



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

*denotes mandarin oranges for River Terrace EC

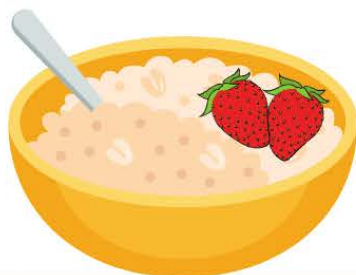
Student's choice of skim or 1% milk provided at every meal







Menu subject to change based on availability

This institution is an equal opportunity provider

WHAT'S NEW!

Try our new strawberries & cream oatmeal on **May 18th!**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> non-fat yogurt fresh apple slices 	2 <ul style="list-style-type: none"> pineapple carrot bread chilled pears 	3 <ul style="list-style-type: none"> whole grain frosted flakes cereal fresh orange wedges* 	4 <ul style="list-style-type: none"> turkey sausage patty veggie breakfast sausage patty  whole grain biscuit honey fresh banana 	5 <ul style="list-style-type: none"> buttermilk pancakes butter all natural syrup fresh cantaloupe 
8 <ul style="list-style-type: none"> whole grain bagel light cream cheese strawberry jelly fresh apple slices 	9 <ul style="list-style-type: none"> brown sugar oatmeal chilled pears 	10 <ul style="list-style-type: none"> honey cheerios cereal fresh orange wedges* 	11 strawberry parfait <ul style="list-style-type: none"> vanilla yogurt whole grain granola strawberries 	12 <ul style="list-style-type: none"> french toast sticks all natural syrup butter fresh cantaloupe
15 <ul style="list-style-type: none"> non-fat yogurt fresh apple slices 	16 <ul style="list-style-type: none"> turkey bacon & egg bake scrambled eggs  whole wheat toast strawberry jelly chilled pears 	17 <ul style="list-style-type: none"> whole grain bagel light cream cheese grape jelly fresh orange wedges* 	18 new item! <ul style="list-style-type: none"> strawberries & cream oatmeal fresh banana 	19 <ul style="list-style-type: none"> buttermilk pancakes all natural syrup butter fresh cantaloupe
22 <ul style="list-style-type: none"> cinnamon rice chex cereal fresh apple slices 	23 <ul style="list-style-type: none"> turkey sausage patty veggie breakfast sausage patty  whole grain biscuit honey chilled pears 	24 <ul style="list-style-type: none"> whole grain bagel light cream cheese strawberry jelly fresh orange wedges* 	25 <ul style="list-style-type: none"> egg & cheese burrito fresh banana 	26 new item! <ul style="list-style-type: none"> emoji waffles all natural syrup butter fresh cantaloupe
29 no school	30 <ul style="list-style-type: none"> non-fat yogurt chilled pears 	31 <ul style="list-style-type: none"> whole grain frosted flakes cereal fresh orange wedges* 	6/1 <ul style="list-style-type: none"> turkey sausage patty veggie breakfast sausage patty  whole grain biscuit honey fresh banana 	6/2 <ul style="list-style-type: none"> buttermilk pancakes butter all natural syrup fresh cantaloupe



May Breakfast Menu

DC PUBLIC SCHOOLS | K-12

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= vegetarian entree

All grains served are whole grain rich

*denotes mandarin oranges for River Terrace EC

Student's choice of skim or 1% milk

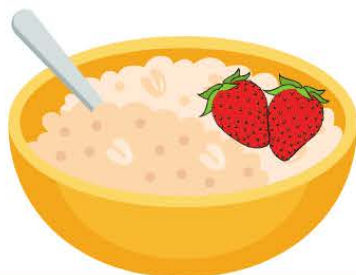
provided at every meal

Assorted breakfast cereal and cheese stick available daily; Menu subject to change based on availability

This institution is an equal opportunity provider

WHAT'S NEW!

