




May Breakfast Menu

K-12 BREAKFAST

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











NEW MENU ITEM

Please welcome

 **cheesy grits**

These locally sourced, stone ground grits will bring a savory twist to our breakfast menu!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/29 <ul style="list-style-type: none"> nonfat yogurt whole grain granola fresh apple slices 	4/30 <ul style="list-style-type: none"> blueberry chex graham crackers fresh pear 	1 <ul style="list-style-type: none"> pineapple carrot bread fresh orange 	2 <ul style="list-style-type: none"> whole grain biscuit turkey sausage patty veggie breakfast sausage patty  honey fresh banana 100% orange juice 	3 <ul style="list-style-type: none"> buttermilk pancakes scrambled eggs butter all-natural syrup fresh cantaloupe
6 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh apple slices 	7 <ul style="list-style-type: none"> brown sugar oatmeal honey fresh pear 	8 <ul style="list-style-type: none"> honey cheerios graham crackers fresh orange 	9 <ul style="list-style-type: none"> strawberry parfait whole grain granola fresh banana 	10 <ul style="list-style-type: none"> french toast sticks turkey sausage links veggie breakfast sausage patty  all-natural syrup fresh cantaloupe
13 <ul style="list-style-type: none"> nonfat yogurt whole grain granola fresh apple slices 	14 <ul style="list-style-type: none"> turkey bacon & egg bake scrambled eggs  english muffin fresh pear 	15 <ul style="list-style-type: none"> blueberry bread fresh orange 	16 <ul style="list-style-type: none"> strawberry oatmeal honey fresh banana 100% orange juice 	17 <ul style="list-style-type: none"> buttermilk pancakes turkey sausage patty veggie sausage patty  butter all-natural syrup fresh cantaloupe
20 <ul style="list-style-type: none"> cinnamon rice chex cereal graham crackers fresh apple slices 	21 <ul style="list-style-type: none"> cheesy grits  scrambled eggs turkey bacon veggie breakfast sausage patty  jelly & butter fresh pear 	22 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh orange 	23 <ul style="list-style-type: none"> egg & cheese breakfast burrito hot sauce fresh banana 100% orange juice 	24 <ul style="list-style-type: none"> emoji waffles turkey bacon veggie breakfast sausage patty  scrambled eggs butter all-natural syrup fresh cantaloupe
27 <p>no school</p>	28 <ul style="list-style-type: none"> blueberry chex graham crackers fresh pear 	29 <ul style="list-style-type: none"> pineapple carrot bread fresh orange 	30 <ul style="list-style-type: none"> whole grain biscuit turkey sausage patty veggie breakfast sausage patty  honey fresh banana 100% orange juice 	31 <ul style="list-style-type: none"> buttermilk pancakes scrambled eggs turkey sausage patty veggie sausage patty  butter all-natural syrup fresh cantaloupe



May Breakfast Menu

BREAKFAST ECE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/29 <ul style="list-style-type: none"> • nonfat yogurt • fresh apple slices 	4/30 <ul style="list-style-type: none"> • blueberry chex cereal • chilled pears 	1 <ul style="list-style-type: none"> • pineapple carrot bread • fresh orange wedges 	2 <ul style="list-style-type: none"> • whole grain biscuit • turkey sausage patty • veggie breakfast sausage patty • fresh banana 	3 <ul style="list-style-type: none"> • buttermilk pancakes • all-natural syrup • fresh cantaloupe
6 <ul style="list-style-type: none"> • whole grain bagel • light cream cheese • jelly • fresh apple slices 	7 <ul style="list-style-type: none"> • brown sugar oatmeal • chilled pears 	8 <ul style="list-style-type: none"> • whole grain cheerios • fresh orange wedges 	9 <ul style="list-style-type: none"> • strawberry parfait • whole grain granola • fresh banana 	10 <ul style="list-style-type: none"> • french toast sticks • all-natural syrup • fresh cantaloupe
13 <ul style="list-style-type: none"> • nonfat yogurt • fresh apple slices 	14 <ul style="list-style-type: none"> • turkey bacon & egg bake • scrambled eggs • whole grain toast • chilled pears 	15 <ul style="list-style-type: none"> • blueberry bread • fresh orange wedges 	16 <ul style="list-style-type: none"> • strawberry oatmeal • fresh banana 	17 <ul style="list-style-type: none"> • buttermilk pancakes • all-natural syrup • fresh cantaloupe
20 <ul style="list-style-type: none"> • cinnamon chex cereal • fresh apple slices 	21 <ul style="list-style-type: none"> • cheesy grits • scrambled eggs • chilled pears 	22 <ul style="list-style-type: none"> • whole grain bagel • light cream cheese • jelly • fresh orange wedges 	23 <ul style="list-style-type: none"> • egg & cheese breakfast burrito • fresh banana 	24 <ul style="list-style-type: none"> • emoji waffles • all-natural syrup • butter • fresh cantaloupe
27 <p>no school</p>	28 <ul style="list-style-type: none"> • blueberry chex cereal • chilled pears 	29 <ul style="list-style-type: none"> • pineapple carrot bread • fresh orange wedges 	30 <ul style="list-style-type: none"> • whole grain biscuit • turkey sausage patty • veggie breakfast sausage patty • fresh banana 	31 <ul style="list-style-type: none"> • buttermilk pancakes • all-natural syrup • fresh cantaloupe

