



# September 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

## FRESH FEATURE

We're celebrating the start of the school year with seasonal, locally grown fruit! Try fresh local peaches on Tuesdays and local watermelon on Wednesday.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8/28</b> <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>whole grain granola</li> <li>fresh orange wedges</li> </ul>	<b>8/29</b> <ul style="list-style-type: none"> <li>pumpkin spice bread</li> <li><b>fresh peach</b></li> <li>100% orange juice</li> </ul>	<b>8/30</b> <ul style="list-style-type: none"> <li>cinnamon chex cereal</li> <li>graham crackers</li> <li><b>fresh watermelon</b></li> </ul>	<b>8/31</b> <ul style="list-style-type: none"> <li>turkey sausage patty</li> <li>veggie breakfast sausage patty </li> <li>whole grain biscuit</li> <li>honey</li> <li><b>fresh apple slices</b></li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>butter milk pancakes</li> <li>scrambled eggs</li> <li>butter</li> <li>all-natural syrup</li> <li>fresh cantaloupe</li> </ul>
<b>4</b>  <b>no school</b>  <b>labor day</b>	<b>5</b> <ul style="list-style-type: none"> <li>banana bread</li> <li><b>fresh peach</b></li> <li>100% orange juice</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>scrambled eggs</li> <li>turkey bacon</li> <li>veggie breakfast sausage patty </li> <li>whole grain toast</li> <li>jelly</li> <li><b>fresh watermelon</b></li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>peaches &amp; cream oatmeal</li> <li>honey</li> <li><b>fresh apple slices</b></li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>apple pie parfait</li> <li>whole grain granola</li> <li>fresh cantaloupe</li> </ul>
<b>11</b> <ul style="list-style-type: none"> <li>frosted mini-wheats cereal</li> <li>cheese stick</li> <li>fresh orange wedges</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>turkey bacon &amp; egg bake</li> <li>scrambled eggs </li> <li>whole grain english muffin</li> <li>jelly &amp; butter</li> <li><b>fresh peach</b></li> <li>100% orange juice</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>whole grain bagel</li> <li>light cream cheese</li> <li>jelly</li> <li><b>fresh watermelon</b></li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>apple spice oatmeal</li> <li>turkey sausage links</li> <li>veggie breakfast sausage patty </li> <li>honey</li> <li><b>fresh apple slices</b></li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>emoji waffles</li> <li>turkey sausage patty</li> <li>veggie breakfast sausage patty </li> <li>butter</li> <li>all-natural syrup</li> <li>fresh cantaloupe</li> </ul>
<b>18</b> <ul style="list-style-type: none"> <li>whole grain bagel</li> <li>light cream cheese</li> <li>jelly</li> <li>fresh oranges wedges</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>scrambled eggs</li> <li>turkey sausage patty</li> <li>veggie breakfast sausage patty </li> <li>whole grain toast</li> <li>jelly &amp; butter</li> <li><b>fresh peach</b></li> <li>100% orange juice</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>blueberry chex cereal</li> <li>graham crackers</li> <li><b>fresh watermelon</b></li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>egg &amp; cheese breakfast burrito</li> <li>hot sauce</li> <li><b>fresh apple slices</b></li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>butter milk pancakes</li> <li>turkey bacon</li> <li>veggie breakfast sausage patty </li> <li>butter</li> <li>all-natural syrup</li> <li>fresh cantaloupe</li> </ul>
<b>25</b> <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>whole grain granola</li> <li>fresh orange wedges</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>pumpkin spice bread</li> <li><b>fresh peach</b></li> <li>100% orange juice</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>cinnamon chex cereal</li> <li>graham crackers</li> <li><b>fresh watermelon</b></li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>turkey sausage patty</li> <li>veggie breakfast sausage patty </li> <li>whole grain biscuit</li> <li>honey</li> <li><b>fresh apple slices</b></li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>butter milk pancakes</li> <li>scrambled eggs</li> <li>butter</li> <li>all-natural syrup</li> <li>fresh cantaloupe</li> </ul>



# September Breakfast Menu

DC PUBLIC SCHOOLS | ECE

What do the colors on the menu mean?