Try our new strawberries & cream oatmeal on **May 18th!**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> non-fat yogurt whole grain strawberry oatmeal bar fresh apple slices 	2 <ul style="list-style-type: none"> pineapple carrot bread fresh pear 	3 <ul style="list-style-type: none"> blueberry chex cereal whole grain graham crackers fresh orange wedges* 	4 <ul style="list-style-type: none"> turkey sausage patty veggie breakfast sausage patty whole grain biscuit honey fresh banana 100% orange juice 	5 <ul style="list-style-type: none"> butter milk pancakes scrambled eggs butter all natural syrup fresh cantaloupe
8 <ul style="list-style-type: none"> whole grain bagel light cream cheese strawberry jelly fresh apple slices 	9 <ul style="list-style-type: none"> brown sugar oatmeal honey fresh pear 	10 <ul style="list-style-type: none"> honey cheerios cereal whole grain graham crackers fresh orange wedges* 	11 strawberry parfait <ul style="list-style-type: none"> vanilla yogurt whole grain granola strawberries fresh banana 	12 <ul style="list-style-type: none"> french toast sticks turkey sausage link veggie breakfast sausage patty butter all natural syrup fresh cantaloupe
15 <ul style="list-style-type: none"> non-fat yogurt whole grain apple oatmeal bar fresh apple slices 	16 <ul style="list-style-type: none"> turkey bacon & egg bake scrambled eggs whole grain english muffin strawberry jelly butter fresh pear 	17 <ul style="list-style-type: none"> whole wheat bagel light cream cheese grape jelly fresh orange wedges* 	18 new item! <ul style="list-style-type: none"> strawberries & cream oatmeal honey fresh banana 100% orange juice 	19 <ul style="list-style-type: none"> butter milk pancakes turkey sausage links veggie breakfast sausage patty all natural syrup butter fresh cantaloupe
22 <ul style="list-style-type: none"> cinnamon rice chex cereal whole grain graham crackers fresh apple slices 	23 <ul style="list-style-type: none"> turkey sausage patty veggie breakfast sausage patty whole grain biscuit honey fresh pear 	24 <ul style="list-style-type: none"> whole grain bagel light cream cheese strawberry jelly fresh orange wedges* 	25 <ul style="list-style-type: none"> egg & cheese burrito hot sauce fresh banana 100% orange juice 	26 new item! <ul style="list-style-type: none"> emoji waffles all natural syrup butter fresh cantaloupe
29 <p>no school</p>	30 <ul style="list-style-type: none"> non-fat yogurt whole grain strawberry oatmeal bar fresh pear 	31 <ul style="list-style-type: none"> blueberry chex cereal whole grain graham crackers fresh orange wedges* 	6/1 <ul style="list-style-type: none"> turkey sausage patty veggie breakfast sausage patty whole grain biscuit honey fresh banana 100% orange juice 	6/2 <ul style="list-style-type: none"> butter milk pancakes scrambled eggs butter all natural syrup fresh cantaloupe



May Lunch Menu

DC PUBLIC SCHOOLS | ECE

What do the colors on the menu mean?

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= 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.

Menu subject to change based on availability

This institution is an equal opportunity provider

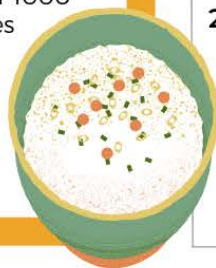
ASIAN AMERICAN PACIFIC ISLANDER MONTH

Celebrate with DCK by trying a tasty, Asian-inspired dish on May 18th!

FRIED RICE

Most experts agree that fried rice was originally invented in China over 1000 years ago! Today, many countries have their own version of this yummy dish.