NEW MENU ITEM

Please welcome



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May Lunch Menu

LUNCH 9-12

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CELEBRATE THE LANGUAGE LEARNERS FESTIVAL!

Sample flavors from **Sudan** & **Egypt** on May 29th to celebrate the Arabic Language



Sample flavors from **Panama**, **Guatemala**, & **Costa Rica** on May 30th to celebrate the Spanish Language



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/29 <ul style="list-style-type: none"> all beef hot dog veggie burger whole grain bun bbq baked beans sauteed cabbage ketchup & mustard fresh pear 	4/30 <ul style="list-style-type: none"> cajun fish tacos bean & cheese tacos baja cream sauce steamed corn tangy cilantro lime slaw fresh orange wedges 	1 <ul style="list-style-type: none"> herb chicken drum veggie chik'n nuggets ketchup cornbread muffin butternut squash puree roasted cauliflower fresh banana 100% grape juice 	2 <ul style="list-style-type: none"> chicken alfredo veggie chik'n nugget alfredo whole grain penne roasted broccoli steamed carrots fresh cantaloupe 	3 <ul style="list-style-type: none"> grilled cheese sweet potato fries steamed green peas ketchup fresh apple slices
6 <ul style="list-style-type: none"> pepperoni pizza sunbutter & jelly sandwich mixed greens salad cucumber coins ranch dressing fresh pear 	7 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn roasted tomato salsa sour cream fresh orange wedges 	8. <ul style="list-style-type: none"> chicken stir fry super sesame tofu brown rice asian kale slaw steamed carrots fresh banana 100% grape juice 	9 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun jazzy black eyed peas coleslaw fresh cantaloupe 	10 <p>breakfast for lunch!</p> <ul style="list-style-type: none"> scrambled eggs whole grain waffles sauteed spinach sweet potato hash all-natural syrup hot sauce fresh apple slices
13 <ul style="list-style-type: none"> beef burger veggie burger whole grain bun lettuce & tomato buffalo cauliflower ketchup & mustard fresh pear 	14 <ul style="list-style-type: none"> cumin lime chicken tacos cheese quesdilla chili black beans sauteed peppers & onions sour cream fresh orange wedges 	15 <ul style="list-style-type: none"> buffalo chicken drum buffalo veggie chik'n mac & cheese whole grain roll cinnamon roasted butternut squash braised collard greens fresh banana 100% grape juice 	16 <ul style="list-style-type: none"> turkey meatballs veggie chik'n nuggets mushroom bolognese whole grain spaghetti whole grain bread stick mixed greens salad italian dressing fresh cantaloupe 	17 <ul style="list-style-type: none"> crispy fish sandwich grilled cheese sauteed green beans potato salad hot sauce tartar sauce fresh apple slices
20 <ul style="list-style-type: none"> pepperoni pizza sunbutter & jelly sandwich roasted broccoli steamed corn fresh pear 	21 <ul style="list-style-type: none"> beef & cheese tacos sofritas tacos chipotle pinto beans roasted tomato salsa fresh orange wedges 	22 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice glazed carrots asian broccoli fresh banana 100% grape juice 	23 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun sweet potato fries garlic kale ketchup fresh cantaloupe 	24 <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets whole grain roll mashed potatoes sauteed green beans ketchup fresh apple slices
27 <p>no school</p>	28 <ul style="list-style-type: none"> all beef hot dog veggie burger whole grain bun bbq baked beans sauteed cabbage ketchup & mustard fresh orange wedges 	29 <ul style="list-style-type: none"> macarona bechamel lentil macarona bechamel tomato & cucumber salad sauteed green beans fresh banana 100% grape juice 	30 <ul style="list-style-type: none"> cumin lime chicken veggie chik'n nuggets cilantro lime rice oven-baked plantains chili black beans tomato salsa sour cream fresh cantaloupe 	31 <ul style="list-style-type: none"> grilled cheese sweet potato fries steamed green peas ketchup fresh apple slices