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BLUE = international

ORANGE = Fresh Feature Friday Winner!  
= vegetarian entree

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 FEATURE

We're celebrating the start of the school year with seasonal, locally grown fruit! Try fresh local peaches on Tuesdays and local watermelon on Wednesday.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8/28</b> <ul style="list-style-type: none"> <li>• nonfat yogurt</li> <li>• fresh orange wedges</li> </ul>	<b>8/29</b> <ul style="list-style-type: none"> <li>• pumpkin spice bread</li> <li>• chilled peaches</li> </ul>	<b>8/30</b> <ul style="list-style-type: none"> <li>• cinnamon chex cereal</li> <li>• fresh watermelon</li> </ul>	<b>8/31</b> <ul style="list-style-type: none"> <li>• turkey sausage patty</li> <li>• veggie breakfast sausage patty</li> <li>• whole grain biscuit</li> <li>• fresh apple slices</li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>• buttermilk pancakes</li> <li>• all-natural syrup</li> <li>• fresh cantaloupe</li> </ul>
<b>4</b>  <b>no school</b>  <b>labor day</b>	<b>5</b> <ul style="list-style-type: none"> <li>• banana bread</li> <li>• chilled peaches</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>• scrambled eggs</li> <li>• whole grain toast</li> <li>• jelly</li> <li>• fresh watermelon</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>• peaches &amp; cream oatmeal</li> <li>• fresh apple slices</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>• apple pie parfait</li> <li>• whole grain granola</li> <li>• fresh cantaloupe</li> </ul>
<b>11</b> <ul style="list-style-type: none"> <li>• frosted mini-wheats cereal</li> <li>• fresh orange wedges</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>• turkey bacon &amp; egg bake</li> <li>• scrambled eggs</li> <li>• whole grain toast</li> <li>• jelly</li> <li>• chilled peaches</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>• whole grain bagel</li> <li>• light cream cheese</li> <li>• jelly</li> <li>• fresh watermelon</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>• apple spice oatmeal</li> <li>• fresh apple slices</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>• emoji waffles</li> <li>• all-natural syrup</li> <li>• fresh cantaloupe</li> </ul>
<b>18</b> <ul style="list-style-type: none"> <li>• whole grain bagel</li> <li>• light cream cheese</li> <li>• jelly</li> <li>• fresh oranges wedges</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>• scrambled eggs</li> <li>• whole grain toast</li> <li>• jelly</li> <li>• chilled peaches</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>• blueberry chex cereal</li> <li>• fresh watermelon</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>• egg &amp; cheese breakfast burrito</li> <li>• fresh apple slices</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>• buttermilk pancakes</li> <li>• all-natural syrup</li> <li>• fresh cantaloupe</li> </ul>
<b>25</b> <ul style="list-style-type: none"> <li>• nonfat yogurt</li> <li>• fresh orange wedges</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>• pumpkin spice bread</li> <li>• chilled peaches</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>• cinnamon chex cereal</li> <li>• fresh watermelon</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>• turkey sausage patty</li> <li>• veggie breakfast sausage patty</li> <li>• whole grain biscuit</li> <li>• fresh apple slices</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>• buttermilk pancakes</li> <li>• all-natural syrup</li> <li>• fresh cantaloupe</li> </ul>





# September Lunch Menu

DC PUBLIC SCHOOLS | 9-12

What do the colors on the menu mean?

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= vegetarian entree

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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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## GOT FOOD ALLERGIES? WE ARE HERE TO HELP!

If you have a food allergy or other special dietary need, please submit a Dietary Accommodations Form to your cafe lead or [dietary.forms@k12.dc.gov](mailto:dietary.forms@k12.dc.gov). We are proud to serve all students safe, nutritious, and delicious meals, regardless of food allergies or other dietary needs.

