### June 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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>whole grain bagel • cream cheese • jelly • fresh apple slices</td>
<td>4</td>
<td>no school</td>
<td>5</td>
</tr>
<tr>
<td>6</td>
<td>strawberry parfait • whole grain granola • fresh banana</td>
<td>7</td>
<td>french toast sticks • turkey sausage links • veggie breakfast • all-natural syrup • fresh cantaloupe</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>nonfat yogurt • whole grain granola • fresh apple slices</td>
<td>11</td>
<td>turkey bacon &amp; egg bake • scrambled eggs • english muffin • butter &amp; jelly • fresh pear</td>
<td>12</td>
</tr>
<tr>
<td>13</td>
<td>sweet strawberry oatmeal • honey • fresh banana • 100% orange juice</td>
<td>14</td>
<td>buttermilk pancakes • turkey sausage link • veggie sausage patty • butter • all-natural syrup • fresh cantaloupe</td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>cinnamon rice chex cereal • graham crackers • fresh apple slices</td>
<td>18</td>
<td></td>
<td>19</td>
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<tr>
<td>20</td>
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</tr>
</tbody>
</table>

**FRESH FEATURE**

Love eating yogurt in the morning?

If so, you are eating a TON of calcium, which helps your bones and teeth. It also contains protein, which helps you build muscles.
# June Breakfast Menu

## BREAKFAST ECE

What do the colors on the menu mean?

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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 yogurt in the morning? If so, you are eating a TON of calcium, which helps your bones and teeth. It also contains protein, which helps you build muscles.

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</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
</tbody>
</table>
| whole grain bagel
light cream cheese
jelly
fresh apple slices | no school | whole grain cheerios
fresh orange wedges | strawberry parfait
whole grain granola | french toast sticks
all-natural syrup
fresh cantaloupe |
| 10     | 11      | 12        | 13       | 14     |
| nonfat yogurt
fresh apple slices | turkey bacon & egg bake
scrambled eggs
whole grain toast
chilled pears | blueberry bread
fresh orange wedges | sweet strawberry oatmeal
fresh banana | buttermilk pancakes
all-natural syrup
fresh cantaloupe |
| 17     | 18      | 19        | 20       | 21     |
| cinnamon chex cereal
fresh apple slices | | | | |
## June Lunch Menu

**LUNCH 9-12**

### MONDAY
- pepperoni pizza
- sunbutter & jelly sandwich
- mediterranean chickpea salad
- cucumber coins
- ranch dressing
- fresh pear

### TUESDAY
- pulled bbq chicken
- bbq tofu
- whole grain bun
- cornbread muffin
- jazzy black eyed peas
- mixed greens salad
- strawberry vinaigrette
- fresh strawberries
- no school

### WEDNESDAY
- cheeseburger
- veggie burger
- whole grain bun
- lettuce & tomato
- pickle slices
- potato salad
- ketchup & mustard
- fresh apple slices

### THURSDAY
- turkey meatballs
- veggie chik'n nuggets
- ketchup
- mushroom bolognese
- whole grain spaghetti
- garlic bread stick
- mixed greens salad
- diced tomatoes
- italian dressing
- fresh cantaloupe

### FRIDAY
- buffalo chicken drum
- buffalo veggie chik'n
- mac & cheese
- whole grain roll
- braised collard greens
- sweet potato fries
- ketchup
- fresh apple slices

---

**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

---

### CELEBRATE LOCAL PRODUCE

Try locally grown, seasonal strawberries & mixed greens on 6/5 to welcome in the start of summer produce.

---

### Berries & Greens Day

---
June Lunch Menu

**LUNCH K-8**

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.

