




# February Breakfast Menu

## BREAKFAST K-12

What do the colors on the menu mean?

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

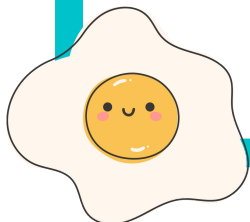
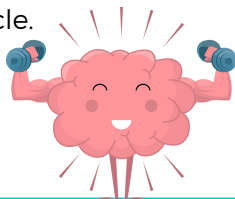
All grains served are whole grain rich  
**Student's choice of skim or 1% milk  
provided at every meal.**









Menu subject to change based on availability

This institution is an equal opportunity provider

## FRESH FEATURE

Love eating eggs in the morning? If so, you are eating a TON of choline, which helps your brain stay strong and healthy. Eggs also contain protein, which helps you build muscle.




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1/29</b> <ul style="list-style-type: none"><li>• nonfat yogurt</li><li>• <b>whole grain granola</b></li><li>• <b>fresh apple slices</b></li></ul>	<b>1/30</b> <ul style="list-style-type: none"><li>• whole grain biscuit</li><li>• turkey sausage patty</li><li>• veggie breakfast sausage patty </li><li>• honey</li><li>• <b>fresh pear</b></li></ul>	<b>1/31</b> <ul style="list-style-type: none"><li>• pineapple carrot bread</li><li>• orange wedges</li></ul>	<b>2/1</b> <ul style="list-style-type: none"><li>• cinnamon rice chex cereal</li><li>• graham crackers</li><li>• fresh banana</li><li>• 100% orange juice</li></ul>	<b>2/2</b> <ul style="list-style-type: none"><li>• buttermilk pancakes</li><li>• scrambled eggs</li><li>• butter</li><li>• all-natural syrup</li><li>• cantaloupe</li></ul> 
<b>5</b> <ul style="list-style-type: none"><li>• whole grain bagel</li><li>• light cream cheese</li><li>• jelly</li><li>• <b>fresh apple slices</b></li></ul>	<b>6</b> <ul style="list-style-type: none"><li>• brown sugar oatmeal</li><li>• honey</li><li>• <b>fresh pear</b></li></ul>	<b>7</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 &amp; butter</li><li>• orange wedges</li></ul>	<b>8</b> <ul style="list-style-type: none"><li>• apple pie parfait</li><li>• <b>whole grain granola</b></li><li>• fresh banana</li></ul>	<b>9</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>• cantaloupe</li></ul>
<b>12</b> <ul style="list-style-type: none"><li>• frosted mini-wheats cereal</li><li>• cheese stick</li><li>• <b>fresh apple slices</b></li></ul>	<b>13</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 pear</b></li></ul>	<b>14</b> <ul style="list-style-type: none"><li>• apple cinnamon bread</li><li>• orange wedges</li></ul> 	<b>15</b> <ul style="list-style-type: none"><li>• whole grain bagel</li><li>• light cream cheese</li><li>• jelly</li><li>• fresh banana</li><li>• 100% orange juice</li></ul>	<b>16</b> <p><b>no school</b></p>
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BREAKFAST ECE

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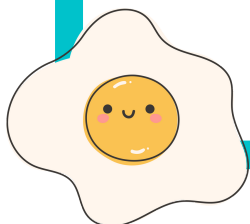
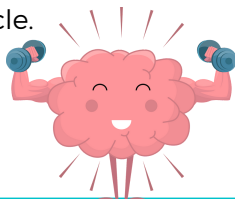
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# February Lunch Menu

LUNCH 9-12

What do the colors on the menu mean?

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= vegetarian entree

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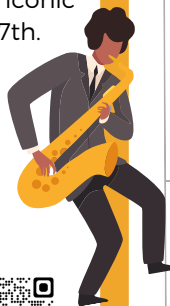
## BLACK HISTORY MONTH

African Americans & The Arts

Did you know that "Chicken & Waffles" was invented during the Harlem Renaissance? Try our take on this iconic dish on Wednesday, February 7th.