Our fried rice is made with brown rice, carrots, peas, green onions, and eggs.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none">all beef hot dog sliced in half lengthwiseveggie burgerwhole grain bunbuffalo cauliflowerketchup & mustardchilled pears	2 <ul style="list-style-type: none">beef and cheese nachosbean and cheese nachostomato salsafresh orange wedges*	3 <ul style="list-style-type: none">turkey meatballs & saucepowered up pasta with chickpeaswhole grain spaghetticucumber coinsparmesan cream dressingfresh banana	4 <ul style="list-style-type: none">chicken stirfrysuper sesame tofubrown ricesteamed carrotsfresh cantaloupe	5 SCHOOL LUNCH HERO DAY <ul style="list-style-type: none">crispy fish sandwich on whole grain bungrilled cheese on whole grain breadsauteed green beanshot saucefresh apple slices
8 <ul style="list-style-type: none">chicken alfredoveggie chik'n alfredowhole grain penne pastasteamed broccolichilled pears	9 <ul style="list-style-type: none">beef & cheese tacossofritas tacosdiced tomatoesfresh orange wedges*	10 <ul style="list-style-type: none">diced bbq chicken tendersbbq veggie chik'n nuggetsbrown ricesteamed cornfresh banana	11 <ul style="list-style-type: none">turkey sloppy joelentil sloppy joewhole grain bunbaked potato friesketchupfresh cantaloupe	12 <ul style="list-style-type: none">cheese pizzamixed greens saladhoney mustard dressingfresh apple slices
15 <ul style="list-style-type: none">beef burgerveggie burgerwhole grain bunsauteed green beansketchup & mustardchilled pears	16 <ul style="list-style-type: none">chesapeake fish tacosblack bean & cheese tacossouthwest taco cornbaja cream saucefresh orange wedges*	17 <ul style="list-style-type: none">crispy chicken tenderveggie chik'n nuggetsbrown ricesweet potato friesketchupfresh banana	18 <ul style="list-style-type: none">teriyaki chickensuper sesame tofuwhole grain fried riceglazed carrotsfresh cantaloupe	19 <ul style="list-style-type: none">mac & cheesepowered up pasta with chickpeasmashed butternut squashfresh apple slices
22 <ul style="list-style-type: none">turkey bacon ranch wrapsunbutter & jelly sandwichcucumber coinsfresh pear	23 <ul style="list-style-type: none">chicken fajitascheese quesadillasauteed peppers & onionssour creamfresh orange wedges*	24 <ul style="list-style-type: none">pulled bbq chickenbbq tofuwhole grain bunbaked potato friesketchupfresh banana	25 <ul style="list-style-type: none">turkey pepperoni pizzacheese pizzamixed greens saladbalsamic dressingfresh cantaloupe	26 <ul style="list-style-type: none">tuna salad sandwichegg salad sandwichwhole grain breadsteamed green peasfresh apple slices
29 no school	30 <ul style="list-style-type: none">all beef hot dogveggie burgerwhole grain bunroasted carrotsketchup & mustardfresh orange wedges*	31 <ul style="list-style-type: none">turkey meatballs & saucepowered up pasta with chickpeaswhole grain spaghetticucumber coinsparmesan cream dressingfresh banana	6/1 <ul style="list-style-type: none">chicken stirfrysuper sesame tofubrown ricesteamed carrotsfresh cantaloupe	6/2 <ul style="list-style-type: none">crispy fish sandwich on whole grain bungrilled cheese on whole grain breadsauteed green beanshot saucefresh apple slices



May Lunch Menu

DC PUBLIC SCHOOLS | K-8

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Student's choice of skim or 1% milk
provided at every meal.Turkey & cheese or sunbutter & jelly
sandwich available daily.

Menu subject to change based on availability

This institution is an equal opportunity provider

ASIAN AMERICAN PACIFIC ISLANDER MONTH

Celebrate with DCCK by trying a tasty,
Asian-inspired dish on May 18th!