Our meals are always free from peanuts, tree nuts, shellfish, and pork.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8/28</b> <ul style="list-style-type: none"> <li>hot dog</li> <li>veggie burger </li> <li>whole grain bun</li> <li>bbq baked beans</li> <li>roasted summer squash </li> <li>ketchup &amp; mustard</li> <li>fresh peach </li> <li>100% orange juice</li> </ul>	<b>8/29</b> <ul style="list-style-type: none"> <li>crispy chicken tender</li> <li>veggie chik'n nuggets </li> <li>cornbread muffin</li> <li>sweet potato wedges </li> <li>roasted cauliflower</li> <li>ketchup</li> <li>fresh watermelon </li> </ul>	<b>8/30</b> <ul style="list-style-type: none"> <li>turkey meatballs &amp; tomato sauce</li> <li>tofu bolognese </li> <li>whole grain spaghetti</li> <li>mixed greens salad </li> <li>cucumber coins</li> <li>balsamic dressing</li> <li>fresh apple slices </li> </ul>	<b>8/31</b> <ul style="list-style-type: none"> <li>beef &amp; cheese nachos </li> <li>bean &amp; cheese nachos </li> <li>southwest taco corn </li> <li>tomato salsa</li> <li>light sour cream</li> <li>fresh cantaloupe</li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>sweet chili chicken </li> <li>sweet chili tofu </li> <li>brown rice</li> <li>steamed broccoli </li> <li>glazed carrots</li> <li>fresh orange wedges</li> </ul>
<b>4</b>  <b>no school</b>  <b>labor day</b>	<b>5</b> <ul style="list-style-type: none"> <li>turkey &amp; bean chili</li> <li>veg out chili </li> <li>whole grain tortilla chips</li> <li>steamed corn </li> <li>red pepper strips</li> <li>ranch dressing</li> <li>fresh watermelon </li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>cheese pizza</li> <li>baby spinach salad </li> <li>cucumber coins</li> <li>italian dressing</li> <li>fresh apple slices </li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>cajun fish tacos</li> <li>black bean &amp; cheese tacos </li> <li>steamed corn </li> <li>tangy cilantro-lime slaw </li> <li>baja cream sauce</li> <li>fresh cantaloupe</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>peruvian chicken drum</li> <li>veggie chik'n nuggets </li> <li>cilantro lime brown rice</li> <li>chili black beans</li> <li>herb roasted butternut squash </li> <li>fresh orange wedges</li> </ul>
<b>11</b> <ul style="list-style-type: none"> <li>beef burger </li> <li>veggie burger </li> <li>whole grain bun</li> <li>cucumber salad</li> <li>baked potato wedges</li> <li>ketchup &amp; mustard</li> <li>fresh peach </li> <li>100% orange juice</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>chicken stir-fry </li> <li>super sesame tofu </li> <li>whole grain lo mein</li> <li>steamed carrots </li> <li>asian kale slaw</li> <li>fresh watermelon </li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>crispy fish sandwich</li> <li>sunbutter &amp; jelly sandwich </li> <li>sauteed green beans </li> <li>potato salad</li> <li>hot sauce</li> <li>fresh apple slices </li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>beef &amp; cheese tacos </li> <li>sofritas tofu tacos </li> <li>whole grain tortilla chips</li> <li>chili black beans</li> <li>tomato salsa</li> <li>sour cream</li> <li>fresh cantaloupe</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>buffalo chicken drum</li> <li>buffalo veggie chik'n nuggets </li> <li>mac &amp; cheese</li> <li>whole grain roll</li> <li>braised collard greens </li> <li>cinnamon roasted butternut squash </li> <li>fresh orange wedges</li> </ul>
<b>18</b> <ul style="list-style-type: none"> <li>turkey ham &amp; cheddar melt</li> <li>grilled cheese </li> <li>roasted carrots </li> <li>steamed green peas and corn </li> <li>fresh peach </li> <li>100% orange juice</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>pulled bbq chicken</li> <li>bbq tofu </li> <li>whole grain bun</li> <li>black-eyed peas</li> <li>collard green salad </li> <li>fresh watermelon </li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>pepperoni pizza</li> <li>cheese pizza </li> <li>mixed greens salad </li> <li>diced tomatoes</li> <li>balsamic dressing</li> <li>fresh apple slices </li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>turkey sloppy joe </li> <li>lentil sloppy joe </li> <li>whole grain bun</li> <li>baked potato wedges </li> <li>sauteed green beans </li> <li>ketchup</li> <li>fresh cantaloupe</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>oven fried chicken drum</li> <li>veggie chik'n nuggets </li> <li>whole grain waffles</li> <li>braised collard greens </li> <li>sweet potato hash </li> <li>ketchup</li> <li>all-natural syrup</li> <li>fresh orange wedges</li> </ul>
<b>25</b> <ul style="list-style-type: none"> <li>hot dog</li> <li>veggie burger </li> <li>whole grain bun</li> <li>bbq baked beans</li> <li>roasted summer squash </li> <li>ketchup &amp; mustard</li> <li>fresh peach </li> <li>100% orange juice</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>crispy chicken tender</li> <li>veggie chik'n nuggets </li> <li>cornbread muffin</li> <li>sweet potato wedges </li> <li>roasted cauliflower</li> <li>ketchup</li> <li>fresh watermelon </li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>turkey meatballs &amp; sauce</li> <li>tofu bolognese </li> <li>whole grain spaghetti</li> <li>mixed greens salad </li> <li>cucumber coins</li> <li>balsamic dressing</li> <li>fresh apple slices </li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>beef &amp; cheese nachos </li> <li>bean &amp; cheese nachos </li> <li>southwest taco corn </li> <li>tomato salsa</li> <li>light sour cream</li> <li>fresh cantaloupe</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>sweet chili chicken </li> <li>sweet chili tofu </li> <li>brown rice</li> <li>steamed broccoli </li> <li>glazed carrots</li> <li>fresh orange wedges</li> </ul>