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### June Lunch Menu

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<tr>
<th>MONDAY</th>
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<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>cheese pizza</td>
<td>pulled bbq chicken</td>
<td>chicken stir fry</td>
<td>breakfast for lunch!</td>
</tr>
<tr>
<td></td>
<td>mediterranean chickpea salad</td>
<td>bbq tofu</td>
<td>super sesame tofu</td>
<td></td>
</tr>
<tr>
<td></td>
<td>cucumber coins</td>
<td>whole grain bun</td>
<td>brown rice</td>
<td></td>
</tr>
<tr>
<td></td>
<td>ranch dressing</td>
<td>jazzy black eyed peas</td>
<td>asian kale slaw</td>
<td></td>
</tr>
<tr>
<td></td>
<td>fresh pear</td>
<td>mixed greens salad</td>
<td>steamed carrots</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>crispy fish sandwich</td>
<td>cumin lime chicken</td>
<td>cheeseburger</td>
<td>turkey meatballs</td>
</tr>
<tr>
<td></td>
<td>grilled cheese</td>
<td>tacos</td>
<td>veggie burger</td>
<td>veggie chik'n nuggets</td>
</tr>
<tr>
<td></td>
<td>sauteed green beans</td>
<td>chili black beans</td>
<td>whole grain bun</td>
<td>ketchup</td>
</tr>
<tr>
<td></td>
<td>steamed corn</td>
<td>mixed peppers &amp; onions</td>
<td>lettuce &amp; tomato</td>
<td>mushroom bolognese</td>
</tr>
<tr>
<td></td>
<td>hot sauce</td>
<td>sour cream</td>
<td>pickle slices</td>
<td>whole grain spaghetti</td>
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<tr>
<td></td>
<td>fresh sauce</td>
<td>fresh cream</td>
<td>potato salad</td>
<td>mixed greens salad</td>
</tr>
<tr>
<td></td>
<td>fresh pear</td>
<td>mixed greens salad</td>
<td>ketchup</td>
<td>italian dressing</td>
</tr>
<tr>
<td></td>
<td></td>
<td>fresh watermelon</td>
<td>mustard</td>
<td>fresh cantaloupe</td>
</tr>
<tr>
<td>17</td>
<td>cheese pizza</td>
<td>cheeseburger</td>
<td>turkey meatballs</td>
<td>buffalo chicken drum</td>
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<tr>
<td></td>
<td>roasted broccoli</td>
<td>veggie chik'n</td>
<td>veggie chik'n nuggets</td>
<td></td>
</tr>
<tr>
<td></td>
<td>steamed corn</td>
<td>macaroni &amp; cheese</td>
<td>ketchup</td>
<td></td>
</tr>
<tr>
<td></td>
<td>fresh pear</td>
<td>braised collard greens</td>
<td>mustard</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>sweet potato hash</td>
<td>fresh orange wedges</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>hot sauce</td>
<td>fresh apple slices</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td></td>
<td>cheese pizza</td>
<td>cheese pizza</td>
<td>buffalo chicken drum</td>
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<tr>
<td></td>
<td></td>
<td>roasted broccoli</td>
<td>roasted broccoli</td>
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<tr>
<td></td>
<td></td>
<td>steamed corn</td>
<td>steamed corn</td>
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<tr>
<td></td>
<td></td>
<td>fresh pear</td>
<td>fresh pear</td>
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</tr>
</tbody>
</table>

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**Celebrate Local Produce**

Try locally grown, seasonal strawberries & mixed greens on 6/5 to welcome in the start of summer produce.

**Berries & Greens Day**
# June Lunch Menu

**LUNCH ECE**

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

<table>
<thead>
<tr>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| 3      | cheese pizza  
  steamed green peas  
  chilled pears     | 4   | pulled bbq chicken  
  bbq tofu          | 5   | chicken stir fry  
  super sesame tofu  
  brown rice  
  steamed carrots  
  fresh cantaloupe |
| 10     | crispy fish sandwich  
  grilled cheese  
  sauteed green beans  
  chilled pears | 11 | cumin lime chicken tacos  
  cheese quesadilla  
  sauteed peppers & onions  
  sour cream  
  fresh orange wedges | 12 | cheeseburger  
  veggie burger  
  whole grain bun  
  pickle slices  
  ketchup & mustard  
  potato salad  
  fresh watermelon | 13 | turkey meatballs  
  veggie chik'n nuggets  
  ketchup  
  mushroom bolognese  
  whole grain spaghetti  
  fresh cantaloupe |
| 17     | cheese pizza  
  roasted broccoli  
  chilled pears | 18 |  | 19 |  | 20 |  | 21 |  | 22 |  | 23 |  | 24 |  | 25 |  | 26 |  | 27 |  | 28 |  |

## CELEBRATE LOCAL PRODUCE

Try locally grown, seasonal strawberries & mixed greens on 6/5 to welcome in the start of summer produce.

**Berries & Greens Day**
June 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.

Menu subject to change based on availability
This institution is an equal opportunity provider

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<td>3</td>
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<td>5</td>
<td>6</td>
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<tr>
<td>• nonfat yogurt</td>
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<tr>
<td>• whole grain granola</td>
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<tr>
<td>• cheez-its</td>
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<tr>
<td>• cheese stick</td>
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<tr>
<td>• nonfat yogurt</td>
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<tr>
<td>• whole grain granola</td>
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<tr>
<td>• cinnamon goldfish graham</td>
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<tr>
<td>• chilled pears</td>
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<tr>
<td>• red pepper slices</td>
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<tr>
<td>• ranch dressing</td>
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<tr>
<td>• cheez-its</td>
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<tr>
<td>• pretzel goldfish</td>
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<td>• canned peaches</td>
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</table>