**Chicken & Waffles**  
**Braised Collard Greens**  
**Sweet Potato Hash**  
**100% Orange Juice**  
**Syrup & Ketchup**

Scan the QR code to learn more about the history of Chicken & Waffles



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1/29</b> <ul style="list-style-type: none"><li>baked fish sticks</li><li>hot sauce</li><li>whole grain roll</li><li>sunbutter &amp; jelly sandwich </li><li>sauteed green beans</li><li>steamed corn</li><li>fresh pear</li></ul>	<b>1/30</b> <ul style="list-style-type: none"><li>turkey meatballs &amp; tomato sauce </li><li>tofu bolognese</li><li>whole grain spaghetti</li><li>whole grain roll</li><li>mixed greens salad</li><li>cucumber coins</li><li>ranch dressing</li><li>orange wedges</li></ul>	<b>1/31</b> <ul style="list-style-type: none"><li>chicken &amp; cheese quesadilla</li><li>cheese quesadilla </li><li>corn tortilla chips</li><li>chili black beans</li><li>roasted tomato salsa</li><li>sour cream</li><li>fresh banana</li><li>100% orange juice</li></ul>	<b>2/1</b> <ul style="list-style-type: none"><li>beef shepherd's pie </li><li>lentil shepherd's pie </li><li>whole grain biscuit</li><li>mashed potatoes</li><li>steamed carrots</li><li>cantaloupe</li></ul>	<b>2/2</b> <ul style="list-style-type: none"><li>chicken yassa</li><li>veggie chik'n nuggets </li><li>jollof rice</li><li>honey cinnamon sweet potatoes</li><li>efo spinach</li><li>fresh apple slices</li></ul>
<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 pear</li></ul>	<b>6</b> <ul style="list-style-type: none"><li>pepperoni pizza</li><li>cheese pizza </li><li>baby spinach salad</li><li>baby carrots</li><li>honey mustard dressing</li><li>orange wedges</li></ul>	<b>7</b> <ul style="list-style-type: none"><li>crispy chicken tender</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 banana</li><li>100% orange juice</li></ul>	<b>8</b> <ul style="list-style-type: none"><li>beef burger</li><li>veggie burger </li><li>whole grain bun</li><li>roasted carrots</li><li>baked potato fries</li><li>ketchup &amp; mustard</li><li>cantaloupe</li></ul>	<b>9</b> <ul style="list-style-type: none"><li>jamaican jerk chicken drum</li><li>jamaican jerk tofu </li><li>yellow rice</li><li>red beans</li><li>sauteed cabbage</li><li>fresh apple slices</li></ul>
<b>12</b> <ul style="list-style-type: none"><li>all beef hot dog</li><li>veggie burger </li><li>whole grain bun</li><li>chipotle pinto beans</li><li>steamed corn</li><li>ketchup &amp; mustard</li><li>fresh pear</li></ul>	<b>13</b> <ul style="list-style-type: none"><li>roasted turkey</li><li>brown gravy</li><li>veggie chik'n nuggets</li><li>vegetarian gravy </li><li>cornbread muffin</li><li>sauteed green beans</li><li>mashed potatoes</li><li>orange wedges</li></ul>	<b>14</b> <ul style="list-style-type: none"><li>pulled bbq chicken</li><li>bbq tofu </li><li>whole grain bun</li><li>coleslaw</li><li>herb roasted sweet potatoes</li><li>fresh banana</li><li>100% orange juice</li></ul>	<b>15</b> <ul style="list-style-type: none"><li>beef bolognese</li><li>tofu bolognese </li><li>whole grain rotini pasta</li><li>parmesan butternut squash</li><li>mixed greens salad</li><li>ranch dressing</li><li>cantaloupe</li></ul>	<b>16</b> <p>no school</p>
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LUNCH K-8

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## LUNCH ECE

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**Sweet Potato Hash**  
**100% Orange Juice**  
**Syrup & Ketchup**

