



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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November 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

*denotes mandarin oranges for River Terrace EC

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

Assorted breakfast cereal and graham crackers
 available daily; Menu subject to change based on
 availability

This institution is an equal opportunity provider

FRESH FEATURE

Be sure to check out these warming
 winter breakfast favorites!



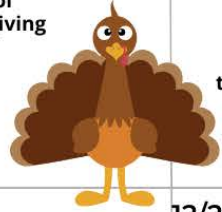

Nov 15th - Pumpkin Pie Parfait

Nov 17th - Brown Sugar Oatmeal

Nov 22nd - Apple Breakfast Bar

Dec 1st - Bacon, Egg, & Cheese Burrito



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/31 <ul style="list-style-type: none"> whole wheat bagel light cream cheese strawberry jelly fresh apple slices 	11/1 apple pie parfait <ul style="list-style-type: none"> vanilla yogurt spiced apples whole grain granola chilled pears 	11/2 <ul style="list-style-type: none"> scrambled eggs whole wheat toast fresh orange wedges* 	11/3 <ul style="list-style-type: none"> apple spice oatmeal fresh banana 	11/4 <ul style="list-style-type: none"> whole grain french toast all natural syrup fresh cantaloupe
7 no school professional development day	8 no school voting day	9 <ul style="list-style-type: none"> whole grain cinnamon chex fresh orange wedges* 	10 <ul style="list-style-type: none"> turkey sausage patty veggie breakfast sausage patty  whole grain biscuit honey fresh banana 	11 no school veteran's day
14 <ul style="list-style-type: none"> whole wheat bagel light cream cheese strawberry jelly fresh apple slices 	15 pumpkin pie parfait <ul style="list-style-type: none"> vanilla yogurt pumpkin pie filling whole grain granola 	16 <ul style="list-style-type: none"> scrambled eggs whole wheat toast strawberry jelly fresh orange wedges* 	17 <ul style="list-style-type: none"> brown sugar oatmeal fresh banana 	18 <ul style="list-style-type: none"> whole grain french toast all natural syrup fresh cantaloupe
21 <ul style="list-style-type: none"> whole grain frosted mini wheats fresh apple slices 	22 <ul style="list-style-type: none"> homemade apple breakfast bar chilled pears 	23 no school thanksgiving break	24 no school thanksgiving break 	25 no school thanksgiving break
28 <ul style="list-style-type: none"> whole wheat bagel light cream cheese strawberry jelly fresh apple slices 	29 <ul style="list-style-type: none"> scrambled eggs whole wheat toast grape jelly chilled pears 	30 <ul style="list-style-type: none"> whole grain frosted flakes fresh orange wedges* 	12/1 <ul style="list-style-type: none"> bacon, egg, and cheese burrito egg and cheese burrito  fresh banana 	12/2 <ul style="list-style-type: none"> peaches and cream oatmeal fresh cantaloupe



November Breakfast Menu


DC PUBLIC SCHOOLS | K-12

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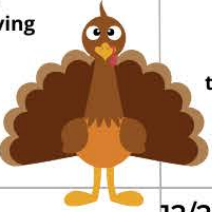


