



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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Febrero Menu de Desayuno

BREAKFAST 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

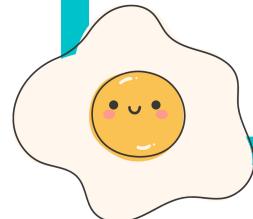
Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

FRESH FEATURE

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.



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
1/29 <ul style="list-style-type: none"> yogur granola integral manzana fresca 	1/30 <ul style="list-style-type: none"> pan integral chorizo de pavo chorizo vegetariano miel pera fresca 	1/31 <ul style="list-style-type: none"> cereales "chex" canela galletas naranja fresca 	2/1 <ul style="list-style-type: none"> pan de piña y zanahoria banano fresco jugo de naranja 	2/2 <ul style="list-style-type: none"> panqueques huevos revueltos mantequilla jarabe natural melon
5 <ul style="list-style-type: none"> bagel integral queso crema mermelada manzana fresca 	6 <ul style="list-style-type: none"> avena de azucar moreno miel pera fresca 	7 <ul style="list-style-type: none"> huevos revueltos tocino de pavo chorizo vegetariano pan integral mermelada mantequilla naranja fresca 	8 <ul style="list-style-type: none"> parfait de manzana granola integral banano fresco 	9 <ul style="list-style-type: none"> waffles de emoji chorizo de pavo chorizo vegetariano mantequilla jarabe natural melon
12 <ul style="list-style-type: none"> cereales "mini wheats" palito de queso manzana fresca 	13 <ul style="list-style-type: none"> huevo con tocino huevos revueltos pan integral mermelada mantequilla pera fresca 	14 <ul style="list-style-type: none"> pan de manzana y canela pera fresca 	15 <ul style="list-style-type: none"> bagel integral queso crema mermelada banano fresco jugo de naranja 	16 no school
19 no school	20 <ul style="list-style-type: none"> huevos revueltos chorizo de pavo chorizo vegetariano pan integral tostado mermelada mantequilla fresh pear 	21 <ul style="list-style-type: none"> cereales "frosted flakes" galletas naranja fresca 	22 <ul style="list-style-type: none"> burrito de huevo con queso y tocino burrito de huevo y queso salsa picante banana fresco jugo de naranja 	23 <ul style="list-style-type: none"> avena de calabaza y especies miel melon
26 <ul style="list-style-type: none"> yogur granola integral manzana fresca 	27 <ul style="list-style-type: none"> pan integral chorizo de pavo chorizo vegetariano miel pera fresca 	28 <ul style="list-style-type: none"> pan de piña y zanahoria pera fresca 	29 <ul style="list-style-type: none"> cereales "chex" canela galletas banano fresco jugo de naranja 	3/1 <ul style="list-style-type: none"> panqueques huevos revueltos mantequilla jarabe natural melon



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Febrero Menu de Desayuno

BREAKFAST ECE

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 = vegetarian entree

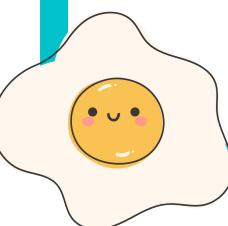
All grains served are whole grain rich
 Student's choice of skim or 1% milk
 provided at every meal.

Menu subject to change based on availability

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FRESH FEATURE

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.



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
1/29 • yogur • manzana fresca	1/30 • pan integral • chorizo de pavo • chorizo vegetariano • miel • pera fresca	1/31 • cereales "chex" canela • naranja fresca	2/1 • pan de piña y zanahoria • banana fresco • jugo de naranja	2/2 • panqueques • jarabe natural • melon
5 • bagel integral • queso crema • mermelada • manzana fresca	6 • avena de azucar moreno • miel • pera fresca	7 • huevos revueltos • pan integral • mermelada • mantequilla • naranja fresca	8 • parfait de manzana • granola integral • banana fresco	9 • waffles de emoji • jarabe natural • melon
12 • cereales "mini wheats" • manzana fresca	13 • huevo con tocino • huevos revueltos • pan integral • pera fresca	14 • pan de manzana y canela • naranja fresca	15 • bagel integral • queso crema • mermelada • banana fresco • jugo de naranja	16 no school
19 no school	20 • huevos revueltos • pan integral tostado • mermelada • mantequilla • fresh pear	21 • cereales "frosted flakes" • naranja fresca	22 • burrito de huevo con queso y tocino • burrito de huevo y queso • salsa picante • banana fresco • jugo de naranja	23 • avena de calabaza y especies • melon
26 • yogur • manzana fresca	27 • pan integral • chorizo de pavo • chorizo vegetariano • miel • pera fresca	28 • pan de piña y zanahoria • naranja fresca	29 • cereales "chex" canela • banana fresco • jugo de naranja	3/1 • panqueques • jarabe natural • melon



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Febrero Menu de Merienda

SNACK

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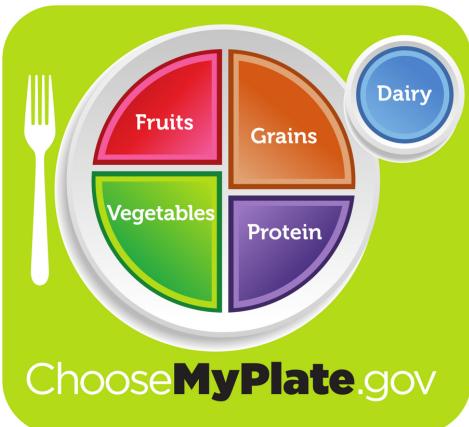
= vegetarian entree

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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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.

