




March 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



SCHOOL BREAKFAST WEEK



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 <ul style="list-style-type: none"> • nonfat yogurt • whole grain granola • fresh apple slices 	5 <ul style="list-style-type: none"> • blueberry chex cereal • graham crackers • fresh pear 	6 <ul style="list-style-type: none"> • pineapple carrot bread • fresh apple slices 	7 <ul style="list-style-type: none"> • whole grain biscuit • turkey sausage patty • veggie breakfast sausage patty  • fresh banana • 100% orange juice 	8 <ul style="list-style-type: none"> • buttermilk pancakes • scrambled eggs • butter • all-natural syrup • fresh cantaloupe
national school breakfast week				
11 <ul style="list-style-type: none"> • whole grain bagel • light cream cheese • jelly • fresh apple slices 	12 <ul style="list-style-type: none"> • brown sugar oatmeal • honey • fresh pear 	13 <ul style="list-style-type: none"> • honey cheerios • graham crackers • fresh orange wedges 	14 <p>no school</p>	15 <p>no school</p>
18 <ul style="list-style-type: none"> • nonfat yogurt • whole grain granola • fresh apple slices 	19 <ul style="list-style-type: none"> • turkey bacon & egg bake • scrambled eggs  • whole grain english muffin • jelly & butter • fresh pear 	20 <ul style="list-style-type: none"> • blueberry bread • fresh orange wedges 	21 <ul style="list-style-type: none"> • strawberries & cream oatmeal • honey • fresh banana • 100% orange juice 	22 <ul style="list-style-type: none"> • buttermilk pancakes • turkey sausage links • veggie breakfast sausage patty  • butter • all-natural syrup • cantaloupe
25 <ul style="list-style-type: none"> • cinnamon chex cereal • graham crackers • fresh apple slices 	26 <ul style="list-style-type: none"> • cheesy grits • scrambled eggs • turkey bacon • veggie breakfast sausage patty  • fresh pear 	27 <ul style="list-style-type: none"> • whole grain bagel • light cream cheese • jelly • fresh orange wedges 	28 <ul style="list-style-type: none"> • egg & cheese breakfast burrito • hot sauce • fresh banana • 100% orange juice 	29 <ul style="list-style-type: none"> • emoji waffles • turkey bacon • veggie breakfast sausage patty  • butter • all-natural syrup • cantaloupe
4/1 <ul style="list-style-type: none"> • nonfat yogurt • whole grain granola • fresh apple slices 	4/2 <ul style="list-style-type: none"> • blueberry chex cereal • graham crackers • fresh pear 	4/3 <ul style="list-style-type: none"> • pineapple carrot bread • fresh orange wedges 	4/4 <ul style="list-style-type: none"> • whole grain biscuit • turkey sausage patty • veggie breakfast sausage patty  • honey • fresh banana • 100% orange juice 	4/5 <p>no school</p>