Scan the QR code to learn more about the history of Chicken & Waffles



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1/29</b> <ul style="list-style-type: none"> <li>baked fish sticks</li> <li>whole grain roll</li> <li>sunbutter &amp; jelly sandwich</li> <li>sauteed green beans</li> <li>chilled pears</li> </ul>	<b>1/30</b> <ul style="list-style-type: none"> <li>turkey meatballs &amp; tomato sauce</li> <li>tofu bolognese</li> <li>whole grain spaghetti</li> <li>cucumber coins</li> <li>ranch dressing</li> <li>orange wedges</li> </ul>	<b>1/31</b> <ul style="list-style-type: none"> <li>chicken &amp; cheese quesadilla</li> <li>cheese quesadilla</li> <li>roasted tomato salsa</li> <li>sour cream</li> <li>fresh banana</li> </ul>	<b>2/1</b> <ul style="list-style-type: none"> <li>beef shepherd's pie</li> <li>lentil shepherd's pie</li> <li>whole grain biscuit</li> <li>mashed potatoes</li> <li>cantaloupe</li> </ul>	<b>2/2</b> <ul style="list-style-type: none"> <li>chicken yassa</li> <li>veggie chik'n nuggets</li> <li>jollof rice</li> <li>honey cinnamon sweet potatoes</li> <li>fresh apple slices</li> </ul>
<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>chilled pears</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>cheese pizza</li> <li>steamed carrots</li> <li>orange wedges</li> </ul>	<b>7</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>all-natural syrup</li> <li>100% orange juice</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>beef burger</li> <li>veggie burger</li> <li>whole grain bun</li> <li>baked potato fries</li> <li>ketchup &amp; mustard</li> <li>cantaloupe</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>jamaican jerk chicken strips</li> <li>jamaican jerk tofu</li> <li>yellow rice</li> <li>red beans</li> <li>fresh apple slices</li> </ul>
<b>12</b> <ul style="list-style-type: none"> <li>hot dog (sliced lengthwise)</li> <li>veggie burger</li> <li>whole grain bun</li> <li>steamed corn</li> <li>ketchup &amp; mustard</li> <li>chilled pears</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>roasted turkey</li> <li>brown gravy</li> <li>veggie chik'n nuggets</li> <li>vegetarian gravy</li> <li>cornbread muffin</li> <li>mashed potatoes</li> <li>orange wedges</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>pulled bbq chicken</li> <li>bbq tofu</li> <li>whole grain bun</li> <li>coleslaw</li> <li>fresh banana</li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>beef bolognese</li> <li>tofu bolognese</li> <li>rotini pasta</li> <li>parmesan butternut squash</li> <li>cantaloupe</li> </ul>	<b>16</b> no school
<b>19</b> no school	<b>20</b> <ul style="list-style-type: none"> <li>turkey ham &amp; cheddar melt</li> <li>grilled cheese</li> <li>steamed corn</li> <li>orange wedges</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>diced herb roasted chicken tender</li> <li>veggie chik'n nuggets</li> <li>mac &amp; cheese</li> <li>braised collard greens</li> <li>fresh banana</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>cheese pizza</li> <li>roasted cauliflower</li> <li>cantaloupe</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>sweet chili chicken</li> <li>sweet chili tofu</li> <li>brown rice</li> <li>asian broccoli</li> <li>fresh apple slices</li> </ul>
<b>26</b> <ul style="list-style-type: none"> <li>baked fish sticks</li> <li>whole grain roll</li> <li>sunbutter &amp; jelly sandwich</li> <li>sauteed green beans</li> <li>chilled pears</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>turkey meatballs &amp; tomato sauce</li> <li>tofu bolognese</li> <li>whole grain spaghetti</li> <li>cucumber coins</li> <li>ranch dressing</li> <li>orange wedges</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>chicken &amp; cheese quesadilla</li> <li>cheese quesadilla</li> <li>roasted tomato salsa</li> <li>sour cream</li> <li>fresh banana</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>beef shepherd's pie</li> <li>lentil shepherd's pie</li> <li>whole grain biscuit</li> <li>mashed potatoes</li> <li>cantaloupe</li> </ul>	<b>3/1</b> <ul style="list-style-type: none"> <li>chicken yassa</li> <li>veggie chik'n nuggets</li> <li>jollof rice</li> <li>honey cinnamon sweet potatoes</li> <li>fresh apple slices</li> </ul>





# February Snack Menu

## SNACK

What do the colors on the menu mean?