# September Lunch Menu

DC PUBLIC SCHOOLS | K-8

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<b>11</b> <ul style="list-style-type: none"> <li>beef burger </li> <li>veggie burger </li> <li>whole grain bun</li> <li>cucumber salad</li> <li>baked potato wedges</li> <li>ketchup &amp; mustard</li> <li>fresh peach</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>chicken stir-fry </li> <li>super sesame tofu </li> <li>whole grain lo mein</li> <li>steamed carrots </li> <li>asian kale slaw</li> <li>fresh watermelon</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>crispy fish sandwich</li> <li>sunbutter &amp; jelly sandwich </li> <li>sauteed green beans </li> <li>potato salad</li> <li>hot sauce</li> <li>fresh apple slices</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>beef &amp; cheese tacos </li> <li>sofritas tofu tacos </li> <li>chili black beans</li> <li>tomato salsa</li> <li>light sour cream</li> <li>fresh cantaloupe</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>buffalo chicken drum</li> <li>buffalo veggie chik'n nuggets </li> <li>mac &amp; cheese</li> <li>braised collard greens </li> <li>cinnamon roasted butternut squash </li> <li>fresh orange wedges</li> </ul>
<b>18</b> <ul style="list-style-type: none"> <li>turkey ham &amp; cheddar melt</li> <li>grilled cheese </li> <li>roasted carrots </li> <li>steamed green peas and corn </li> <li>fresh peach</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>pulled bbq chicken</li> <li>bbq tofu </li> <li>whole grain bun</li> <li>black-eyed peas</li> <li>collard green salad </li> <li>fresh watermelon</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>pepperoni pizza</li> <li>cheese pizza </li> <li>mixed greens salad </li> <li>diced tomatoes</li> <li>balsamic dressing</li> <li>fresh apple slices</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>turkey sloppy joe</li> <li>lentil sloppy joe </li> <li>whole grain bun</li> <li>baked potato wedges </li> <li>sauteed green beans </li> <li>ketchup</li> <li>fresh cantaloupe</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>oven fried chicken drum</li> <li>veggie chik'n nuggets </li> <li>whole grain waffles</li> <li>braised collard greens </li> <li>sweet potato hash </li> <li>ketchup</li> <li>all-natural syrup</li> <li>fresh orange wedges</li> </ul>
<b>25</b> <ul style="list-style-type: none"> <li>hot dog</li> <li>veggie burger </li> <li>whole grain bun</li> <li>bbq baked beans</li> <li>roasted summer squash </li> <li>ketchup &amp; mustard</li> <li>fresh peach</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>crispy chicken tender</li> <li>veggie chik'n nuggets </li> <li>cornbread muffin</li> <li>sweet potato wedges </li> <li>roasted cauliflower</li> <li>ketchup</li> <li>fresh watermelon</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>turkey meatballs &amp; sauce</li> <li>tofu bolognese </li> <li>whole grain spaghetti</li> <li>mixed greens salad </li> <li>cucumber coins</li> <li>balsamic dressing</li> <li>fresh apple slices</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>beef &amp; cheese nachos </li> <li>bean &amp; cheese nachos </li> <li>southwest taco corn </li> <li>tomato salsa</li> <li>light sour cream</li> <li>fresh cantaloupe</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>sweet chili chicken </li> <li>sweet chili tofu </li> <li>brown rice</li> <li>steamed broccoli</li> <li>glazed carrots</li> <li>fresh orange wedges</li> </ul>





# September 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

## GOT FOOD ALLERGIES? WE ARE HERE TO HELP!

If you have a food allergy or other special dietary need, please submit a Dietary Accommodations Form to your cafe lead or [dietary.forms@k12.dc.gov](mailto:dietary.forms@k12.dc.gov). We are proud to serve all students safe, nutritious, and delicious meals, regardless of food allergies or other dietary needs.

