></td>
<td></td>
<td></td>
</tr>
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<table>
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<tr>
<th>30</th>
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<th>6/1</th>
<th>6/2</th>
<th>6/3</th>
</tr>
</thead>
<tbody>
<tr>
<td>no school</td>
<td>sunbutter &amp; jelly on whole wheat bread</td>
<td>chicken caesar wrap with lettuce on a whole grain tortilla</td>
<td>tuna salad on a whole wheat bun</td>
<td>cumin lime chicken whole wheat tortilla</td>
</tr>
<tr>
<td>memorial day</td>
<td>snap peas</td>
<td>cucumber coins</td>
<td>lemon parmesan kale</td>
<td>shredded romaine lettuce</td>
</tr>
<tr>
<td></td>
<td>100% grape juice</td>
<td>parmesan cream dressing</td>
<td>mandarin oranges</td>
<td>low fat sour cream</td>
</tr>
<tr>
<td></td>
<td>applesauce</td>
<td></td>
<td>fresh bananas</td>
<td>fresh banana</td>
</tr>
</tbody>
</table>
**May Fusion Bar Lunch Menu**

DC PUBLIC SCHOOLS | 9-12

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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**05/02 - 05/06**

**TACO BOWL**

- **+ 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

---

**05/09 - 05/13**

**KOREAN BOWL**

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

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

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

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

---

**05/16 - 05/20**

**MEDITERRANEAN BOWL**

- **+ pick your base**
  - brown basmati rice
  - shredded kale/romaine mix

- **+ pick your protein**
  - mediterranean chicken
  - feta cheese

- **+ pick your toppings**
  - chickpea salad
  - cucumber and tomato salad
  - roasted red potato

- **+ add your dressing**
  - sesame tahini dressing

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**05/23 - 05/27**

**INDIAN BOWL**

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

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

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

- **+ add your dressing**
  - yogurt lime dressing

---

**SPRING IS HERE!**

Try the new Mediterranean bowl on the fusion bar with your choice of:

- Seasoned Chicken
- Brown Rice
- Chickpea Salad
- Cucumber & Tomato Salad
- Roasted Red Potato
- Feta Cheese
- Sesame Tahini Dressing
## May Salad Bar Lunch Menu

**DC PUBLIC SCHOOLS | 9-12**

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

<table>
<thead>
<tr>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>buffalo chicken salad&lt;br&gt;• diced buffalo chicken&lt;br&gt;• cheddar cheese&lt;br&gt;• romaine lettuce&lt;br&gt;• cucumber coins&lt;br&gt;• shredded carrot&lt;br&gt;• house ranch dressing&lt;br&gt;• whole grain croutons&lt;br&gt;• whole wheat roll&lt;br&gt;• fresh fruit</td>
<td>chef salad&lt;br&gt;• diced turkey ham&lt;br&gt;• hardboiled egg&lt;br&gt;• cheddar cheese&lt;br&gt;• baby spinach&lt;br&gt;• romaine lettuce&lt;br&gt;• diced cucumbers&lt;br&gt;• diced tomatoes&lt;br&gt;• whole grain croutons&lt;br&gt;• whole wheat roll&lt;br&gt;• honey mustard dressing&lt;br&gt;• fresh fruit</td>
<td>bbq chicken salad&lt;br&gt;• bbq chicken&lt;br&gt;• cheddar cheese&lt;br&gt;• romaine lettuce&lt;br&gt;• corn&lt;br&gt;• red onion&lt;br&gt;• red pepper&lt;br&gt;• honey mustard dressing&lt;br&gt;• whole grain croutons&lt;br&gt;• whole wheat roll&lt;br&gt;• fresh fruit</td>
<td>• spring salad&lt;br&gt;• seasoned chicken&lt;br&gt;• mozzarella cheese&lt;br&gt;• baby spinach&lt;br&gt;• shredded kale&lt;br&gt;• cucumber coins&lt;br&gt;• shredded carrot&lt;br&gt;• chickpeas&lt;br&gt;• black olives&lt;br&gt;• italian dressing&lt;br&gt;• whole grain tortilla chips&lt;br&gt;• whole wheat roll&lt;br&gt;• fresh fruit</td>
<td>southwest taco salad&lt;br&gt;• cumin lime chicken&lt;br&gt;• cheddar cheese&lt;br&gt;• romaine lettuce&lt;br&gt;• black beans&lt;br&gt;• corn&lt;br&gt;• cherry tomatoes&lt;br&gt;• honey lime dressing&lt;br&gt;• whole grain tortilla chips&lt;br&gt;• whole wheat roll&lt;br&gt;• fresh fruit</td>
</tr>
</tbody>
</table>
# May Salad Bar Lunch Menu