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10/31 <ul style="list-style-type: none">whole wheat bagellight cream cheesestrawberry jellyfresh apple slices 	11/1 apple pie parfait <ul style="list-style-type: none">vanilla yogurtspiced appleswhole grain granolafresh pear	11/2 <ul style="list-style-type: none">scrambled eggsturkey baconveggie breakfast sausage patty whole wheat toastfresh orange wedges*	11/3 <ul style="list-style-type: none">apple spice oatmealnonfat yogurtfresh banana100% orange juice	11/4 <ul style="list-style-type: none">whole grain french toastturkey sausage linksveggie breakfast sausage patty all natural syrupbutterfresh cantaloupe
7 <p>no school</p> <p>professional development day</p>	8 <p>no school</p> <p>voting day</p>	9 <ul style="list-style-type: none">whole grain cinnamon chexwhole wheat graham crackersfresh orange wedges*	10 <ul style="list-style-type: none">turkey sausage pattyveggie breakfast sausage patty whole grain biscuithoneyfresh banana100% orange juice	11 <p>no school</p> <p>veteran's day</p>
14 <ul style="list-style-type: none">whole wheat bagelcream cheesestrawberry jellyfresh apple slices	15 pumpkin pie parfait <ul style="list-style-type: none">vanilla yogurtpumpkin pie fillingwhole grain granolafresh pear	16 <ul style="list-style-type: none">scrambled eggsturkey baconveggie breakfast sausage patty whole wheat English muffinfresh orange wedges*	17 <ul style="list-style-type: none">brown sugar oatmealfresh banana100% orange juice	18 <ul style="list-style-type: none">whole grain french toastturkey sausage pattyveggie breakfast sausage patty all natural syrupfresh cantaloupe
21 <ul style="list-style-type: none">whole grain frosted mini wheatslow fat cheese stickfresh apple slices	22 <ul style="list-style-type: none">homemade apple breakfast barnon-fat yogurtfresh pear	23 <p>no school</p> <p>thanksgiving break</p>	24 <p>no school</p> <p>thanksgiving break</p> 	25 <p>no school</p> <p>thanksgiving break</p>
28 <ul style="list-style-type: none">whole wheat bagellight cream cheesestrawberry jellyfresh apple slices	29 <ul style="list-style-type: none">scrambled eggsturkey sausage linksveggie breakfast sausage patty whole wheat toastgrape jellyfresh pear	30 <ul style="list-style-type: none">whole grain frosted flakeswhole grain apple oatmeal barfresh orange wedges*	12/1 <ul style="list-style-type: none">bacon, egg, and cheese burritoegg and cheese burrito hot saucefresh banana100% orange juice	12/2 <ul style="list-style-type: none">peaches and cream oatmealfresh cantaloupe



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INTERNATIONAL FOOD DAY

Celebrate the culture and cuisine of Malta and Morocco on Tuesday the 15th and Thursday the 17th!


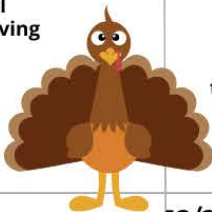
Froga Tat-Tarja

A traditional Maltese dish made with pasta, eggs, and parmesan cheese

Chicken Tagine

A traditional Moroccan dish made with chicken drums, spices, onions and olives



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/31 <ul style="list-style-type: none"> whole grain ravioli with tomato sauce 🌱 sunbutter & jelly sandwich 🌱 garlic breadstick steamed broccoli chilled pears 	11/1 <ul style="list-style-type: none"> beef and cheese soft taco sofritas tofu taco 🌱 tomato salsa sour cream fresh orange wedges* 	11/2 <ul style="list-style-type: none"> crispy chicken tenders veggie chick'n nuggets 🌱 whole grain waffles sweet potato hash ketchup all natural syrup fresh banana 	11/3 <ul style="list-style-type: none"> flatbread pizza with Italian turkey sausage flatbread cheese pizza 🌱 spinach salad ranch dressing fresh cantaloupe 	11/4 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe 🌱 baked potato fries red cabbage slaw ketchup fresh apple slices
7 no school professional development day	8 no school voting day	9 <ul style="list-style-type: none"> beef burger with lettuce and tomato on a whole wheat bun veggie burger 🌱 ketchup, mustard fresh banana 100% orange juice 	10 <ul style="list-style-type: none"> turkey sausage links veggie breakfast sausage patty 🌱 whole grain waffles hash brown potatoes ketchup all natural syrup fresh cantaloupe 	11 no school veteran's day
14 <ul style="list-style-type: none"> flatbread pizza with Italian turkey sausage flatbread cheese pizza romaine salad ranch dressing chilled pears 	15 international food day! <ul style="list-style-type: none"> chicken yassa veggie chick'n nuggets 🌱 jollof rice honey cinnamon sweet potatoes fresh orange wedges* froga tat tarja 🌱 	16 <ul style="list-style-type: none"> tuna melt grilled cheese 🌱 cucumber coins honey mustard dressing fresh banana 	17 international food day! <ul style="list-style-type: none"> moroccan chicken tagine veggie chick'n nuggets 🌱 whole grain flatbread sautéed green beans fresh cantaloupe 	18 <ul style="list-style-type: none"> diced jamaican jerk chicken thigh jamaican jerk tofu 🌱 yellow rice sautéed cabbage fresh apple slices
21 <ul style="list-style-type: none"> baked fish sticks 🌱 veggie chick'n nuggets whole wheat roll cheesy broccoli chilled pears 	22 <ul style="list-style-type: none"> roasted turkey veggie chick'n nuggets 🌱 whole grain cornbread muffin mashed potatoes gravy fresh orange wedges* 	23 no school thanksgiving break	24 no school thanksgiving break 	25 no school thanksgiving break
28 <ul style="list-style-type: none"> turkey, ham and cheddar melt grilled cheese roasted broccoli chilled pears 	29 <ul style="list-style-type: none"> diced orange glazed chicken orange glazed tofu 🌱 whole grain fried rice glazed carrots fresh orange wedges* 	30 <ul style="list-style-type: none"> diced crispy chicken tender veggie chick'n nuggets 🌱 whole grain cornbread muffin savory sautéed kale ketchup fresh banana 	12/1 <ul style="list-style-type: none"> whole wheat mac & cheese sunbutter and jelly sandwich 🌱 herb roasted butternut squash fresh cantaloupe 	12/2 <ul style="list-style-type: none"> beef shepard's pie lentil shepard's pie 🌱 whole wheat roll mashed potatoes fresh apple slices