Our meals are always free from peanuts, tree nuts, shellfish, and pork.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8/28</b> <ul style="list-style-type: none"> <li>hot dog (sliced longways)</li> <li>veggie burger </li> <li>whole grain bun</li> <li>bbq baked beans</li> <li>ketchup &amp; mustard</li> <li>chilled peaches</li> </ul>	<b>8/29</b> <ul style="list-style-type: none"> <li>diced crispy chicken tender </li> <li>veggie chik'n nuggets</li> <li>cornbread muffin</li> <li>sweet potato wedges </li> <li>ketchup</li> <li>fresh watermelon </li> </ul>	<b>8/30</b> <ul style="list-style-type: none"> <li>turkey meatballs &amp; sauce</li> <li>tofu bolognese </li> <li>whole grain spaghetti</li> <li>cucumber coins </li> <li>balsamic dressing</li> <li>fresh apple slices </li> </ul>	<b>8/31</b> <ul style="list-style-type: none"> <li>beef &amp; cheese nachos </li> <li>bean &amp; cheese nachos </li> <li>tomato salsa</li> <li>light sour cream</li> <li>fresh cantaloupe</li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>diced sweet chili chicken </li> <li>sweet chili tofu </li> <li>brown rice</li> <li>steamed broccoli</li> <li>fresh orange wedges</li> </ul>
<b>4</b>  <b>no school</b>  <b>labor day</b>	<b>5</b> <ul style="list-style-type: none"> <li>turkey &amp; bean chili</li> <li>veg out chili </li> <li>whole grain tortilla chips</li> <li>steamed corn </li> <li>fresh watermelon </li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>cheese pizza</li> <li>baby spinach salad </li> <li>italian dressing</li> <li>fresh apple slices </li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>cajun fish tacos</li> <li>black bean &amp; cheese tacos </li> <li>steamed corn </li> <li>baja cream sauce</li> <li>fresh cantaloupe</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>diced peruvian chicken tender </li> <li>veggie chik'n nuggets </li> <li>cilantro lime brown rice</li> <li>herb roasted butternut squash </li> <li>fresh orange wedges</li> </ul>
<b>11</b> <ul style="list-style-type: none"> <li>beef burger </li> <li>veggie burger </li> <li>whole grain bun</li> <li>baked potato wedges </li> <li>ketchup &amp; mustard</li> <li>chilled peaches</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>chicken stir-fry </li> <li>super sesame tofu </li> <li>whole grain lo mein</li> <li>steamed carrots </li> <li>fresh watermelon </li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>crispy fish sandwich</li> <li>sunbutter &amp; jelly sandwich </li> <li>sauteed green beans </li> <li>hot sauce</li> <li>fresh apple slices </li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>beef &amp; cheese tacos </li> <li>sofritas tofu tacos </li> <li>tomato salsa</li> <li>light sour cream</li> <li>fresh cantaloupe</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>diced bbq chicken</li> <li>bbq veggie chik'n nuggets </li> <li>mac &amp; cheese</li> <li>cinnamon roasted butternut squash </li> <li>fresh orange wedges</li> </ul>
<b>18</b> <ul style="list-style-type: none"> <li>turkey ham &amp; cheddar melt</li> <li>grilled cheese </li> <li>steamed green peas and corn </li> <li>chilled peaches</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>pulled bbq chicken</li> <li>bbq tofu </li> <li>whole grain bun</li> <li>black-eyed peas</li> <li>fresh watermelon </li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>pepperoni pizza</li> <li>cheese pizza </li> <li>mixed greens salad </li> <li>balsamic dressing</li> <li>fresh apple slices </li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>turkey sloppy joe</li> <li>lentil sloppy joe </li> <li>whole grain bun</li> <li>sauteed green beans </li> <li>fresh cantaloupe</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>diced crispy chicken tender</li> <li>veggie chik'n nuggets </li> <li>whole grain waffles</li> <li>sweet potato hash </li> <li>ketchup</li> <li>syrop</li> <li>fresh orange wedges</li> </ul>
<b>25</b> <ul style="list-style-type: none"> <li>hot dog (sliced longways)</li> <li>veggie burger </li> <li>whole grain bun</li> <li>bbq baked beans</li> <li>ketchup &amp; mustard</li> <li>chilled peaches</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>diced crispy chicken tender </li> <li>veggie chik'n nuggets</li> <li>cornbread muffin</li> <li>sweet potato wedges </li> <li>ketchup</li> <li>fresh watermelon </li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>turkey meatballs &amp; sauce</li> <li>tofu bolognese </li> <li>whole grain spaghetti</li> <li>cucumber coins </li> <li>balsamic dressing</li> <li>fresh apple slices </li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>beef &amp; cheese nachos </li> <li>bean &amp; cheese nachos </li> <li>tomato salsa</li> <li>light sour cream</li> <li>fresh cantaloupe</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>sweet chili chicken </li> <li>sweet chili tofu </li> <li>brown rice</li> <li>steamed broccoli</li> <li>fresh orange wedges</li> </ul>



# September Snack Menu

## DC PUBLIC SCHOOLS | SNACK

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

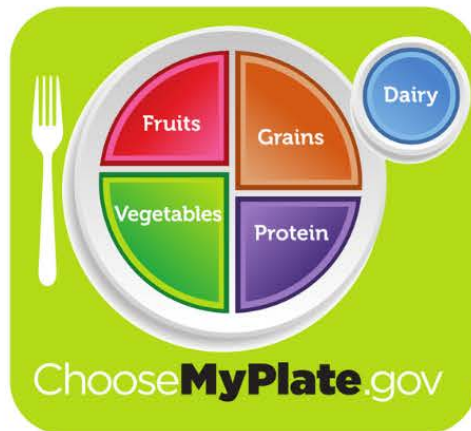
ORANGE = Fresh Feature Friday Winner!