IHOLA!



May Lunch Menu

LUNCH K-8

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6 <ul style="list-style-type: none"> cheese pizza mixed greens salad cucumber coins ranch dressing fresh pear 	7 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn roasted tomato salsa sour cream fresh orange wedges 	8 <ul style="list-style-type: none"> chicken stir fry super sesame tofu brown rice asian kale slaw steamed carrots fresh banana 	9 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun jazzy black eyed peas coleslaw fresh cantaloupe 	10 <p>breakfast for lunch!</p> <ul style="list-style-type: none"> scrambled eggs whole grain waffles sauteed spinach sweet potato hash all-natural syrup hot sauce fresh apple slices
13 <ul style="list-style-type: none"> beef burger veggie burger whole grain bun lettuce & tomato buffalo cauliflower ketchup & mustard fresh pear 	14 <ul style="list-style-type: none"> cumin lime chicken tacos cheese quesadilla chili black beans sauteed peppers & onions sour cream fresh orange wedges 	15 <ul style="list-style-type: none"> buffalo chicken drum buffalo veggie chik'n mac & cheese whole grain roll cinnamon roasted butternut squash braised collard greens fresh banana 	16 <ul style="list-style-type: none"> turkey meatballs veggie chik'n nuggets mushroom bolognese whole grain spaghetti mixed greens salad italian dressing fresh cantaloupe 	17 <ul style="list-style-type: none"> crispy fish sandwich grilled cheese sauteed green beans potato salad hot sauce tartar sauce fresh apple slices
20 <ul style="list-style-type: none"> cheese pizza roasted broccoli steamed corn fresh pear 	21 <ul style="list-style-type: none"> beef & cheese tacos sofritas tacos chipotle pinto beans roasted tomato salsa fresh orange wedges 	22 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice glazed carrots asian broccoli fresh banana 	23 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun sweet potato fries garlic kale ketchup fresh cantaloupe 	24 <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets whole grain roll mashed potatoes sauteed green beans ketchup fresh apple slices
27 <p>no school</p>	28 <ul style="list-style-type: none"> all beef hot dog veggie burger whole grain bun bbq baked beans sauteed cabbage ketchup & mustard fresh orange wedges 	29 <ul style="list-style-type: none"> macarona bechamel lentil macarona bechamel tomato & cucumber salad sauteed green beans fresh banana 	30 <ul style="list-style-type: none"> cumin lime chicken veggie chik'n nuggets cilantro lime rice oven-baked plantains chili black beans tomato salsa sour cream fresh cantaloupe 	31 <ul style="list-style-type: none"> grilled cheese sweet potato fries steamed green peas ketchup fresh apple slices