November Lunch Menu

DC PUBLIC SCHOOLS | K-8

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Chicken Tagine

A traditional Moroccan dish made with chicken, spices, onions and olives



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10/31 <ul style="list-style-type: none"> whole grain ravioli with tomato sauce sunbutter & jelly sandwich garlic breadstick roasted carrots steamed broccoli fresh pear 	11/1 <ul style="list-style-type: none"> beef and cheese soft taco sofritas tofu taco chili black beans tomato salsa sour cream fresh orange wedges* 	11/2 <ul style="list-style-type: none"> oven fried chicken drum veggie chick'n nuggets whole grain waffles braised collard greens sweet potato hash all natural syrup ketchup fresh banana 	11/3 <ul style="list-style-type: none"> flatbread pizza with Italian turkey sausage flatbread cheese pizza spinach salad baby carrots ranch dressing fresh cantaloupe 	11/4 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe baked potato fries red cabbage slaw ketchup fresh apple slices
7 no school professional development day	8 no school voting day	9 <ul style="list-style-type: none"> beef burger with lettuce and tomato on a whole wheat bun veggie burger ketchup, mustard whole grain tortilla chips cheesy spinach fresh banana 	10 <ul style="list-style-type: none"> turkey sausage links veggie breakfast sausage patty whole grain waffles braised collard greens hash brown potatoes ketchup all natural syrup fresh cantaloupe 	11 no school veteran's day
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21 <ul style="list-style-type: none"> baked fish sticks veggie chick'n nuggets whole grain roll steamed carrots cheesy broccoli hot sauce fresh pear 	22 <ul style="list-style-type: none"> roasted turkey veggie chick'n nuggets whole grain cornbread muffin sautéed green beans mashed potatoes gravy fresh orange wedges* 	23 no school thanksgiving break	24 no school thanksgiving break 	25 no school thanksgiving break
28 <ul style="list-style-type: none"> turkey, ham and cheddar melt grilled cheese steamed corn roasted broccoli fresh pear 	29 <ul style="list-style-type: none"> orange glazed chicken orange glazed tofu whole grain fried rice Korean cauliflower glazed carrots fresh orange wedges* 	30 <ul style="list-style-type: none"> crispy chicken tender veggie chick'n nuggets whole grain cornbread muffin black eyed peas savory sautéed kale ketchup fresh banana 	12/1 <ul style="list-style-type: none"> whole wheat mac & cheese sunbutter and jelly sandwich herb roasted butternut squash steamed broccoli fresh cantaloupe 	12/2 <ul style="list-style-type: none"> beef shepherd's pie lentil shepherd's pie whole wheat roll mashed potatoes steamed green peas fresh apple slices



November Lunch Menu

DC PUBLIC SCHOOLS | 9-12

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Froga Tat-Tarja

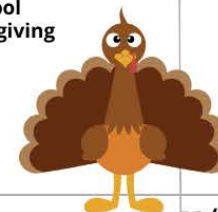
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21 <ul style="list-style-type: none"> baked fish sticks veggie chick'n nuggets whole grain roll steamed carrots cheesy broccoli hot sauce fresh pear 	22 <ul style="list-style-type: none"> roasted turkey veggie chick'n nuggets whole grain cornbread muffin sautéed green beans mashed potatoes gravy fresh orange wedges* 	23 no school thanksgiving break	24 no school thanksgiving break	25 no school thanksgiving break
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November Salad Bar Lunch Menu

DC PUBLIC SCHOOLS | 6-12

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

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MONDAY

BUFFALO CHICKEN SALAD

- diced buffalo chicken
- cheddar cheese
- romaine lettuce
- cucumber coins
- shredded carrot
- house ranch dressing
- whole grain croutons
- whole wheat roll
- fresh pear