= vegetarian entree

All grains served are whole grain rich  
Student's choice of skim or 1% milk  
provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8/28</b> <ul style="list-style-type: none"> <li>cheese stick</li> <li>cucumber coins</li> <li>ranch dressing</li> </ul>	<b>8/29</b> <ul style="list-style-type: none"> <li>cheez-its</li> <li>fresh apple</li> </ul>	<b>8/30</b> <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>cinnamon goldfish grahams</li> </ul>	<b>8/31</b> <ul style="list-style-type: none"> <li>animal crackers</li> <li>chilled pineapple</li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>pretzel goldfish</li> <li>cheese stick</li> </ul>
<b>4</b>  no school  labor day	<b>5</b> <ul style="list-style-type: none"> <li>cheese stick</li> <li>baby carrots</li> <li>ranch dressing</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>animal crackers</li> <li>nonfat yogurt</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>chilled pineapple</li> <li>pretzel goldfish</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>cheez-its</li> <li>chilled peaches</li> </ul>
<b>11</b> <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>animal crackers</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>cheese stick</li> <li>cucumber coins</li> <li>ranch dressing</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>cinnamon goldfish grahams</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>cheez-its</li> <li>chilled pineapple</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>pretzel goldfish</li> <li>cheese stick</li> </ul>
<b>18</b> <ul style="list-style-type: none"> <li>cheese stick</li> <li>baby carrots</li> <li>ranch dressing</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>cheez-its</li> <li>fresh apple</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>animal crackers</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>pretzel goldfish</li> <li>chilled peaches</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>hummus dip</li> <li>cucumber coins</li> </ul>
<b>25</b> <ul style="list-style-type: none"> <li>cheese stick</li> <li>cucumber coins</li> <li>ranch dressing</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>cheez-its</li> <li>fresh apple</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>cinnamon goldfish grahams</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>animal crackers</li> <li>chilled pineapple</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>pretzel goldfish</li> <li>cheese stick</li> </ul>





# September Supper Menu

DC PUBLIC SCHOOLS | SUPPER

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

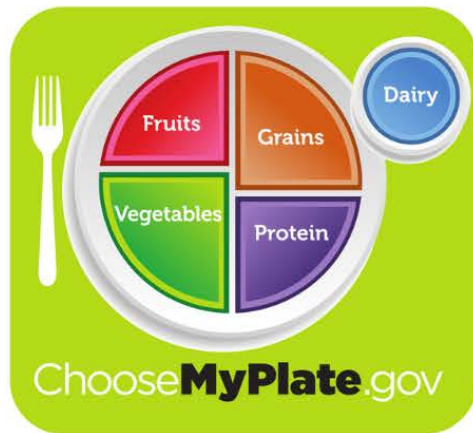
ORANGE = Fresh Feature Friday Winner!

= vegetarian entree

All grains served are whole grain rich  
**Student's choice of skim or 1% milk provided at every meal.**

Menu subject to change based on availability

This institution is an equal opportunity provider



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8/28</b> <ul style="list-style-type: none"> <li>buffalo chicken wrap</li> <li>cucumber coins</li> <li>ranch dressing</li> <li>fresh cantaloupe</li> </ul>	<b>8/29</b> <ul style="list-style-type: none"> <li>tuna salad on whole grain bread</li> <li>lemon parmesan kale</li> <li>fresh apple</li> </ul>	<b>8/30</b> <ul style="list-style-type: none"> <li>herb roasted chicken tender</li> <li>local lettuce salad</li> <li>whole grain roll</li> <li>balsamic dressing</li> <li>chilled applesauce</li> </ul>	<b>8/31</b> <b>build your own pizza</b> <ul style="list-style-type: none"> <li>whole grain flatbread</li> <li>shredded mozzarella cheese</li> <li>house tomato sauce</li> <li>fresh orange wedges</li> </ul>	<b>1</b> <ul style="list-style-type: none"> <li>turkey club w/ lettuce &amp; tomato on a whole grain bread</li> <li>mustard &amp; light mayo</li> <li>baby carrots</li> <li>ranch dressing</li> <li>fresh peach</li> </ul>
<b>4</b>  <b>no school</b>  <b>labor day</b>	<b>5</b> <ul style="list-style-type: none"> <li>turkey ham &amp; cheese on a whole grain bun</li> <li>mustard &amp; mayo</li> <li>baby carrots</li> <li>Italian dressing</li> <li>fresh apple</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>cheesy mexican bean dip</li> <li>whole grain corn tortilla chips</li> <li>tomato salsa</li> <li>chilled applesauce</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>cobb salad w/ diced turkey ham</li> <li>whole grain roll</li> <li>ranch dressing</li> <li>fresh orange wedges</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>chicken salad on a whole grain bun</li> <li>cauliflower florets</li> <li>asian dressing</li> <li>fresh peach</li> </ul>
<b>11</b> <ul style="list-style-type: none"> <li>cumin lime chicken wrap</li> <li>diced tomatoes</li> <li>shredded lettuce</li> <li>low fat sour cream</li> <li>fresh cantaloupe</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly sandwich</li> <li>cucumber coins</li> <li>balsamic dressing</li> <li>fresh apple</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>chicken caesar wrap</li> <li>snap peas</li> <li>parmesan cream dressing</li> <li>chilled applesauce</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>egg salad on a whole grain bun</li> <li>celery sticks</li> <li>honey mustard dressing</li> <li>fresh orange wedges</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>tuna &amp; macaroni salad</li> <li>broccoli florets</li> <li>italian dressing</li> <li>fresh peach</li> </ul>
<b>18</b> <ul style="list-style-type: none"> <li>turkey &amp; cheese hoagie</li> <li>baby carrots</li> <li>ranch dressing</li> <li>mustard &amp; light mayo</li> <li>fresh cantaloupe</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>curried chicken salad on a bun</li> <li>asian kale slaw</li> <li>fresh apple</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>pasta salad with parmesan &amp; chickpeas</li> <li>baby spinach salad</li> <li>balsamic dressing</li> <li>chilled applesauce</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>teriyaki chicken</li> <li>cold asian noodle salad with veggies</li> <li>fresh orange wedges</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>hummus dip</li> <li>whole grain flatbread squares</li> <li>cucumber coins</li> <li>fresh peach</li> </ul>
<b>25</b> <ul style="list-style-type: none"> <li>buffalo chicken wrap</li> <li>cucumber coins</li> <li>ranch dressing</li> <li>fresh cantaloupe</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>tuna salad on whole grain bread</li> <li>lemon parmesan kale</li> <li>fresh apple</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>herb roasted chicken tender</li> <li>mixed greens salad</li> <li>whole grain roll</li> <li>balsamic dressing</li> <li>chilled applesauce</li> </ul>	<b>28</b> <b>build your own pizza</b> <ul style="list-style-type: none"> <li>whole grain flatbread</li> <li>shredded mozzarella cheese</li> <li>house tomato sauce</li> <li>fresh orange wedges</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>turkey club w/ lettuce &amp; tomato on a whole grain bread</li> <li>mustard &amp; mayo</li> <li>baby carrots</li> <li>ranch dressing</li> <li>fresh peach</li> </ul>