**DC PUBLIC SCHOOLS | 6-8**

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

<table>
<thead>
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<th>MONDAY</th>
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<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>buffalo chicken salad</strong></td>
<td><strong>chef salad</strong></td>
<td><strong>bbq chicken salad</strong></td>
<td><strong>spring salad</strong></td>
<td><strong>southwest taco salad</strong></td>
</tr>
<tr>
<td>• diced buffalo chicken</td>
<td>• diced turkey ham</td>
<td>• bbq chicken</td>
<td>• seasoned chicken</td>
<td>• cumin lime chicken</td>
</tr>
<tr>
<td>• cheddar cheese</td>
<td>• hardboiled egg</td>
<td>• cheddar cheese</td>
<td>• mozzarella cheese</td>
<td>• cheddar cheese</td>
</tr>
<tr>
<td>• romaine lettuce</td>
<td>• cheddar cheese</td>
<td>• romaine lettuce</td>
<td>• baby spinach</td>
<td>• romaine lettuce</td>
</tr>
<tr>
<td>• cucumber coins</td>
<td>• baby spinach</td>
<td>• corn</td>
<td>• shredded kale</td>
<td>• black beans</td>
</tr>
<tr>
<td>• shredded carrot</td>
<td>• romaine lettuce</td>
<td>• red onion</td>
<td>• shredded carrot</td>
<td>• corn</td>
</tr>
<tr>
<td>• house ranch dressing</td>
<td>• diced cucumbers</td>
<td>• red pepper</td>
<td>• cucumber coins</td>
<td>• cherry tomatoes</td>
</tr>
<tr>
<td>• whole grain croutons</td>
<td>• diced tomatoes</td>
<td>• honey mustard dressing</td>
<td>• shredded carrot</td>
<td>• honey lime dressing</td>
</tr>
<tr>
<td>• whole wheat roll</td>
<td>• whole grain croutons</td>
<td>• whole grain croutons</td>
<td>• chickpeas</td>
<td>• whole grain tortilla chips</td>
</tr>
<tr>
<td>• fresh fruit</td>
<td>• whole wheat roll</td>
<td>• whole wheat roll</td>
<td>• Italian dressing</td>
<td>• whole wheat roll</td>
</tr>
<tr>
<td></td>
<td>• honey mustard dressing</td>
<td>• fresh fruit</td>
<td>• southwest taco salad</td>
<td>• fresh fruit</td>
</tr>
<tr>
<td></td>
<td>• fresh fruit</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**DCPS May Market Box Menu**

**RON BROWN | OPEN MEAL SITE**

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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### FOOD DISTRIBUTION

Market boxes will be available for pick up at Ron Brown on Mondays, Wednesdays, and Fridays from 10-2pm.
- 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 resources, visit: http://coronavirus.dc.gov/food

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### DCPS May Market Box Menu

**PICK-UP DAY**

**MONDAY**

- breakfast
  - nonfat yogurt
  - graham crackers
  - applesauce
  - 100% grape juice

**TUESDAY**

- breakfast
  - nonfat yogurt
  - granola
  - fresh orange

**WEDNESDAY**

- breakfast
  - sunbutter pouch
  - graham crackers
  - fresh local applesauce

**THURSDAY**

- breakfast
  - nonfat yogurt
  - strawberry oatmeal bar
  - fresh banana
  - local applesauce

**FRIDAY**

- breakfast
  - whole wheat bagel
  - light cream cheese
  - fresh pear

**MONDAY**

- lunch
  - build your own pizza
    - flatbread squares
    - mozzarella cheese
    - tomato sauce
    - green leaf salad
    - fresh apple
    - italian dressing

- lunch
  - turkey & cheddar sandwich
    - cheese sandwich
    - cucumber coins
    - applesauce
    - light mayo, mustard, ranch

**TUESDAY**

- lunch
  - tuna salad sandwich
    - egg salad sandwich
    - black bean & corn salad
    - fresh pear

**WEDNESDAY**

- lunch
  - grilled chicken caesar wrap
    - veggie chik’n wrap
    - baby carrots
    - caesar dressing
    - 100% grape juice

**THURSDAY**

- lunch
  - buffalo chicken wrap
    - buffalo veggie chik’n wrap
    - local corn
    - fresh orange

**FRIDAY**

- lunch
  - low fat cheese stick
    - fresh orange

**SATURDAY**

- breakfast
  - turkey & cheddar sandwich
    - cheese sandwich
    - cucumber coins
    - applesauce
    - light mayo, mustard, ranch

**SUNDAY**

- breakfast
  - whole wheat bagel
    - sunbutter pouch

- lunch
  - tuna salad sandwich
    - egg salad sandwich
    - black bean & corn salad
    - fresh pear

---

**LOOKING FOR FUN, VIRTUAL, AFTER-SCHOOL ACTIVITIES?**

Scan the QR code with your phone camera to unlock up to 12 weeks of educational activities to do at home!