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.
## June Supper Menu

### DCPS Supper

What do the colors on the menu mean?
- **GREEN** = locally-sourced
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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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### DCPS Supper

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<tbody>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>- chicken caesar wrap</td>
<td>- egg salad on whole grain bun</td>
<td>- turkey ham &amp; cheese sandwich</td>
<td>- tuna &amp; macaroni salad on a bun</td>
<td></td>
</tr>
<tr>
<td>- snap peas</td>
<td>- cucumber coins</td>
<td>- mustard &amp; mayo</td>
<td>- cauliflower florets</td>
<td></td>
</tr>
<tr>
<td>- parmesan cream dressing</td>
<td>- balsamic dressing</td>
<td>- baby carrots</td>
<td>- Italian dressing</td>
<td></td>
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<tr>
<td>- fresh cantaloupe</td>
<td>- applesauce</td>
<td>- honey mustard dressing</td>
<td>- fresh orange wedges</td>
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### DCPS Supper

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<tbody>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>- teriyaki chicken</td>
<td>- build your own pizza</td>
<td>- cheesy mexican bean dip</td>
<td>- herb roasted chicken tender</td>
<td>- curried chicken salad on a bun</td>
</tr>
<tr>
<td>- cold asian noodle salad with veggies</td>
<td>- whole grain flatbread</td>
<td>- whole grain corn tortilla chips</td>
<td>- whole grain roll</td>
<td>- asian kale slaw</td>
</tr>
<tr>
<td>- fresh cantaloupe</td>
<td>- shredded mozzarella cheese</td>
<td>- roasted tomato salsa</td>
<td>- mixed greens salad</td>
<td>- fresh banana</td>
</tr>
</tbody>
</table>

### DCPS Supper

### 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.

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<tbody>
<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>- turkey ham &amp; cheese on whole grain bun</td>
<td>- egg salad on whole grain bun</td>
<td>- turkey ham &amp; cheese on whole grain bun</td>
<td>- tuna &amp; macaroni salad on a bun</td>
<td></td>
</tr>
<tr>
<td>- mustard &amp; mayo</td>
<td>- cucumber coins</td>
<td>- mustard &amp; mayo</td>
<td>- cauliflower florets</td>
<td></td>
</tr>
<tr>
<td>- baby carrots</td>
<td>- balsamic dressing</td>
<td>- baby carrots</td>
<td>- Italian dressing</td>
<td></td>
</tr>
<tr>
<td>- ranch dressing</td>
<td>- applesauce</td>
<td>- ranch dressing</td>
<td>- fresh orange wedges</td>
<td></td>
</tr>
<tr>
<td>- fresh cantaloupe</td>
<td>- 100% apple juice</td>
<td>- fresh cantaloupe</td>
<td>- fresh banana</td>
<td></td>
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</tbody>
</table>

### DCPS Supper

### 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 diary.

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<tr>
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<th>WEDNESDAY</th>
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<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>- build your own pizza</td>
<td>- egg salad on whole grain bun</td>
<td>- turkey ham &amp; cheese sandwich</td>
<td>- tuna &amp; macaroni salad on a bun</td>
<td></td>
</tr>
<tr>
<td>- whole grain flatbread</td>
<td>- cucumber coins</td>
<td>- mustard &amp; mayo</td>
<td>- cauliflower florets</td>
<td></td>
</tr>
<tr>
<td>- shredded mozzarella cheese</td>
<td>- balsamic dressing</td>
<td>- baby carrots</td>
<td>- Italian dressing</td>
<td></td>
</tr>
<tr>
<td>- house tomato sauce</td>
<td>- applesauce</td>
<td>- honey mustard dressing</td>
<td>- fresh orange wedges</td>
<td></td>
</tr>
<tr>
<td>- tortilla chips</td>
<td>- 100% apple juice</td>
<td>- fresh orange wedges</td>
<td>- fresh banana</td>
<td></td>
</tr>
</tbody>
</table>

### DCPS Supper

### 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 diary.

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<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>- build your own pizza</td>
<td>- egg salad on whole grain bun</td>
<td>- turkey ham &amp; cheese sandwich</td>
<td>- tuna &amp; macaroni salad on a bun</td>
<td></td>
</tr>
<tr>
<td>- whole grain flatbread</td>
<td>- cucumber coins</td>
<td>- mustard &amp; mayo</td>
<td>- cauliflower florets</td>
<td></td>
</tr>
<tr>
<td>- shredded mozzarella cheese</td>
<td>- balsamic dressing</td>
<td>- baby carrots</td>
<td>- Italian dressing</td>
<td></td>
</tr>
<tr>
<td>- house tomato sauce</td>
<td>- applesauce</td>
<td>- honey mustard dressing</td>
<td>- fresh orange wedges</td>
<td></td>
</tr>
<tr>
<td>- tortilla chips</td>
<td>- 100% apple juice</td>
<td>- fresh orange wedges</td>
<td>- fresh banana</td>
<td></td>
</tr>
</tbody>
</table>
June Fusion Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