# September 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

Fresh fruit is provided with lunch daily.  
Mon - peach; Tues - watermelon; Wed - apple;  
Thurs - cantaloupe; Fri - orange

## 08/28 - 09/01 & 09/25-09/29 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

## 09/04 - 09/08 KOREAN BOWL

- + pick your base**
  - jasmine brown rice with scallions
- +pick your protein**
  - beef bulgogi (wednesday only)
  - chicken bulgogi
- +pick your toppings**
  - asian kale salad
  - korean cauliflower
  - glazed carrots
  - steamed peas
  - edamame
- +add your dressing**
  - asian dressing

## 09/11-09/15 INDIAN BOWL

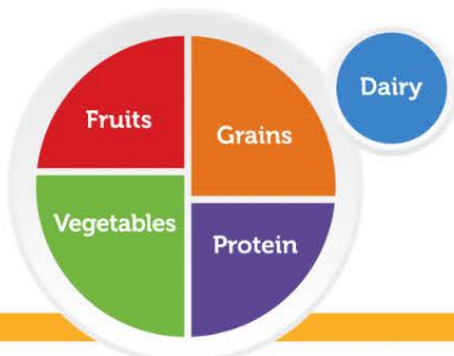
- + pick your base**
  - brown basmati rice
- +pick your protein**
  - curried chicken
  - curried chickpeas
- +pick your toppings**
  - potato samosa
  - roasted carrots
  - sautéed cabbage
  - baby spinach
- +add your dressing**
  - yogurt lime dressing

## 09/18- 09/22 PASTA BOWL

- + pick your base**
  - whole grain rotini
- +pick your protein**
  - herb roasted chicken tender
  - chickpeas
- +pick your toppings**
  - steamed broccoli
  - roasted red bell peppers
  - roasted red potatoes
  - roasted zucchini
  - parmesan cheese
  - mozzarella cheese
- +add your sauce**
  - tomato sauce
  - alfredo sauce

### CREATING A BALANCED MEAL!

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







# September 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

Fresh fruit is provided with lunch daily.  
Mon - peach; Tues - watermelon; Wed - apple;  
Thurs - cantaloupe; Fri - orange

## 08/28 - 09/01 & 09/25 09/29 BUFFALO CHICKEN

- + pick your base**
  - mixed greens salad
- +pick your protein**
  - buffalo chicken strips
  - herb roasted chicken
- +pick your toppings**
  - diced cucumber
  - shredded carrots
  - corn
  - kidney beans
  - sunflower seeds
  - shredded mozzarella cheese
  - whole grain croutons
  - whole grain roll
- +add your dressing**
  - ranch dressing

## 09/04 - 09/08 CHEF SALAD

- + pick your base**
  - mixed greens salad
- +pick your protein**
  - herb roasted chicken
  - diced turkey ham
  - hard-boiled egg
- +pick your toppings**
  - chickpeas
  - tomatoes
  - diced cucumber
  - corn
  - shredded cheddar cheese
  - whole grain croutons
  - whole grain roll
- +add your dressing**
  - honey mustard dressing