March Breakfast Menu

BREAKFAST ECE

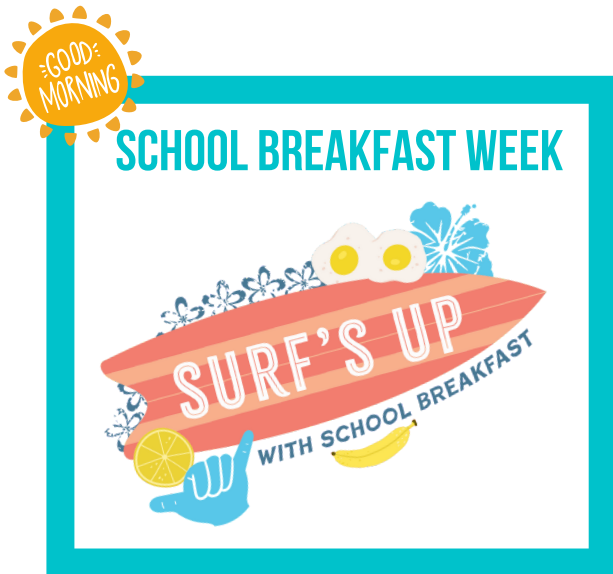
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4 <ul style="list-style-type: none"> • nonfat yogurt • fresh apple slices 	5 <ul style="list-style-type: none"> • blueberry chex cereal • chilled pears 	6 <ul style="list-style-type: none"> • pineapple carrot bread • fresh apple slices 	7 <ul style="list-style-type: none"> • whole grain biscuit • turkey sausage patty • veggie breakfast sausage patty • fresh banana 	8 <ul style="list-style-type: none"> • buttermilk pancakes • all-natural syrup • fresh cantaloupe
national school breakfast week				
11 <ul style="list-style-type: none"> • whole grain bagel • light cream cheese • jelly • fresh apple slices 	12 <ul style="list-style-type: none"> • brown sugar oatmeal • chilled pears 	13 <ul style="list-style-type: none"> • whole grain cheerios • fresh orange wedges 	14 no school	15 no school
18 <ul style="list-style-type: none"> • nonfat yogurt • fresh apple slices 	19 <ul style="list-style-type: none"> • turkey bacon & egg bake • scrambled eggs • whole grain toast • chilled pears 	20 <ul style="list-style-type: none"> • blueberry bread • fresh orange wedges 	21 <ul style="list-style-type: none"> • strawberries & cream yogurt • fresh banana 	22 <ul style="list-style-type: none"> • buttermilk pancakes • all-natural syrup • fresh cantaloupe
25 <ul style="list-style-type: none"> • cinnamon chex cereal • fresh apple slices 	26 <ul style="list-style-type: none"> • cheesy grits • scrambled eggs • chilled pears 	27 <ul style="list-style-type: none"> • whole grain bagel • light cream cheese • jelly • fresh orange wedges 	28 <ul style="list-style-type: none"> • egg & cheese breakfast burrito • fresh banana 	29 <ul style="list-style-type: none"> • emoji waffles • all-natural syrup • butter • fresh cantaloupe
4/1 <ul style="list-style-type: none"> • nonfat yogurt • fresh apple slices 	4/2 <ul style="list-style-type: none"> • blueberry chex cereal • chilled pears 	4/3 <ul style="list-style-type: none"> • pineapple carrot bread • fresh orange wedges 	4/4 <ul style="list-style-type: none"> • whole grain biscuit • turkey sausage patty • veggie breakfast sausage patty • fresh banana 	4/5 no school



March Lunch Menu

LUNCH 9-12

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.

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NATIONAL NUTRITION MONTH

March is National Nutrition Month!

This year we are celebrating by going Beyond the Table and highlighting local menu options.