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
1/29 <ul style="list-style-type: none">• pan de maiz• palito de queso	1/30 <ul style="list-style-type: none">• yogur• galletas de canela	1/31 <ul style="list-style-type: none">• muffin• puree de manzana	2/1 <ul style="list-style-type: none">• palito de queso• chile dulce• aderezo ranch	2/2 <ul style="list-style-type: none">• palito de queso• piña
5 <ul style="list-style-type: none">• yogurt• granola 	6 <ul style="list-style-type: none">• galletas de canela• durazno	7 <ul style="list-style-type: none">• galletas cheez-its• puree de manzana	8 <ul style="list-style-type: none">• palito de queso• pepino• aderezo ranch	9 <ul style="list-style-type: none">• muffin• pera
12 <ul style="list-style-type: none">• pan de maiz• palito de queso	13 <ul style="list-style-type: none">• yogur• galletas de canela	14 <ul style="list-style-type: none">• muffin• puree de manzana 	15 <ul style="list-style-type: none">• palito de queso• chile dulce• aderezo ranch	16 no school
19 no school	20 <ul style="list-style-type: none">• galletas de canela• durazno	21 <ul style="list-style-type: none">• galletas cheez-its• puree de manzana	22 <ul style="list-style-type: none">• palito de queso• pepino• aderezo ranch	23 <ul style="list-style-type: none">• muffin• pera
26 <ul style="list-style-type: none">• pan de maiz• palito de queso	27 <ul style="list-style-type: none">• yogur• galletas de canela	28 <ul style="list-style-type: none">• muffin• puree de manzana	29 <ul style="list-style-type: none">• palito de queso• chile dulce• aderezo ranch	3/1 <ul style="list-style-type: none">• palito de queso• piña



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Febrero Menu de Cena

DCPS SUPPER

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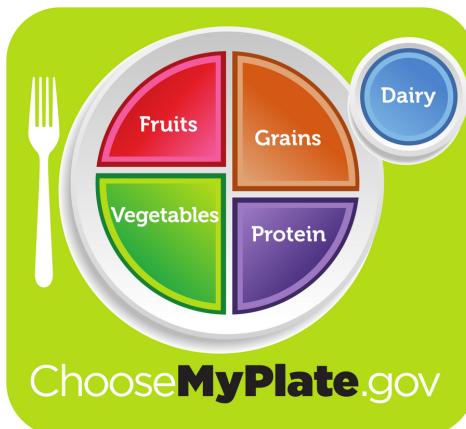
= vegetarian entree

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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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.

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
1/29 <ul style="list-style-type: none"> wrap de pollo aderezo de miel y limon melon 	1/30 <ul style="list-style-type: none"> sandwich de pavo y queso mostaza y mayonesa aderezo italiano jugo de naranja 100% 	1/31 <ul style="list-style-type: none"> pan integral aderezo de mostaza y miel 	2/1 <ul style="list-style-type: none"> sandwich de pavo y tocino de pavo con lechuga y tomate chile dulce aderezo ranch mayonesa gojas de naranja 	2/2 <ul style="list-style-type: none"> sandwich de ensalada de atun col rizada con limon y queso parmesano banano fresco
5 <ul style="list-style-type: none"> wrap de pollo buffalo aderezo ranch melon 	6 <ul style="list-style-type: none"> ensalada de huevo en pan integral zanahoria bebe aderezo italiano jugo de naranja 100% 	7 <ul style="list-style-type: none"> ensalada de pasta con garbanzos y queso parmesano aderezo balsamico 	8 <ul style="list-style-type: none"> sandwich de ensalada de pollo coliflor aderezo italiano gojas de naranja 	9 <ul style="list-style-type: none"> ensalada de macarrones y atun pan integral aderezo asiatico banano
12 <ul style="list-style-type: none"> ensalada lechuga crema agria melon 	13 <ul style="list-style-type: none"> sandwich de sunbutter y mermelada aderezo balsamico jugo de naranja 100% 	14 <ul style="list-style-type: none"> frijoles licuados totopos de maiz salsa de tomate 	15 <ul style="list-style-type: none"> wrap de pollo arvejas aderezo de queso parmesano gojas de naranja 	16 no school
19 no school	20 <ul style="list-style-type: none"> ensalada de fideos con vegetales jugo de naranja 	21 <ul style="list-style-type: none"> sandwich de pavo y queso aderezo ranch 	22 <ul style="list-style-type: none"> hummus pan integral gojas de naranja 	23 <ul style="list-style-type: none"> sandwich de ensalada de pollo ensalada de col rizada banano
26 <ul style="list-style-type: none"> wrap de pollo aderezo de miel y limon melon 	27 <ul style="list-style-type: none"> sandwich de pavo y queso mostaza y mayonesa aderezo italiano jugo de naranja 100% 	28 <ul style="list-style-type: none"> pan integral aderezo de mostaza y miel 	29 <ul style="list-style-type: none"> sandwich de pavo y tocino de pavo con lechuga y tomate chile dulce aderezo ranch mayonesa gojas de naranja 	3/1 <ul style="list-style-type: none"> sandwich de ensalada de atun col rizada con limon y queso parmesano banano fresco