May Lunch Menu

LUNCH ECE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/29 <ul style="list-style-type: none"> all beef hot dog (sliced lengthwise) veggie burger whole grain bun bbq baked beans ketchup & mustard chilled pears 	4/30 <ul style="list-style-type: none"> cajun fish tacos bean & cheese tacos baja cream sauce steamed corn fresh orange wedges 	1 <ul style="list-style-type: none"> diced herb chicken drum veggie chik'n nuggets cornbread muffin roasted cauliflower ketchup fresh banana 	2 <ul style="list-style-type: none"> chicken alfredo veggie chik'n nugget alfredo whole grain penne roasted broccoli fresh cantaloupe 	3 <ul style="list-style-type: none"> grilled cheese sweet potato fries ketchup fresh apple slices <p>SCHOOL LUNCH HERO DAY</p>
6 <ul style="list-style-type: none"> cheese pizza steamed green peas chilled pears 	7 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn sour cream fresh orange wedges 	8 <ul style="list-style-type: none"> chicken stir fry super sesame tofu brown rice steamed carrots fresh banana <p>HAWAII HERITAGE MONTH</p>	9 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun jazy black eyed peas fresh cantaloupe 	10 <p>breakfast for lunch!</p> <ul style="list-style-type: none"> scrambled eggs whole grain waffles sweet potato hash all-natural syrup fresh apple slices
13 <ul style="list-style-type: none"> beef burger veggie burger whole grain bun roasted cauliflower ketchup & mustard chilled pears 	14 <ul style="list-style-type: none"> cumin lime chicken tacos cheese quesadilla sauteed peppers & onions sour cream fresh orange wedges 	15 <ul style="list-style-type: none"> diced bbq chicken tender bbq veggie chik'n nuggets mac & cheese whole grain roll cinnamon roasted butternut squash fresh banana 	16 <ul style="list-style-type: none"> turkey meatballs veggie chik'n nuggets whole grain spaghetti mushroom bolognese fresh cantaloupe 	17 <ul style="list-style-type: none"> crispy fish sandwich grilled cheese sauteed green beans fresh apple slices
20 <ul style="list-style-type: none"> cheese pizza roasted broccoli chilled pears 	21 <ul style="list-style-type: none"> beef & cheese tacos sofritas tacos roasted tomato salsa fresh orange wedges 	22 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice glazed carrots fresh banana 	23 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun sweet potato fries ketchup fresh cantaloupe 	24 <ul style="list-style-type: none"> diced crispy chicken tender veggie chik'n nuggets whole grain roll mashed potatoes ketchup fresh apple slices
27 <p>no school</p>	28 <ul style="list-style-type: none"> all beef hot dog (sliced lengthwise) veggie burger whole grain bun bbq baked beans ketchup & mustard fresh orange wedges 	29 <ul style="list-style-type: none"> macarona bechamel lentil macarona bechamel sauteed green beans fresh banana <p>ISRAELI HERITAGE MONTH</p>	30 <p>IHOLAI</p> <ul style="list-style-type: none"> diced cumin lime chicken veggie chik'n nuggets cilantro lime rice oven-baked plantains chili black beans sour cream fresh cantaloupe 	31 <ul style="list-style-type: none"> grilled cheese steamed green peas ketchup fresh apple slices



May Snack Menu

SNACK

What do the colors on the menu mean?

GREEN = locally-sourced

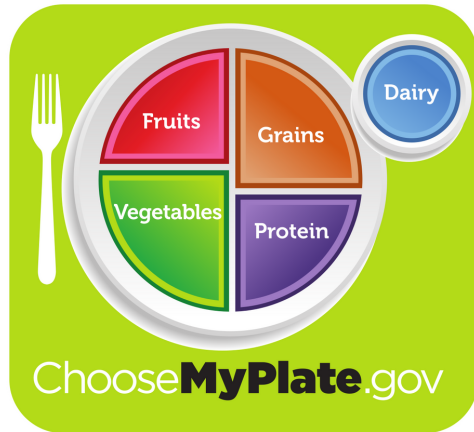
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Healthy Snacks for Active Students!
To create a healthy snack, include at least two of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/29 <ul style="list-style-type: none"> cheez-its cheese stick 	4/30 <ul style="list-style-type: none"> nonfat yogurt whole grain granola 	1 <ul style="list-style-type: none"> cinnamon goldfish graham applesauce 	2 <ul style="list-style-type: none"> cheese stick cucumber coins ranch dressing 	3 <ul style="list-style-type: none"> cornbread muffin chilled pineapple
6 <ul style="list-style-type: none"> nonfat yogurt whole grain granola 	7 <ul style="list-style-type: none"> muffin top cheese stick 	8 <ul style="list-style-type: none"> cinnamon goldfish graham chilled pears 	9 <ul style="list-style-type: none"> red pepper slices ranch dressing cheez-its 	10 <ul style="list-style-type: none"> pretzel goldfish canned peaches
13 <ul style="list-style-type: none"> cheez-its cheese stick 	14 <ul style="list-style-type: none"> nonfat yogurt whole grain granola 	15 <ul style="list-style-type: none"> cinnamon goldfish graham applesauce 	16 <ul style="list-style-type: none"> cheese stick cucumber coins ranch dressing 	17 <ul style="list-style-type: none"> cornbread muffin chilled pineapple
20 <ul style="list-style-type: none"> nonfat yogurt whole grain granola 	21 <ul style="list-style-type: none"> muffin top cheese stick 	22 <ul style="list-style-type: none"> cinnamon goldfish graham chilled pears 	23 <ul style="list-style-type: none"> red pepper slices ranch dressing cheez-its 	24 <ul style="list-style-type: none"> pretzel goldfish canned peaches
27 no school	28 <ul style="list-style-type: none"> nonfat yogurt whole grain granola 	29 <ul style="list-style-type: none"> cinnamon goldfish graham applesauce 	30 <ul style="list-style-type: none"> cheese stick cucumber coins ranch dressing 	31 <ul style="list-style-type: none"> cornbread muffin chilled pineapple