FRIED RICE

Most experts agree that fried rice was
originally invented in China over 1000
years ago! Today, many countries
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yummy dish.Our fried rice is made with
brown rice, carrots, peas, green
onions, and eggs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none">all beef hot dogveggie burgerwhole grain bunbbq baked beansbuffalo cauliflowerketchup & mustardfresh pear	2 <ul style="list-style-type: none">beef and cheese nachosbean and cheese nachossouthwest taco corntomato salsasour creamfresh orange wedges*	3 <ul style="list-style-type: none">turkey meatballs & saucepowered up pasta with chickpeaswhole grain spaghettimixed greens saladcucumber coinsparmesan cream dressingfresh banana	4 <ul style="list-style-type: none">chicken stirfrysuper sesame tofubrown ricesteamed carrotsasian kale slawfresh cantaloupe	5 SCHOOL LUNCH HERO DAY <ul style="list-style-type: none">crispy fish sandwich on whole grain bungrilled cheese on whole grain breadsauteed green beanspotato saladhot saucefresh apple slices
8 <ul style="list-style-type: none">chicken alfredoveggie chik'n alfredowhole grain penne pastaroasted carrotssteamed broccolifresh pear	9 <ul style="list-style-type: none">beef & cheese tacossofritas tacoschili black beansdiced tomatoesfresh orange wedges*	10 <ul style="list-style-type: none">buffalo chicken drumbuffalo veggie chik'n nuggetsbrown ricesteamed corncelery sticksranch dressingfresh banana	11 <ul style="list-style-type: none">turkey sloppy joelentil sloppy joewhole grain bunbaked potato friescoleslawketchupfresh cantaloupe	12 <ul style="list-style-type: none">cheese pizzamixed greens saladbaby carrotshoney mustard dressingfresh apple slices
15 <ul style="list-style-type: none">beef burgerveggie burgerwhole grain bunbbq baked beanssauteed green beansketchup & mustardfresh pear	16 <ul style="list-style-type: none">chesapeake fish tacosblack bean & cheese tacossouthwest taco corntangy cilantro-lime slawbaja cream saucefresh orange wedges*	17 <ul style="list-style-type: none">crispy chicken tenderveggie chik'n nuggetsbrown ricesweet potato friesroasted cauliflowerketchupfresh banana	18 <ul style="list-style-type: none">teriyaki chicken drumsuper sesame tofuwhole grain fried ricegarlic broccoliglazed carrotsfresh cantaloupe	19 <ul style="list-style-type: none">mac & cheesepowered up pasta with chickpeasbraised collard greensmashed butternut squashfresh apple slices
22 <ul style="list-style-type: none">turkey bacon ranch wrapsunbutter & jelly sandwichcucumber coinschickpea saladfresh pear	23 <ul style="list-style-type: none">chicken fajitascheese quesadillasauteed peppers & onionschipotle pinto beanssour creamfresh orange wedges*	24 <ul style="list-style-type: none">pulled bbq chickenbbq tofuwhole grain bunbaked potato friescorn & pepper saladketchupfresh banana	25 <ul style="list-style-type: none">turkey pepperoni pizzacheese pizzamixed greens saladdiced tomatoesbalsamic dressingfresh cantaloupe	26 <ul style="list-style-type: none">tuna salad sandwichegg salad sandwichwhole grain breadsteamed green peasbaby carrotsranch dressingfresh apple slices
29 no school	30 <ul style="list-style-type: none">all beef hot dogveggie burgerwhole grain bunbbq baked beansroasted carrotsketchup & mustardfresh orange wedges*	31 <ul style="list-style-type: none">turkey meatballs & saucepowered up pasta with chickpeaswhole grain spaghettimixed greens saladcucumber coinsparmesan cream dressingfresh banana	6/1 <ul style="list-style-type: none">chicken stirfrysuper sesame tofubrown ricesteamed carrotsasian kale slawfresh cantaloupe	6/2 <ul style="list-style-type: none">crispy fish sandwich on whole grain bungrilled cheese on whole grain breadsauteed green beanspotato saladhot saucefresh apple slices



May Lunch Menu

DC PUBLIC SCHOOLS | 9-12

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Student's choice of skim or 1% milk
provided at every meal.Turkey & cheese or sunbutter & jelly
sandwich available daily.