local options



CHICKEN DRUMS
FISH
CABBAGE
BROCCOLI
CAULIFLOWER
PEARS
APPLES
CORN
SQUASH
POTATOES
KALE
COLLARD GREENS
GREEN BEANS
LETTUCE
GRANOLA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 <ul style="list-style-type: none">all beef hot dogveggie burger whole grain bunbbq baked beanssauteed cabbageketchup & mustardfresh pear	5 <ul style="list-style-type: none">cajun fish tacosbean & cheese tacos baja cream saucesteamed corntangy cilantro lime slawfresh orange wedges	6 <ul style="list-style-type: none">herb chicken drum veggie chik'n nuggets ketchupcornbread muffinbutternut squash pureeroasted cauliflowerfresh banana100% apple juice	7 <ul style="list-style-type: none">chicken alfredoveggie chik'n nugget alfredowhole grain pennesteamed broccolisteamed carrotsfresh cantaloupe	8 <ul style="list-style-type: none">grilled cheesesweet potato friessteamed green peasketchupfresh apple slices
11 <ul style="list-style-type: none">pepperoni pizzasunbutter & jelly sandwich mixed greens saladcucumber coinsranch dressingfresh pear	12 <ul style="list-style-type: none">beef & cheese nachosbean & cheese nachos southwest taco cornroasted tomato salsasour creamfresh orange wedges	13 <ul style="list-style-type: none">chicken stir fry super sesame tofu brown riceasian kale slawsteamed carrotsfresh banana100% apple juice	14 no school	15 no school
18 <ul style="list-style-type: none">beef burger veggie burger whole grain bunlettuce & tomatobuffalo cauliflowerketchup & mustardchilled pears	19 <ul style="list-style-type: none">cumin lime chicken tacoscheese quesadilla chili black beanssauteed peppers & onionssour creamfresh orange wedges	20 <ul style="list-style-type: none">buffalo chicken drum buffalo veggie chik'n mac & cheesewhole grain rollcinnamon roasted butternut squashbraised collard greensfresh banana100% apple juice	21 <ul style="list-style-type: none">turkey meatballsveggie chik'n nuggets mushroom bolognesewhole grain spaghettiwhole grain bread stickmixed greens saladitalian dressingfresh cantaloupe	22 <ul style="list-style-type: none">crispy fish sandwichgrilled cheese sauteed green beanspotato saladhot saucefresh apple slices
25 <ul style="list-style-type: none">pepperoni pizzasunbutter & jelly sandwich roasted broccolisteamed cornfresh pear	26 <ul style="list-style-type: none">beef & cheese tacos sofritas tacos chipotle pinto beansroasted tomato salsafresh orange wedges	27 <ul style="list-style-type: none">sweet chili chickensweet chili tofu brown riceglazed carrotsasian broccolifresh banana100% apple juice	28 <ul style="list-style-type: none">turkey sloppy joelentil sloppy joe whole grain bunsweet potato friesgarlic kaleketchupfresh cantaloupe	29 <ul style="list-style-type: none">crispy chicken tenderveggie chik'n nuggets whole grain rollmashed potatoessauteed green beansketchupfresh apple slices
4/1 <ul style="list-style-type: none">all beef hot dogveggie burger whole grain bunbbq baked beanssauteed cabbageketchup & mustardfresh pear	4/2 <ul style="list-style-type: none">cajun fish tacosbean & cheese tacos baja cream saucesteamed corntangy cilantro lime slawfresh orange wedges	4/3 <ul style="list-style-type: none">herb chicken drum veggie chik'n nuggets ketchupcornbread muffinbutternut squash pureeroasted cauliflowerfresh banana100% apple juice	4/4 <ul style="list-style-type: none">chicken alfredoveggie chik'n nugget alfredowhole grain pennesteamed broccolisteamed carrotsfresh cantaloupe	4/5 no school



March Lunch Menu

LUNCH K-8**What do the colors on the menu mean?****GREEN** = locally-sourced

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March Lunch Menu

LUNCH ECE

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COLLARD GREENS
GREEN BEANS
LETTUCE
GRANOLA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 <ul style="list-style-type: none">all beef hot dog (sliced lengthwise)veggie burger whole grain bunbbq baked beansketchup & mustardchilled pears	5 <ul style="list-style-type: none">cajun fish tacos bean & cheese tacos baja cream saucesteamed corn fresh orange wedges	6 <ul style="list-style-type: none">diced herb chicken drum veggie chik'n nuggets cornbread muffinroasted cauliflower ketchupfresh banana	7 <ul style="list-style-type: none">chicken alfredo veggie chik'n nugget alfredo whole grain pennesteamed broccoli fresh cantaloupe	8 <ul style="list-style-type: none">grilled cheesesweet potato fries ketchupfresh apple slices
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25 <ul style="list-style-type: none">cheese pizzaroasted broccoli chilled pears	26 <ul style="list-style-type: none">beef & cheese tacos sofritas tacos roasted tomato salsafresh orange wedges	27 <ul style="list-style-type: none">sweet chili chicken sweet chili tofu brown riceglazed carrots fresh banana	28 <ul style="list-style-type: none">turkey sloppy joe lentil sloppy joe whole grain bunsweet potato fries ketchupfresh cantaloupe	29 <ul style="list-style-type: none">diced crispy chicken tender veggie chik'n nuggets whole grain rollmashed potatoes ketchupfresh apple slices
4/1 <ul style="list-style-type: none">all beef hot dog (sliced lengthwise)veggie burger whole grain bunbbq baked beansketchup & mustardchilled pears	4/2 <ul style="list-style-type: none">cajun fish tacos bean & cheese tacos baja cream saucechili black beanssteamed corn fresh orange wedges	4/3 <ul style="list-style-type: none">diced herb chicken drum veggie chik'n nuggets cornbread muffinroasted cauliflower ketchupfresh banana	4/4 <ul style="list-style-type: none">chicken alfredo veggie chik'n nugget alfredo whole grain pennesteamed broccoli fresh cantaloupe	4/5 no school