May Supper Menu

DCPS SUPPER

What do the colors on the menu mean?

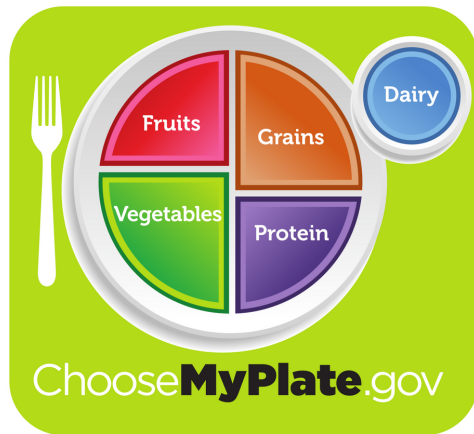
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/29 <ul style="list-style-type: none"> southwest chicken wrap cucumber coins honey lime dressing fresh cantaloupe 	4/30 <ul style="list-style-type: none"> chicken salad on whole grain bun broccoli florets ranch dressing 100% grape juice 	1 <ul style="list-style-type: none"> pasta salad with parmesan & chickpeas baby spinach salad balsamic dressing applesauce 	2 <ul style="list-style-type: none"> hummus dip whole grain flatbread squares cucumber coins fresh orange wedges 	3 <ul style="list-style-type: none"> cumin lime chicken wrap shredded romaine salad sour cream fresh banana
6 <ul style="list-style-type: none"> herb roasted chicken wrap snap peas parmesan cream dressing fresh cantaloupe 	7 <ul style="list-style-type: none"> turkey club with lettuce & tomato on a whole grain hoagie red pepper strips ranch dressing mayo 100% grape juice 	8 <ul style="list-style-type: none"> egg salad on whole grain bun cucumber coins balsamic dressing applesauce 	9 <ul style="list-style-type: none"> turkey ham & cheese sandwich baby carrots honey mustard dressing fresh orange wedges 	10 <ul style="list-style-type: none"> tuna & macaroni salad cauliflower florets italian dressing fresh banana
13 <ul style="list-style-type: none"> teriyaki chicken cold asian noodle salad with veggies fresh cantaloupe 	14 <p>build your own pizza</p> <ul style="list-style-type: none"> whole grain flatbread shredded mozzarella cheese house tomato sauce 100% grape juice 	15 <ul style="list-style-type: none"> cheesy mexican bean dip whole grain corn tortilla chips roasted tomato salsa applesauce 	16 <ul style="list-style-type: none"> herb roasted chicken tender whole grain roll lettuce salad italian dressing fresh orange wedges 	17 <ul style="list-style-type: none"> curried chicken salad on a bun asian kale slaw fresh banana
20 <ul style="list-style-type: none"> turkey ham & cheese hoagie baby carrots ranch dressing fresh cantaloupe 	21 <ul style="list-style-type: none"> cobb salad w/ diced turkey ham whole grain roll italian dressing 100% grape juice 	22 <ul style="list-style-type: none"> sunbutter & jelly sandwich cucumber coins honey mustard dressing applesauce 	23 <ul style="list-style-type: none"> buffalo chicken wrap baby carrots ranch dressing fresh orange wedges 	24 <ul style="list-style-type: none"> tuna salad on whole grain bun lemon parmesan kale fresh banana
27 <p>no school</p>	28 <ul style="list-style-type: none"> southwest chicken wrap cucumber coins honey lime dressing 100% grape juice 	29 <ul style="list-style-type: none"> pasta salad with parmesan & chickpeas baby spinach salad balsamic dressing applesauce 	30 <ul style="list-style-type: none"> hummus dip whole grain flatbread squares cucumber coins fresh orange wedges 	31 <ul style="list-style-type: none"> cumin lime chicken wrap shredded romaine salad sour cream fresh banana