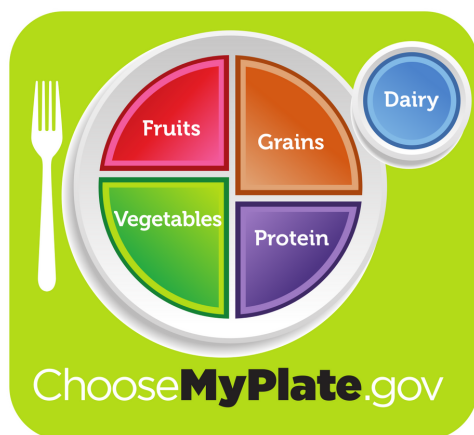
GREEN = locally-sourced

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>1/29</b> <ul style="list-style-type: none"> <li>cornbread muffin</li> <li>cheese stick</li> </ul>	<b>1/30</b> <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>cinnamon goldfish graham</li> </ul>	<b>1/31</b> <ul style="list-style-type: none"> <li>muffin top</li> <li>applesauce</li> </ul>	<b>2/1</b> <ul style="list-style-type: none"> <li>cheese stick</li> <li>red pepper strips</li> <li>ranch dressing</li> </ul>	<b>2/2</b> <ul style="list-style-type: none"> <li>cheez its</li> <li>chilled pineapple</li> </ul>
<b>5</b> <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>whole grain granola</li> </ul> 	<b>6</b> <ul style="list-style-type: none"> <li>cinnamon goldfish graham</li> <li>chilled peaches</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>cheez-its</li> <li>apple sauce</li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>cheese stick</li> <li>cucumber coins</li> <li>ranch dressing</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>muffin top</li> <li>chilled pears</li> </ul>
<b>12</b> <ul style="list-style-type: none"> <li>cornbread muffin</li> <li>cheese stick</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>cinnamon goldfish graham</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>muffin top</li> <li>applesauce</li> </ul> 	<b>15</b> <ul style="list-style-type: none"> <li>cheese stick</li> <li>red pepper strips</li> <li>ranch dressing</li> </ul>	<b>16</b> <b>no school</b>
<b>19</b> <b>no school</b>	<b>20</b> <ul style="list-style-type: none"> <li>cinnamon goldfish graham</li> <li>chilled peaches</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>cheez-its</li> <li>apple sauce</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>cheese stick</li> <li>cucumber coins</li> <li>ranch dressing</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>muffin top</li> <li>chilled pears</li> </ul>
<b>26</b> <ul style="list-style-type: none"> <li>cornbread muffin</li> <li>cheese stick</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>nonfat yogurt</li> <li>cinnamon goldfish graham</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>muffin top</li> <li>applesauce</li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>cheese stick</li> <li>red pepper strips</li> <li>ranch dressing</li> </ul>	<b>3/1</b> <ul style="list-style-type: none"> <li>cheez-its</li> <li>chilled pineapple</li> </ul>



# February Supper Menu

## DCPS SUPPER

What do the colors on the menu mean?

GREEN = locally-sourced

🌿 = vegetarian entree

All grains served are whole grain rich

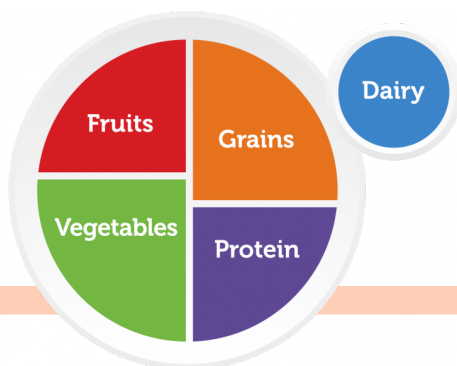
**Student's choice of skim or 1% milk  
provided at every meal.**