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

<table>
<thead>
<tr>
<th></th>
<th>6/3 - 6/7</th>
<th>6/10 - 6/14</th>
<th>6/17</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>INDIAN BOWL</td>
<td>PASTA BOWL</td>
<td>TACO BOWL</td>
</tr>
<tr>
<td></td>
<td>+ pick your base</td>
<td>+ pick your base</td>
<td>+ pick your base</td>
</tr>
<tr>
<td></td>
<td>• brown basmati rice</td>
<td>• whole grain rotini</td>
<td>• cilantro lime rice</td>
</tr>
<tr>
<td></td>
<td>+pick your protein</td>
<td>+pick your protein</td>
<td>+pick your protein</td>
</tr>
<tr>
<td></td>
<td>• curried chicken</td>
<td>• herb roasted chicken tender</td>
<td>• cumin lime chicken</td>
</tr>
<tr>
<td></td>
<td>• curried chickpeas</td>
<td>• chickpeas</td>
<td>• cheddar cheese</td>
</tr>
<tr>
<td></td>
<td>+pick your toppings</td>
<td>+pick your toppings</td>
<td>+pick your toppings</td>
</tr>
<tr>
<td></td>
<td>• potato samosa</td>
<td>• steamed broccoli</td>
<td>• shredded romaine lettuce</td>
</tr>
<tr>
<td></td>
<td>• roasted carrots</td>
<td>• roasted red bell peppers</td>
<td>• tomato salsa</td>
</tr>
<tr>
<td></td>
<td>• sautéed cabbage</td>
<td>• roasted red potatoes</td>
<td>• sauteed peppers &amp; onions</td>
</tr>
<tr>
<td></td>
<td>• baby spinach</td>
<td>• roasted zucchini</td>
<td>• corn</td>
</tr>
<tr>
<td></td>
<td>+add your dressing</td>
<td>+add your dressing</td>
<td>+add your dressing</td>
</tr>
<tr>
<td></td>
<td>• yogurt lime dressing</td>
<td>• yogurt lime dressing</td>
<td>• honey lime dressing</td>
</tr>
<tr>
<td></td>
<td>+add your sauce</td>
<td>+add your sauce</td>
<td>+add your sauce</td>
</tr>
<tr>
<td></td>
<td>• tomato sauce</td>
<td>• alfredo sauce</td>
<td></td>
</tr>
<tr>
<td></td>
<td>+add your sauce</td>
<td>+add your sauce</td>
<td>+add your sauce</td>
</tr>
<tr>
<td></td>
<td>• alfredo sauce</td>
<td>+add your sauce</td>
<td></td>
</tr>
<tr>
<td></td>
<td>+add your sauce</td>
<td>+add your sauce</td>
<td>+add your sauce</td>
</tr>
</tbody>
</table>

This institution is an equal opportunity provider.

Menu subject to change based on availability.

All grains served are whole grain rich.

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

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

www.dccentralkitchen.org

Follow us on social media!
June
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

**Creating a Balanced Meal!**

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

---

### 6/3 - 6/7
**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

### 6/10 - 6/14
**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

### 6/17
**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

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### June 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

---

**CREATING A BALANCED MEAL!**

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

---

#### 6/3 - 6/7

**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

---

#### 6/10 - 6/14

**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

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#### 6/17

**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

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## June 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

---

**Creating a Balanced Meal!**

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

- **Fruits**
- **Grains**
- **Vegetables**
- **Protein**
- **Dairy**

---

<table>
<thead>
<tr>
<th>Date</th>
<th>Sandwich</th>
<th>Description</th>
</tr>
</thead>
</table>
| 6/3 - 6/7  | **Grilled Cheese** | grilled cheese  
              - whole grain bread  
              - cheddar cheese |
| 6/10 - 6/14| **Cheeseburger** | cheeseburger  
              - whole grain bun  
              - all beef burger  
              - cheddar cheese  
              - lettuce & tomato  
              - ketchup & mustard |
| 6/17       | **Turkey Club** | turkey club  
              - whole grain bread  
              - sliced turkey  
              - turkey bacon  
              - lettuce & tomato |