TUESDAY

CHEF SALAD

- diced turkey ham
- hardboiled egg
- cheddar cheese
- baby spinach
- romaine lettuce
- diced cucumbers
- diced tomatoes
- whole grain croutons
- whole wheat roll
- honey mustard dressing
- fresh orange

WEDNESDAY

BBQ CHICKEN SALAD

- bbq chicken
- cheddar cheese
- romaine lettuce
- corn
- red onion
- red pepper
- honey mustard dressing
- whole grain croutons
- whole wheat roll
- fresh banana
- 100% orange juice

THURSDAY

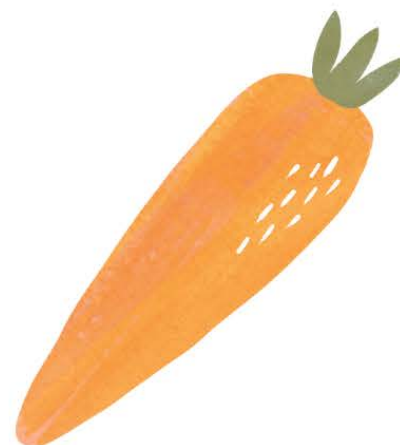
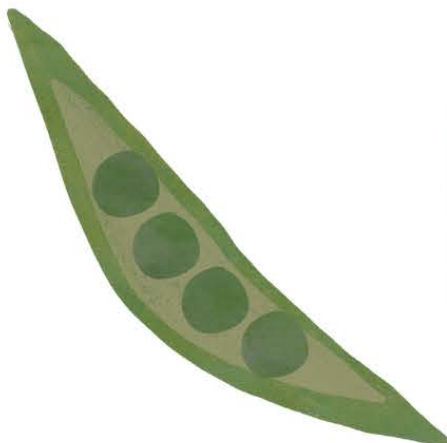
HARVEST SALAD

- seasoned chicken
- mozzarella cheese
- baby spinach
- shredded kale
- roasted sweet potato
- chickpeas
- sunflower seeds
- dried cranberries
- italian dressing
- whole grain croutons
- whole wheat roll
- fresh cantaloupe

FRIDAY

SOUTHWEST TACO SALAD

- cumin lime chicken
- cheddar cheese
- romaine lettuce
- black beans
- corn
- cherry tomatoes
- honey lime dressing
- whole grain tortilla chips
- whole wheat roll
- fresh apple





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November Fusion Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

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WEEK 1 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
- sauteed peppers & onions
- corn
- black beans

+add your dressing

- honey lime dressing

WEEK 2 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

WEEK 3 INDIAN BOWL

+ pick your base

- brown basmati rice

+pick your protein

- curried chicken
- curried chickpeas

+pick your toppings

- potato samosa
- roasted carrots
- sautéed cabbage
- baby spinach

+add your dressing

- yogurt lime dressing

WEEK 4 PASTA BOWL

+ pick your base

- whole grain rotini

+pick your protein

- herb roasted chicken
- mozzarella cheese
- parmesan cheese

+pick your toppings

- chickpeas
- steamed broccoli
- roasted red bell peppers
- roasted red potatoes
- roasted zucchini

+add your dressing

- tomato sauce
- alfredo sauce

FRESH FEATURE:

INDIAN BOWL

curried chicken or chickpeas
brown basmati rice
roasted carrots
sautéed cabbage
baby spinach
potato samosa
yogurt lime dressing



A **samosa** is a baked pastry with a savory potato filling.





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November Snack Menu

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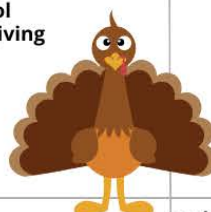
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DID YOU KNOW?

The International Space Station keeps a supply of snacks for hungry astronauts. One of them is **goldfish**!