## 09/11-09/15 BBQ CHICKEN

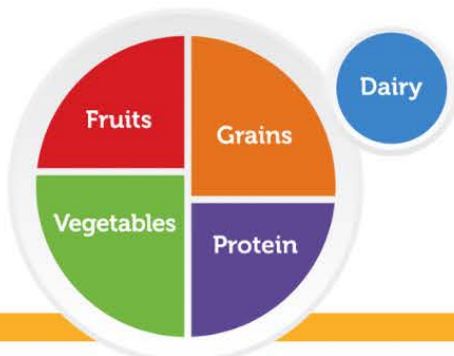
- + pick your base**
  - romaine
- +pick your protein**
  - bbq chicken
  - chickpeas
- +pick your toppings**
  - red onion
  - red pepper strips
  - corn
  - shredded cheddar cheese
  - whole grain croutons
  - whole grain roll
- +add your dressing**
  - honey mustard dressing

## 09/18 - 09/22 SOUTHWEST TACO

- + pick your base**
  - romaine
- +pick your protein**
  - cumin line chicken
  - black beans
- +pick your toppings**
  - cherry tomatoes
  - corn
  - red onion
  - shredded cheddar cheese
  - whole grain tortilla chips
  - whole grain roll
- +add your dressing**
  - honey lime dressing

### CREATING A BALANCED MEAL!

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





# September 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

Fresh fruit is provided with lunch daily.  
Mon - peach; Tues - watermelon; Wed - apple;  
Thurs - cantaloupe; Fri - orange

## 08/28 - 09/01 & 09/25 09/29 BUFFALO CHICKEN

- + pick your base**
  - mixed greens salad
- +pick your protein**
  - buffalo chicken strips
  - herb roasted chicken
- +pick your toppings**
  - diced cucumber
  - shredded carrots
  - corn
  - kidney beans
  - sunflower seeds
  - shredded mozzarella cheese
  - whole grain croutons
  - whole grain roll
- +add your dressing**
  - ranch dressing

## 09/04 - 09/08 CHEF SALAD

- + pick your base**
  - mixed greens salad
- +pick your protein**
  - herb roasted chicken
  - hard-boiled egg
- +pick your toppings**
  - chickpeas
  - tomatoes
  - diced cucumber
  - corn
  - shredded cheddar cheese
  - whole grain croutons
  - whole grain roll
- +add your dressing**
  - honey mustard dressing

## 09/11-09/15 BBQ CHICKEN

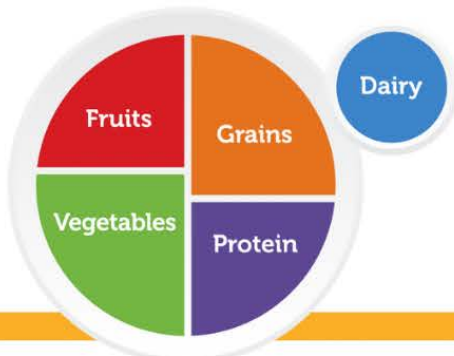
- + pick your base**
  - romaine
- +pick your protein**
  - bbq chicken
  - chickpeas
- +pick your toppings**
  - red onion
  - red pepper strips
  - corn
  - shredded cheddar cheese
  - whole grain croutons
  - whole grain roll
- +add your dressing**
  - honey mustard dressing

## 09/18 - 09/22 SOUTHWEST TACO

- + pick your base**
  - romaine
- +pick your protein**
  - cumin line chicken
  - black beans
- +pick your toppings**
  - cherry tomatoes
  - corn
  - red onion
  - shredded cheddar cheese
  - whole grain tortilla chips
  - whole grain roll
- +add your dressing**
  - honey lime dressing

### CREATING A BALANCED MEAL!

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







# September Sandwich 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

Fresh fruit is provided with lunch daily.  
Mon - peach; Tues - watermelon; Wed - apple;  
Thurs - cantaloupe; Fri - orange

## 08/28 - 09/01 & 09/25 - 09/29 TURKEY BACON RANCH WRAP

- whole grain wrap
- turkey bacon
- sliced turkey breast
- cheddar cheese
- lettuce & tomato
- house ranch dressing

## 09/04 - 09/08 GRILLED CHEESE

- whole grain bread
- melty cheddar cheese

## 09/11-09/15 CHEESEBURGER

- whole grain hamburger bun
- all beef burger
- cheddar cheese
- lettuce & tomato
- ketchup & mustard

## 09/18 - 09/22 TURKEY MEATBALL SUB

- whole grain hoagie roll
- turkey meatballs
- house tomato sauce
- provolone cheese
- fresh cantaloupe

### CREATING A BALANCED MEAL!

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

