



October Breakfast Menu

DCPS 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

FRESH FEATURE

Did you know that there are over 2,500 different varieties of apples grown in the United States?

The apples you eat in the cafeteria are from Kilmer Farm Market, located just 72 miles away from DC in West Virginia, making them local, sustainable, and delicious!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 <ul style="list-style-type: none"> blueberry chex graham crackers fresh apple slices 	1 <ul style="list-style-type: none"> strawberry parfait whole grain granola fresh banana 	2 <ul style="list-style-type: none"> banana bread fresh pear 	3 <ul style="list-style-type: none"> buttermilk pancakes turkey bacon veggie breakfast sausage patty butter all-natural syrup fresh orange wedges 	4 <ul style="list-style-type: none"> cheesy grits scrambled eggs turkey sausage link veggie breakfast sausage patty hot sauce fresh cantaloupe
7 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh apple slices 	8 <ul style="list-style-type: none"> turkey bacon & egg bake scrambled eggs english muffin jelly butter fresh banana 100% orange juice 	9 <ul style="list-style-type: none"> sweet peach oatmeal honey cheese stick fresh pear 	10 no school	11 no school
14 no school	15 <ul style="list-style-type: none"> cinnamon rice chex cereal graham crackers fresh apple slices 	16 <ul style="list-style-type: none"> buttermilk pancakes scrambled eggs butter all-natural syrup fresh pear 	17 <ul style="list-style-type: none"> blueberry bread fresh orange wedges 	18 <ul style="list-style-type: none"> nonfat yogurt whole grain granola fresh cantaloupe
21 <ul style="list-style-type: none"> whole grain frosted mini-wheats cereal graham crackers fresh apple slices 	22 <ul style="list-style-type: none"> emoji waffles turkey sausage patty veggie breakfast sausage patty butter all-natural syrup fresh banana 100% orange juice 	23 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh pear 	24 <ul style="list-style-type: none"> sweet strawberry oatmeal turkey bacon veggie breakfast sausage patty honey fresh orange wedges 	25 <ul style="list-style-type: none"> scrambled eggs turkey sausage link veggie breakfast sausage patty whole grain toast butter jelly fresh cantaloupe
28 <ul style="list-style-type: none"> blueberry chex graham crackers fresh apple slices 	29 <ul style="list-style-type: none"> strawberry parfait whole grain granola fresh banana 	30 <ul style="list-style-type: none"> banana bread fresh pear 	31 <ul style="list-style-type: none"> buttermilk pancakes turkey bacon veggie breakfast sausage patty butter all-natural syrup fresh orange wedges 	1 <ul style="list-style-type: none"> cheesy grits scrambled eggs turkey sausage link veggie breakfast sausage patty hot sauce fresh cantaloupe






October Breakfast Menu

DCPS BREAKFAST ECE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 <ul style="list-style-type: none"> blueberry chex applesauce 	1 <ul style="list-style-type: none"> strawberry parfait whole grain granola 	2 <ul style="list-style-type: none"> banana bread chilled pears 	3 <ul style="list-style-type: none"> buttermilk pancakes all-natural syrup fresh orange wedges 	4 <ul style="list-style-type: none"> scrambled eggs whole grain toast jelly fresh cantaloupe
7 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly applesauce 	8 <ul style="list-style-type: none"> turkey bacon & egg bake scrambled eggs  whole grain toast jelly fresh banana 	9 <ul style="list-style-type: none"> sweet peach oatmeal chilled pears 	10 <p>no school</p>	11 <p>no school</p>
14 <p>no school</p>	15 <ul style="list-style-type: none"> cinnamon rice chex cereal applesauce 	16 <ul style="list-style-type: none"> buttermilk pancakes all-natural syrup chilled pears 	17 <ul style="list-style-type: none"> blueberry bread fresh orange wedges 	18 <ul style="list-style-type: none"> nonfat yogurt whole grain granola fresh cantaloupe
21 <ul style="list-style-type: none"> whole grain frosted mini-wheats cereal applesauce 	22 <ul style="list-style-type: none"> emoji waffles all-natural syrup fresh banana 	23 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly chilled pears 	24 <ul style="list-style-type: none"> sweet strawberry oatmeal fresh orange wedges 	25 <ul style="list-style-type: none"> scrambled eggs whole grain toast jelly fresh cantaloupe
28 <ul style="list-style-type: none"> blueberry chex applesauce 	29 <ul style="list-style-type: none"> strawberry parfait whole grain granola 	30 <ul style="list-style-type: none"> banana bread chilled pears 	31 <ul style="list-style-type: none"> buttermilk pancakes all-natural syrup fresh orange wedges 	1 <ul style="list-style-type: none"> scrambled eggs whole grain toast jelly fresh cantaloupe