Try the goldfish grahams on November 9th and the pretzel goldfish on November 18th and December 2nd.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/31 <ul style="list-style-type: none"> whole grain goldfish sliced peaches 	11/1 <ul style="list-style-type: none"> strawberry oatmeal bar fresh apple 	11/2 <ul style="list-style-type: none"> nonfat yogurt whole grain granola 	11/3 <ul style="list-style-type: none"> chilled applesauce mozzarella cheese stick 	11/4 <ul style="list-style-type: none"> whole grain crackers hummus dip
7 no school professional development day	8 no school voting day	9 <ul style="list-style-type: none"> yogurt goldfish grahams 	10 <ul style="list-style-type: none"> whole grain pretzel goldfish sliced peaches 	11 no school veteran's day
14 <ul style="list-style-type: none"> whole grain goldfish sliced peaches 	15 <ul style="list-style-type: none"> strawberry oatmeal bar fresh apple 	16 <ul style="list-style-type: none"> nonfat yogurt whole grain granola 	17 <ul style="list-style-type: none"> chilled applesauce mozzarella cheese stick 	18 <ul style="list-style-type: none"> whole grain pretzel goldfish hummus dip
21 <ul style="list-style-type: none"> whole grain animal crackers chilled pineapple 	22 <ul style="list-style-type: none"> whole grain cheez-its fresh orange wedges 	23 no school thanksgiving break	24 no school thanksgiving break 	25 no school thanksgiving break
28 <ul style="list-style-type: none"> whole grain goldfish sliced peaches 	29 <ul style="list-style-type: none"> strawberry oatmeal bar fresh apple 	30 <ul style="list-style-type: none"> nonfat yogurt whole grain granola 	12/1 <ul style="list-style-type: none"> chilled applesauce mozzarella cheese stick 	12/2 <ul style="list-style-type: none"> whole grain pretzel goldfish hummus dip



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November Supper Menu

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THE SCOOP ON WHOLE GRAINS

Whole grains, like whole wheat wraps, crackers, and noodles, are made with the entire grain kernel, or seed. All parts of the kernel are used to make whole grain foods.

Other foods like white rice or white bread, are made with only a small part of the kernel. Whole grains give us more fiber and nutrients to keep us healthy and strong!

Can you pick out the whole grain served with every meal?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/31 <ul style="list-style-type: none"> southwest chicken wrap lettuce cucumber coins honey lime dressing fresh cantaloupe 	11/1 <ul style="list-style-type: none"> turkey ham and cheese on a whole wheat bun mustard, mayo romaine lettuce salad parmesan cream dressing 100% orange juice 	11/2 chef salad <ul style="list-style-type: none"> mixed greens, tomato, and cucumber cheddar cheese diced turkey ham whole grain crackers house ranch dressing applesauce 	11/3 <ul style="list-style-type: none"> chicken salad pretzel goldfish cauliflower florets asian dressing fresh orange wedges* 	11/4 <ul style="list-style-type: none"> cheesy Mexican bean dip tortilla chips tomato salsa fresh banana
7 <p>no school</p> <p>professional development day</p>	8 <p>no school</p> <p>voting day</p>	9 <ul style="list-style-type: none"> herb roasted chicken mixed greens whole wheat roll honey mustard dressing applesauce 	10 build your own pizza <ul style="list-style-type: none"> mozzarella cheese whole grain flatbread tomato sauce fresh orange wedges* 	11 <p>no school</p> <p>veteran's day</p>
14 <ul style="list-style-type: none"> southwest chicken wrap lettuce cucumber coins honey lime dressing fresh cantaloupe 	15 <ul style="list-style-type: none"> turkey ham and cheese on a whole wheat bun mustard, mayo romaine lettuce salad parmesan cream dressing 100% orange juice 	16 chef salad <ul style="list-style-type: none"> mixed greens, tomato, and cucumber cheddar cheese diced turkey ham whole grain roll house ranch dressing applesauce 	17 <ul style="list-style-type: none"> chicken salad pretzel goldfish cauliflower florets asian dressing fresh orange wedges* 	18 <ul style="list-style-type: none"> cheesy Mexican bean dip tortilla chips tomato salsa fresh banana
21 <ul style="list-style-type: none"> cumin lime chicken wrap romaine lettuce salad sour cream fresh cantaloupe 	22 <ul style="list-style-type: none"> sunbutter and jelly cucumber coins balsamic dressing 100% orange juice 	23 <p>no school</p> <p>thanksgiving break</p>	24 <p>no school</p> <p>thanksgiving break</p>	25 <p>no school</p> <p>thanksgiving break</p>
28 <ul style="list-style-type: none"> chicken caesar wrap lettuce cucumber coins parmesan cream dressing fresh cantaloupe 	29 <ul style="list-style-type: none"> curried chicken salad whole wheat bun asian kale slaw 100% orange juice 	30 pasta salad <ul style="list-style-type: none"> whole grain pasta mozzarella cucumber and tomato baby spinach salad balsamic dressing applesauce 	12/1 <ul style="list-style-type: none"> teriyaki chicken tender cold asian noodle salad purple cabbage fresh orange wedges* 	12/2 <ul style="list-style-type: none"> hummus whole grain flatbread baby carrots fresh banana