March Snack Menu

SNACK

What do the colors on the menu mean?

GREEN = locally-sourced

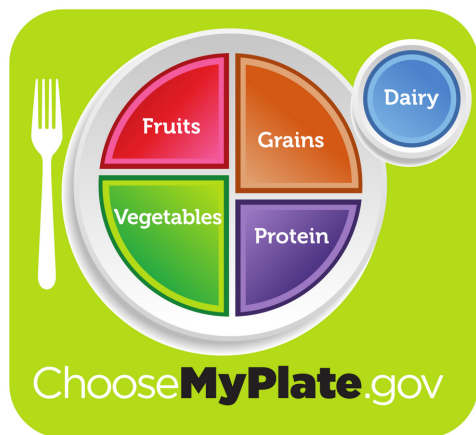
🌱 = vegetarian entree

All grains served are whole grain rich


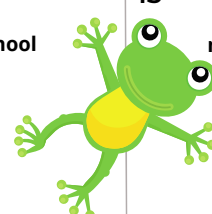

Student's choice of skim or 1% milk provided at every meal.

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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
4 <ul style="list-style-type: none"> • cheez-its • cheese stick 	5 <ul style="list-style-type: none"> • nonfat yogurt • whole grain granola 	6 <ul style="list-style-type: none"> • cinnamon goldfish graham • applesauce 	7 <ul style="list-style-type: none"> • cheese stick • cucumber coins • ranch dressing 	8 <ul style="list-style-type: none"> • cornbread muffin • chilled pineapple
11 <ul style="list-style-type: none"> • nonfat yogurt • whole grain granola 	12 <ul style="list-style-type: none"> • muffin top • cheese stick 	13 <ul style="list-style-type: none"> • cinnamon goldfish graham • chilled pears 	14 <p>no school</p> 	15 <p>no school</p>
18 <ul style="list-style-type: none"> • cheez-its • cheese stick 	19 <ul style="list-style-type: none"> • nonfat yogurt • whole grain granola 	20 <ul style="list-style-type: none"> • cinnamon goldfish graham • applesauce 	21 <ul style="list-style-type: none"> • cheese stick • cucumber coins • ranch dressing 	22 <ul style="list-style-type: none"> • cornbread muffin • chilled pineapple
25 <ul style="list-style-type: none"> • nonfat yogurt • whole grain granola 	26 <ul style="list-style-type: none"> • muffin top • cheese stick 	27 <ul style="list-style-type: none"> • cinnamon goldfish graham • chilled pears 	28 <ul style="list-style-type: none"> • red pepper slices • ranch dressing • cheez-its 	29 <ul style="list-style-type: none"> • pretzel goldfish • canned peaches
4/1 <ul style="list-style-type: none"> • cheez-its • cheese stick 	4/2 <ul style="list-style-type: none"> • nonfat yogurt • whole grain granola 	4/3 <ul style="list-style-type: none"> • cinnamon goldfish graham • applesauce 	4/4 <ul style="list-style-type: none"> • cheese stick • cucumber coins • ranch dressing 	4/5 <p>no school</p>



March Supper Menu

DCPS SUPPER

What do the colors on the menu mean?