May Fusion Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

All grains served are whole grain rich

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

Menu subject to change based on availability

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

4/29-5/3 & 5/28-5/31 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

5/6-5/10 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

5/13-5/17 PASTA BOWL

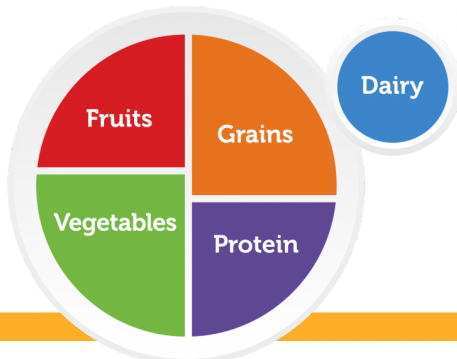
- + pick your base**
 - whole grain rotini
- +pick your protein**
 - herb roasted chicken tender
 - chickpeas
- +pick your toppings**
 - steamed broccoli
 - roasted red bell peppers
 - roasted red potatoes
 - roasted zucchini
 - parmesan cheese
 - mozzarella cheese
- +add your sauce**
 - tomato sauce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

5/20-5/24 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!





May Salad Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

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4/29-5/3 & 5/28-5/31 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

5/6-5/10 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

5/13-5/17 SOUTHWEST TACO

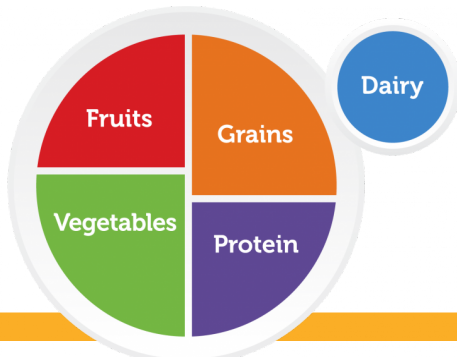
- + pick your base**
 - romaine
- +pick your protein**
 - cumin line chicken
 - black beans
- +pick your toppings**
 - cherry tomatoes
 - corn
 - red onion
 - shredded cheddar cheese
 - whole grain tortilla chips
 - whole grain roll
- +add your dressing**
 - honey lime dressing

5/20-5/24 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!





May Salad Bar Lunch Menu

DC PUBLIC SCHOOLS | 6-8

All grains served are whole grain rich

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

Menu subject to change based on availability

This institution is an equal opportunity provider

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

4/29-5/3 & 5/28-5/31 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

5/6-5/10 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

5/13-5/17 SOUTHWEST TACO

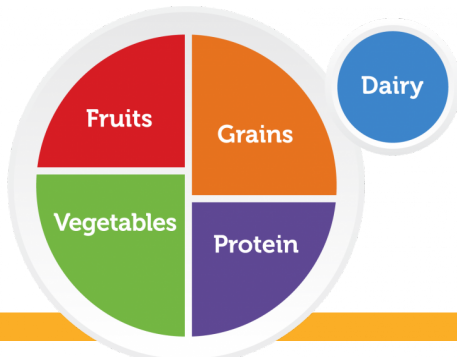
- + pick your base**
 - romaine
- +pick your protein**
 - cumin line chicken
 - black beans
- +pick your toppings**
 - cherry tomatoes
 - corn
 - red onion
 - shredded cheddar cheese
 - whole grain tortilla chips
 - whole grain roll
- +add your dressing**
 - honey lime dressing

5/20-5/24 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!





May 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

4/29-5/3 &

5/28-5/31

BUFFALO CHICKEN SANDWICH

buffalo chicken sandwich

- whole grain bun
- buffalo chicken patty

5/6-5/10 GRILLED CHEESE

grilled cheese

- whole grain bread
- cheddar cheese

5/13-5/17 CHEESEBURGER

cheeseburger

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

5/20-5/24 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!