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onions, and eggs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> all beef hot dog veggie burger whole grain bun bbq baked beans buffalo cauliflower ketchup & mustard fresh pear 	2 <ul style="list-style-type: none"> beef and cheese nachos bean and cheese nachos southwest taco corn tomato salsa sour cream fresh orange wedges* 	3 <ul style="list-style-type: none"> spaghetti & turkey meatballs powered up pasta with chickpeas mixed greens salad cucumber coins parmesan dressing fresh banana 100% grape juice 	4 <ul style="list-style-type: none"> chicken stirfry super sesame tofu brown rice steamed carrots asian kale slaw fresh cantaloupe 	5 SCHOOL LUNCH HERO DAY <ul style="list-style-type: none"> crispy fish sandwich on whole grain bun grilled cheese on whole wheat bread sauteed green beans potato salad hot sauce tartar sauce fresh apple slices
8 <ul style="list-style-type: none"> chicken alfredo veggie chik'n alfredo whole grain penne pasta roasted carrots steamed broccoli fresh pear 	9 <ul style="list-style-type: none"> beef & cheese tacos sofritas tacos chili black beans diced tomatoes fresh orange wedges* 	10 <ul style="list-style-type: none"> buffalo chicken drum buffalo veggie chik'n nuggets brown rice steamed corn celery sticks ranch dressing fresh banana 100% grape juice 	11 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun baked potato fries coleslaw ketchup fresh cantaloupe 	12 <ul style="list-style-type: none"> cheese pizza mixed greens salad baby carrots honey mustard dressing fresh apple slices
15 <ul style="list-style-type: none"> beef burger veggie burger whole grain bun BBQ baked beans sauteed green beans ketchup & mustard fresh pear 	16 <ul style="list-style-type: none"> chesapeake fish tacos black bean & cheese tacos southwest taco corn tangy cilantro-lime slaw baja cream sauce fresh orange wedges* 	17 <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets brown rice sweet potato fries roasted cauliflower ketchup fresh banana 100% grape juice 	18 <ul style="list-style-type: none"> teriyaki chicken drum super sesame tofu whole grain fried rice garlic broccoli glazed carrots fresh cantaloupe 	19 <ul style="list-style-type: none"> mac & cheese powered up pasta with chickpeas braised collard greens mashed butternut squash fresh apple slices
22 <ul style="list-style-type: none"> turkey bacon ranch wrap sunbutter & jelly sandwich cucumber coins chickpea salad fresh pear 	23 <ul style="list-style-type: none"> chicken fajitas cheese quesadilla sauteed peppers & onions chipotle pinto beans whole grain tortilla chips sour cream fresh orange wedges* 	24 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun baked potato fries corn & pepper salad ketchup fresh banana 100% grape juice 	25 <ul style="list-style-type: none"> turkey pepperoni pizza cheese pizza mixed greens salad diced tomatoes balsamic dressing fresh cantaloupe 	26 <ul style="list-style-type: none"> tuna salad sandwich egg salad sandwich whole grain bread steamed green peas baby carrots ranch dressing fresh apple slices
29 no school	30 <ul style="list-style-type: none"> all beef hot dog veggie burger whole grain bun bbq baked beans roasted carrots ketchup & mustard fresh orange wedges* 	31 <ul style="list-style-type: none"> spaghetti & turkey meatballs powered up pasta with chickpeas mixed greens salad cucumber coins parmesan dressing fresh banana 100% grape juice 	6/1 <ul style="list-style-type: none"> chicken stirfry super sesame tofu brown rice steamed carrots asian kale slaw fresh cantaloupe 	6/2 <ul style="list-style-type: none"> crispy fish sandwich on whole grain bun grilled cheese on whole wheat bread sauteed green beans potato salad hot sauce tartar sauce fresh apple slices



May Snack Menu

DC PUBLIC SCHOOLS

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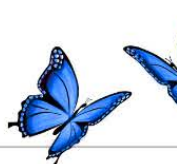


Student's choice of skim or 1% milk
provided at every meal.