**Menu subject to change based on availability**

This institution is an equal opportunity provider

## DID YOU KNOW?

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1/29</b> <ul style="list-style-type: none"> <li>• southwest chicken wrap</li> <li>• <b>cucumber coins</b></li> <li>• honey lime dressing</li> <li>• fresh cantaloupe</li> </ul>	<b>1/30</b> <ul style="list-style-type: none"> <li>• turkey ham &amp; cheese on a whole grain bun</li> <li>• mustard &amp; mayo</li> <li>• <b>baby carrots</b></li> <li>• Italian dressing</li> <li>• 100% orange juice</li> </ul>	<b>1/31</b> <ul style="list-style-type: none"> <li>• herb roasted chicken tender</li> <li>• <b>local lettuce salad</b></li> <li>• whole grain roll</li> <li>• honey mustard dressing</li> <li>• <b>chilled applesauce</b></li> </ul>	<b>2/1</b> <ul style="list-style-type: none"> <li>• turkey club with lettuce &amp; tomato</li> <li>• red pepper strips</li> <li>• ranch dressing</li> <li>• mayo</li> <li>• orange wedges</li> </ul>	<b>2/2</b> <ul style="list-style-type: none"> <li>• tuna salad on whole grain bread</li> <li>• <b>lemon parmesan kale</b></li> <li>• fresh banana</li> </ul>
<b>5</b> <ul style="list-style-type: none"> <li>• buffalo chicken wrap</li> <li>• <b>cucumber coins</b></li> <li>• ranch dressing</li> <li>• fresh cantaloupe</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>• egg salad on a whole grain bun</li> <li>• <b>cauliflower florets</b></li> <li>• italian dressing</li> <li>• 100% orange juice</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>• pasta salad with parmesan &amp; chickpeas</li> <li>• <b>baby spinach salad</b></li> <li>• balsamic dressing</li> <li>• <b>chilled applesauce</b></li> </ul>	<b>8</b> <ul style="list-style-type: none"> <li>• chicken salad on whole grain bun</li> <li>• baby carrots</li> <li>• italian dressing</li> <li>• orange wedges</li> </ul>	<b>9</b> <ul style="list-style-type: none"> <li>• tuna &amp; macaroni salad</li> <li>• whole grain roll</li> <li>• <b>broccoli florets</b></li> <li>• asian dressing</li> <li>• fresh banana</li> </ul>
<b>12</b> <ul style="list-style-type: none"> <li>• cumin lime chicken wrap</li> <li>• romaine salad</li> <li>• low fat sour cream</li> <li>• fresh cantaloupe</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>• sunbutter &amp; jelly sandwich</li> <li>• <b>cucumber coins</b></li> <li>• balsamic dressing</li> <li>• 100% orange juice</li> </ul>	<b>14</b> <ul style="list-style-type: none"> <li>• cheesy mexican bean dip</li> <li>• whole grain corn tortilla chips</li> <li>• roasted tomato salsa</li> <li>• <b>chilled applesauce</b></li> </ul>	<b>15</b> <ul style="list-style-type: none"> <li>• chicken caesar wrap</li> <li>• snap peas</li> <li>• parmesan cream dressing</li> <li>• orange wedges</li> </ul>	<b>16</b> <b>no school</b>
<b>19</b> <b>no school</b>	<b>20</b> <ul style="list-style-type: none"> <li>• <b>teriyaki chicken</b></li> <li>• cold asian noodle salad with veggies</li> <li>• 100% orange juice</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>• turkey &amp; cheese on a whole grain bun</li> <li>• <b>baby carrots</b></li> <li>• ranch dressing</li> <li>• chilled applesauce</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>• orange wedges</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>• <b>curried chicken salad on a bun</b></li> <li>• <b>asian kale slaw</b></li> <li>• fresh banana</li> </ul>
<b>26</b> <ul style="list-style-type: none"> <li>• southwest chicken wrap</li> <li>• <b>cucumber coins</b></li> <li>• honey lime dressing</li> <li>• fresh cantaloupe</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>• turkey ham &amp; cheese on a whole grain bun</li> <li>• mustard &amp; mayo</li> <li>• <b>baby carrots</b></li> <li>• Italian dressing</li> <li>• 100% orange juice</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>• <b>herb roasted chicken tender</b></li> <li>• <b>local lettuce salad</b></li> <li>• whole grain roll</li> <li>• honey mustard dressing</li> <li>• <b>chilled applesauce</b></li> </ul>	<b>29</b> <ul style="list-style-type: none"> <li>• turkey club w/ lettuce &amp; tomato</li> <li>• red pepper strips</li> <li>• ranch dressing</li> <li>• mayo</li> <li>• orange wedges</li> </ul>	<b>3/1</b> <ul style="list-style-type: none"> <li>• tuna salad on whole grain bread</li> <li>• <b>lemon parmesan kale</b></li> <li>• banana</li> </ul>