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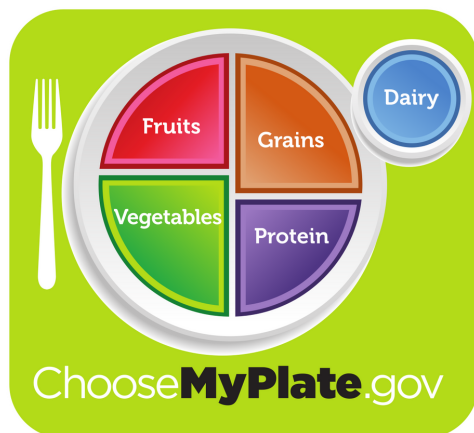
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 <ul style="list-style-type: none"> • southwest chicken wrap • cucumber coins • honey lime dressing • fresh cantaloupe 	5 <ul style="list-style-type: none"> • chicken salad on whole grain bun • broccoli florets • ranch dressing • 100% apple juice 	6 <ul style="list-style-type: none"> • pasta salad with parmesan & chickpeas • baby spinach salad • balsamic dressing • applesauce 	7 <ul style="list-style-type: none"> • hummus dip • whole grain flatbread squares • cucumber coins • fresh orange wedges 	8 <ul style="list-style-type: none"> • cumin lime chicken wrap • shredded romaine salad • sour cream • fresh banana
11 <ul style="list-style-type: none"> • herb roasted chicken wrap • snap peas • parmesan cream dressing • fresh cantaloupe 	12 <ul style="list-style-type: none"> • turkey club with lettuce & tomato on a whole grain hoagie • red pepper strips • ranch dressing • mayo • 100% apple juice 	13 <ul style="list-style-type: none"> • egg salad on whole grain bun • cucumber coins • balsamic dressing • applesauce 	14 no school 	15 no school
18 <ul style="list-style-type: none"> • turkey ham & cheese sandwich • fresh cantaloupe 	19 build your own pizza <ul style="list-style-type: none"> • whole grain flatbread • shredded mozzarella cheese • house tomato sauce • 100% apple juice 	20 <ul style="list-style-type: none"> • cheesy mexican bean dip • whole grain corn tortilla chips • roasted tomato salsa • applesauce 	21 <ul style="list-style-type: none"> • herb roasted chicken tender • whole grain roll • lettuce salad • italian dressing • fresh orange wedges 	22 <ul style="list-style-type: none"> • curried chicken salad on a bun • asian kale slaw • fresh banana
25 <ul style="list-style-type: none"> • turkey ham & cheese hoagie • baby carrots • ranch dressing • fresh cantaloupe 	26 <ul style="list-style-type: none"> • cobb salad w/ diced turkey ham • whole grain roll • italian dressing • 100% apple juice 	27 <ul style="list-style-type: none"> • sunbutter & jelly sandwich • cucumber coins • honey mustard dressing • applesauce 	28 <ul style="list-style-type: none"> • buffalo chicken wrap • baby carrots • ranch dressing • fresh orange wedges 	29 <ul style="list-style-type: none"> • tuna salad on whole grain bun • lemon parmesan kale • fresh banana
4/1 <ul style="list-style-type: none"> • southwest chicken wrap • cucumber coins • honey lime dressing • fresh cantaloupe 	4/2 <ul style="list-style-type: none"> • chicken salad on whole grain bun • broccoli florets • ranch dressing • 100% apple juice 	4/3 <ul style="list-style-type: none"> • pasta salad with parmesan & chickpeas • baby spinach salad • balsamic dressing • applesauce 	4/4 <ul style="list-style-type: none"> • hummus dip • whole grain flatbread squares • cucumber coins • fresh orange wedges 	4/5 no school



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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March 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