Menu subject to change based on availability

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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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none">whole grain animal crackerschilled pineapple	2 <ul style="list-style-type: none">whole grain cheeze-itsfresh apple	3 <ul style="list-style-type: none">nonfat yogurtwhole grain granola	4 <ul style="list-style-type: none">mozzarella cheese stickdried cranberries	5 <ul style="list-style-type: none">pretzel goldfishhummus 
8 <ul style="list-style-type: none">whole grain cheeze-itschilled peaches	9 <ul style="list-style-type: none">cinnamon goldfish grahamsmozzarella cheese stick	10 <ul style="list-style-type: none">nonfat yogurtwhole grain granola	11 <ul style="list-style-type: none">mozzarella cheese stickfresh orange	12 <ul style="list-style-type: none">chilled applesaucepretzel goldfish
15 <ul style="list-style-type: none">whole grain animal crackerschilled pineapple	16 <ul style="list-style-type: none">whole grain cheeze-itsfresh apple 	17 <ul style="list-style-type: none">nonfat yogurtwhole grain granola	18 <ul style="list-style-type: none">mozzarella cheese stickdried cranberries	19 <ul style="list-style-type: none">pretzel goldfishhummus
22 <ul style="list-style-type: none">whole grain cheeze-itschilled peaches	23 <ul style="list-style-type: none">cinnamon goldfish grahamsmozzarella cheese stick	24 <ul style="list-style-type: none">yogurtwhole grain granola	25 <ul style="list-style-type: none">mozzarella cheese stickfresh orange	26 <ul style="list-style-type: none">pretzel goldfishchilled applesauce
29 <p>no school</p>	30 <ul style="list-style-type: none">whole grain cheeze-itsfresh apple	31 <ul style="list-style-type: none">nonfat yogurtwhole grain granola	6/1 <ul style="list-style-type: none">mozzarella cheese stickdried cranberries	6/2 <ul style="list-style-type: none">pretzel goldfishhummus 



May Supper Menu

DC PUBLIC SCHOOLS

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Did you know?