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# February 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 - pear; Tues - orange; Wed - banana;  
Thurs - cantaloupe; Fri - apple

## 1/29 - 2/2 & 2/26 - 3/1 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

## 2/5 - 2/9 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

## 2/12 - 2/16 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

## 2/19- 2/23 PASTA BOWL

### + pick your base

- whole grain rotini

### +pick your protein

- herb roasted chicken tender
- chickpeas

### +pick your toppings

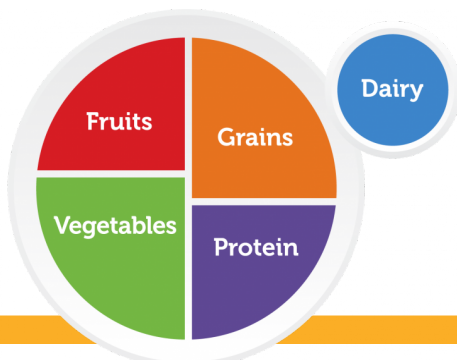
- steamed broccoli
- roasted red bell peppers
- roasted red potatoes
- roasted zucchini
- parmesan cheese
- mozzarella cheese

### +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!







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# February 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 - pear; Tues - orange; Wed - banana;  
Thurs - cantaloupe; Fri - apple

## 1/29 - 2/2 & 2/26 - 3/1 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

## 2/5 - 2/9 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

## 2/12 - 2/16 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

## 2/19 - 2/23 SOUTHWEST TACO

- + pick your base**
- romaine

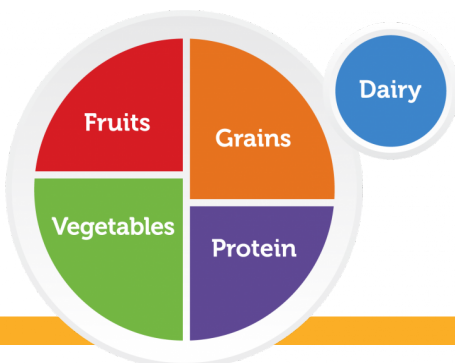
- +pick your protein**
- cumin line chicken
  - black beans

- +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!





SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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# February 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 - pear; Tues - orange; Wed - banana;  
Thurs - cantaloupe; Fri - apple

## 1/29 - 2/2 & 2/26 - 3/1 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

## 2/5 - 2/9 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

## 2/12 - 2/16 BBQ CHICKEN

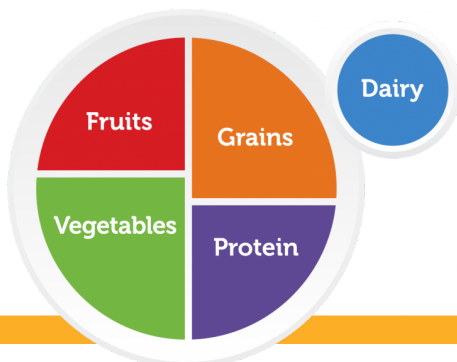
- + pick your base**
  - romaine
- +pick your protein**
  - bbq chicken
  - chickpeas
- +pick your toppings**
  - red onion
  - red pepper strips
  - corn
  - shredded cheddar cheese
  - whole grain croutons
  - whole grain roll
- +add your dressing**
  - honey mustard dressing

## 2/19 - 2/23 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!





SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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# February 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 - pear; Tues - orange; Wed - banana;  
Thurs - cantaloupe; Fri - apple

## 1/29 - 2/2 & 2/26 - 3/1 TURKEY CLUB

### turkey club

- whole grain bread
- sliced turkey
- turkey bacon
- lettuce & tomato

## 2/5 - 2/9 GRILLED CHEESE

### grilled cheese

- whole grain bread
- cheddar cheese

## 2/12 - 2/16 CHEESEBURGER

### cheeseburger

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

## 2/19 - 2/23 TURKEY MEATBALL SUB

### turkey meatball sub

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

## CREATING A BALANCED MEAL!

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