03/04 - 03/08 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

03/11 - 03/15 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

03/18- 03/22 PASTA BOWL

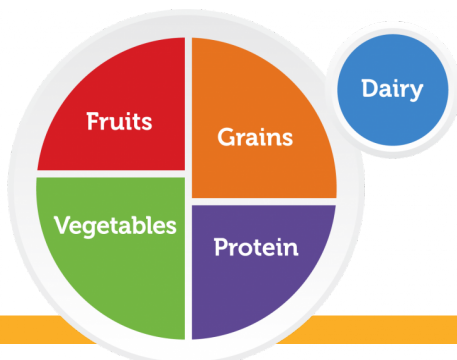
- + pick your base**
 - whole grain rotini
- +pick your protein**
 - herb roasted chicken tender
 - chickpeas
- +pick your toppings**
 - steamed broccoli
 - roasted red bell peppers
 - roasted red potatoes
 - roasted zucchini
 - parmesan cheese
 - mozzarella cheese
- +add your sauce**
 - tomato sauce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

03/25 - 03/29 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
 - sauteed peppers & onions
 - corn
 - black beans
- +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!





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March Salad Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

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Mon - pear; Tues - orange; Wed - banana;
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03/04 - 03/08 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

03/11 - 03/15 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

03/18 - 03/22 SOUTHWEST TACO

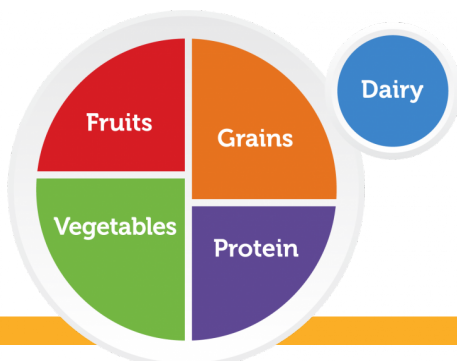
- + pick your base**
 - romaine
- +pick your protein**
 - cumin line chicken
 - black beans
- +pick your toppings**
 - cherry tomatoes
 - corn
 - red onion
 - shredded cheddar cheese
 - whole grain tortilla chips
 - whole grain roll
- +add your dressing**
 - honey lime dressing

03/25 - 03/29 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

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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March 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

03/04 - 03/08 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

03/11 - 03/15 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

03/18- 03/22 SOUTHWEST TACO

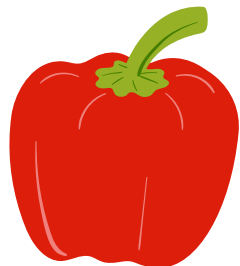
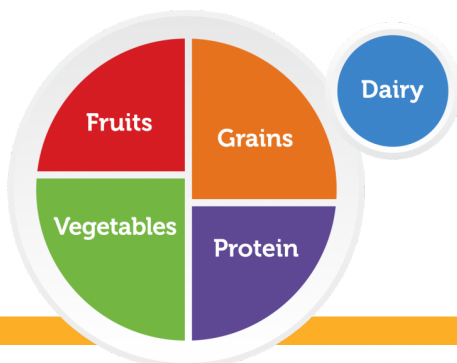
- + pick your base**
 - romaine
- +pick your protein**
 - cumin line chicken
 - black beans
- +pick your toppings**
 - cherry tomatoes
 - corn
 - red onion
 - shredded cheddar cheese
 - whole grain tortilla chips
 - whole grain roll
- +add your dressing**
 - honey lime dressing

03/25 - 03/29 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

CREATING A BALANCED MEAL!

For a balanced meal, remember to
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from my plate!





SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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March 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

03/04 - 03/08 BUFFALO CHICKEN SANDWICH

buffalo chicken sandwich

- whole grain bun
- buffalo chicken patty

03/11 - 03/15 GRILLED CHEESE

grilled cheese

- whole grain bread
- cheddar cheese

03/18 - 03/22 CHEESEBURGER

cheeseburger

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

03/25 - 03/29 TURKEY CLUB

turkey club

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

CREATING A BALANCED MEAL!

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