Our suppers provide all 5 groups on MyPlate: grains, protein, fruit, veggies, & dairy!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> buffalo chicken wrap in whole grain tortilla • baby carrots house ranch dressing fresh cantaloupe 	2 <ul style="list-style-type: none"> turkey & cheese on a whole grain bun • lemon parmesan kale 100% grape juice 	3 <ul style="list-style-type: none"> chicken caesar wrap in whole grain tortilla cucumber coins parmesan cream dressing • chilled applesauce 	4 <ul style="list-style-type: none"> tuna salad on whole grain bun snap peas italian dressing fresh orange wedges* 	5 <ul style="list-style-type: none"> • cumin lime chicken • whole grain tortilla • shredded romaine lettuce • tomatoes low fat sour cream fresh banana
8 <ul style="list-style-type: none"> sunbutter & jelly on whole grain bread • cucumber coins asian dressing fresh cantaloupe 	9 build your own pizza <ul style="list-style-type: none"> whole grain flatbread squares shredded mozzarella house tomato sauce 100% grape juice 	10 <ul style="list-style-type: none"> southwest chicken wrap in whole grain tortilla • tomato salsa honey lime dressing • chilled applesauce 	11 <ul style="list-style-type: none"> tuna & macaroni salad • broccoli florets italian dressing fresh orange wedges* 	12 <ul style="list-style-type: none"> cobb salad whole grain roll ranch dressing fresh banana
15 <ul style="list-style-type: none"> turkey ham & cheddar on whole grain bread • baby carrots house ranch light mayo & mustard fresh cantaloupe 	16 <ul style="list-style-type: none"> chicken salad on whole grain bun baby spinach salad balsamic dressing 100% grape juice 	17 <ul style="list-style-type: none"> whole grain flatbread squares hummus celery sticks honey mustard dressing • chilled applesauce 	18 <ul style="list-style-type: none"> cheesy mexican bean dip whole grain tortilla chips • tomato salsa fresh orange wedges* 	19 <ul style="list-style-type: none"> egg salad on whole grain bun • cauliflower florets asian dressing fresh banana
22 <ul style="list-style-type: none"> pasta salad with parmesan & chickpeas baby spinach salad balsamic dressing fresh cantaloupe 	23 <ul style="list-style-type: none"> tuna salad on a whole grain bun • broccoli florets ranch dressing 100% grape juice 	24 <ul style="list-style-type: none"> turkey club on whole grain hoagie with lettuce & tomato • baby carrots mustard & light mayo honey lime dressing • chilled applesauce 	25 <ul style="list-style-type: none"> curried chicken salad on whole grain bun snap peas asian dressing fresh orange wedges* 	26 <ul style="list-style-type: none"> sunbutter & jelly on whole grain bread • cucumber coins ranch dressing fresh banana
29 <p>no school</p>	30 <ul style="list-style-type: none"> turkey & cheese on a whole grain bun • lemon parmesan kale 100% grape juice 	31 <ul style="list-style-type: none"> chicken caesar wrap in whole grain tortilla cucumber coins parmesan cream dressing • chilled applesauce 	6/1 <ul style="list-style-type: none"> tuna salad on whole grain bun snap peas italian dressing fresh orange wedges* 	6/2 <ul style="list-style-type: none"> • cumin lime chicken • whole grain tortilla • shredded romaine lettuce • tomatoes low fat sour cream fresh banana





SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

WWW.DCCENTRAALKITCHEN.ORG

FOLLOW US ON SOCIAL MEDIA!



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

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Fresh fruit is provided with lunch daily.
Mon - pear; Tues - orange; Wed - banana;
Thurs - cantaloupe; Fri - apple slices

05/01 - 05/05 TACO BOWL

+ pick your base

- cilantro lime rice
- whole grain corn tortilla chips

+pick your protein

- cumin lime chicken
- ground beef (tuesday only)
- cheddar cheese

+pick your toppings

- shredded romaine lettuce
- tomato salsa
- sauteed peppers & onions
- corn
- black beans

+add your dressing

- honey lime dressing

05/08 - 05/12 KOREAN BOWL

+ 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

05/15 - 05/19 JAMAICAN BOWL

+ pick your base

- yellow rice

+pick your protein

- jamaican jerk chicken
- jamaican jerk tofu

+pick your toppings

- red beans
- sauteed cabbage
- braised collard greens
- oven fried plantains
- steamed carrots

+add your dressing

- caribbean lime dressing

05/22-05/26 INDIAN BOWL

+ pick your base

- brown basmati rice

+pick your protein

- curried chicken
- curried chickpeas

+pick your toppings

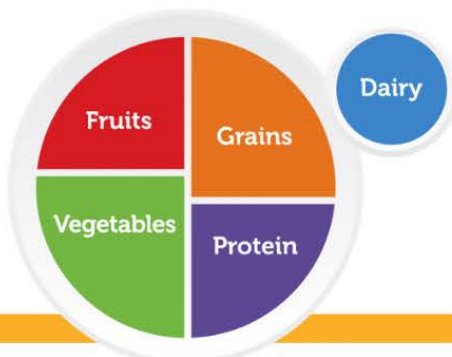
- potato samosa
- roasted carrots
- sautéed cabbage
- baby spinach

+add your dressing

- yogurt lime dressing

CREATING A BALANCED MEAL!

For a balanced meal, remember to pick at least 3 of the 5 food groups from my plate!





SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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May Salad Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

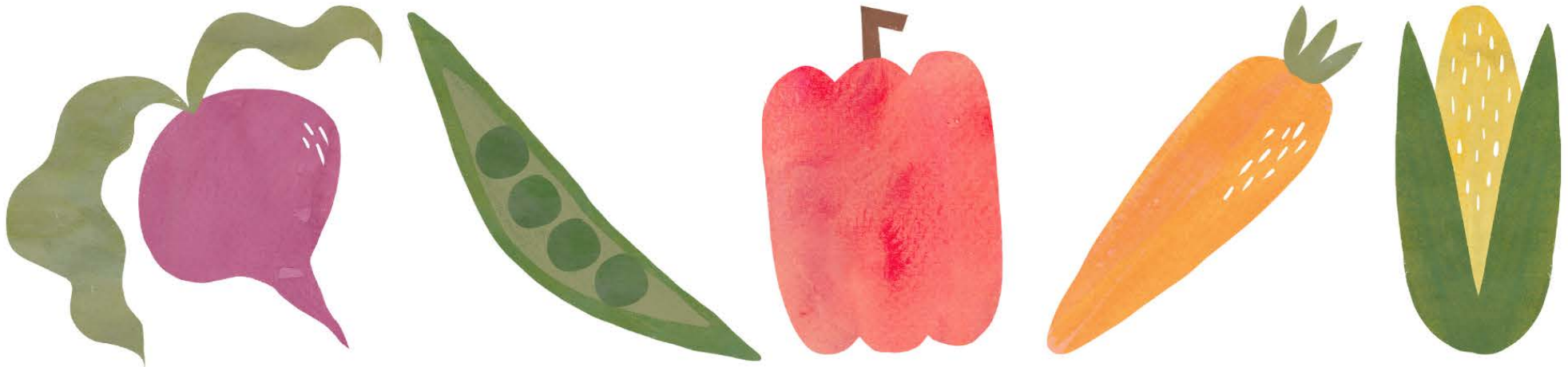
All grains served are whole grain rich

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
buffalo chicken salad <ul style="list-style-type: none">• diced buffalo chicken• romaine lettuce• cucumber coins• shredded carrot• cheddar cheese• house ranch dressing• whole grain croutons• whole grain roll• fresh fruit	chef salad <ul style="list-style-type: none">• turkey ham• hardboiled egg• baby spinach• romaine lettuce• tomatoes• cucumbers• cheddar cheese• honey mustard dressing• whole grain croutons• whole grain roll• fresh fruit	bbq chicken salad <ul style="list-style-type: none">• bbq chicken• romaine lettuce• corn• red onion• red pepper• cheddar cheese• honey mustard dressing• whole grain croutons• whole grain roll• fresh fruit	spring salad <ul style="list-style-type: none">• grilled chicken• baby spinach• shredded kale• cucumbers• shredded carrots• chickpeas• black olives• mozzarella cheese• italian dressing• whole grain croutons• whole grain roll• fresh fruit	southwest taco salad <ul style="list-style-type: none">• cumin lime chicken• romaine lettuce• black beans• corn• cherry tomatoes• cheddar cheese• honey lime dressing• whole grain tortilla chips• whole grain roll• fresh fruit





SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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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

MONDAY

buffalo chicken salad

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

TUESDAY

chef salad

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

WEDNESDAY

bbq chicken salad

- bbq chicken
- romaine lettuce
- corn
- red onion
- red pepper
- cheddar cheese
- honey mustard dressing
- whole grain croutons
- whole grain roll
- fresh fruit

THURSDAY

spring salad

- grilled chicken
- baby spinach
- shredded kale
- cucumbers
- shredded carrots
- chickpeas
- mozzarella cheese
- italian dressing
- whole grain croutons
- whole grain roll
- fresh fruit

FRIDAY

southwest taco salad

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