October Lunch Menu

DCPS LUNCH 9-12

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 <ul style="list-style-type: none"> all-beef hotdog veggie burger whole grain bun sauteed green beans bbq baked beans ketchup & mustard fresh banana 100% apple juice 	1 <ul style="list-style-type: none"> pepperoni pizza sunbutter & jelly sandwich mediterranean chickpea salad mixed greens salad diced tomatoes italian dressing fresh pear 	2 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn tomato salsa sour cream fresh orange wedges 	3 <ul style="list-style-type: none"> crispy fish sandwich grilled cheese roasted red potatoes tangy cilantro lime slaw hot sauce fresh cantaloupe 	4 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice glazed carrots steamed broccoli fresh apple slices
7 <ul style="list-style-type: none"> cheese ravioli house tomato sauce whole grain garlic breadstick sauteed green beans roasted carrots fresh banana 100% apple juice 	8 <ul style="list-style-type: none"> turkey & bean chili veg out chili corn tortilla chips steamed corn red pepper strips ranch dressing fresh pear 	9 <ul style="list-style-type: none"> peruvian chicken drum veggie chik'n nuggets cilantro lime brown rice chili black beans herb roasted butternut squash fresh orange wedges 	10 no school	11 no school
14 no school 	15 <ul style="list-style-type: none"> pepperoni pizza sunbutter & jelly sandwich steamed corn sauteed green beans chilled pears 	16 <ul style="list-style-type: none"> teriyaki chicken drum teriyaki tofu whole grain lo mein asian broccoli steamed carrots fresh orange wedges 	17 <ul style="list-style-type: none"> cajun catfish veggie chik'n nuggets ketchup whole grain roll yellow rice chili black beans sauteed cabbage fresh cantaloupe 	18 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun coleslaw jazzy black eyed peas fresh apple slices
21 <ul style="list-style-type: none"> turkey ham & cheddar melt grilled cheese steamed green peas & corn roasted carrots fresh banana 100% apple juice 	22 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun baked potato fries roasted summer squash ketchup fresh pear 	23 <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets mac & cheese whole wheat roll sauteed green beans sweet potatoes fries ketchup fresh orange wedges 	24 <ul style="list-style-type: none"> beef & cheese tacos sofritas tacos chipotle pinto beans tomato salsa fresh cantaloupe 	25 <ul style="list-style-type: none"> buffalo chicken drum buffalo veggie chik'n nuggets cornbread muffin braised collard greens cinnamon roasted butternut squash fresh apple slices
28 <ul style="list-style-type: none"> all-beef hotdog veggie burger whole grain bun sauteed green beans bbq baked beans ketchup & mustard fresh banana 100% apple juice 	29 <ul style="list-style-type: none"> pepperoni pizza sunbutter & jelly sandwich mediterranean chickpea salad mixed greens salad diced tomatoes italian dressing fresh pear 	30 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn tomato salsa sour cream fresh orange wedges 	31 <ul style="list-style-type: none"> crispy fish sandwich grilled cheese roasted red potatoes tangy cilantro lime slaw hot sauce fresh cantaloupe 	1 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice glazed carrots steamed broccoli fresh apple slices

HISPANIC HERITAGE MONTH!

Celebrate with DCK by sampling a South American inspired dish on

10/9



Peruvian Chicken Drum
 Veggie Chik'n nuggets
 Cilantro Lime Brown Rice
 Chili Black Beans
 Sauteed Cabbage
 Fresh Orange Wedges

no school
 SCHOOL LUNCH PIRATES
 FIND YOUR TREASURE!
 OCTOBER 14-18, 2024





October Lunch Menu

DCPS LUNCH K-8

What do the colors on the menu mean?

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 = vegetarian entree

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

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7 <ul style="list-style-type: none"> cheese ravioli house tomato sauce whole grain garlic breadstick sauteed green beans roasted carrots fresh banana 	8 <ul style="list-style-type: none"> turkey & bean chili veg out chili corn tortilla chips steamed corn red pepper strips ranch dressing fresh pear 	9 <ul style="list-style-type: none"> peruvian chicken drum veggie chik'n nuggets cilantro lime brown rice chili black beans herb roasted butternut squash fresh orange wedges 	10 no school	11 no school
14 <p>no school SCHOOL LUNCH PIRATES FIND YOUR TREASURE! OCTOBER 14-18, 2024</p>	15 <ul style="list-style-type: none"> pepperoni pizza cheese pizza steamed corn sauteed green beans chilled pears 	16 <ul style="list-style-type: none"> teriyaki chicken drum teriyaki tofu whole grain lo mein asian broccoli steamed carrots fresh orange wedges 	17 <ul style="list-style-type: none"> cajun catfish veggie chik'n nuggets ketchup whole grain roll yellow rice chili black beans sauteed cabbage fresh cantaloupe 	18 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun coleslaw jazzy black eyed peas fresh apple slices
21 <ul style="list-style-type: none"> turkey ham & cheddar melt grilled cheese steamed green peas & corn roasted carrots fresh banana 	22 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun baked potato fries roasted summer squash ketchup fresh pear 	23 <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets mac & cheese sauteed green beans sweet potatoes fries ketchup fresh orange wedges 	24 <ul style="list-style-type: none"> beef & cheese tacos sofitas tacos chipotle pinto beans sour cream tomato salsa fresh cantaloupe 	25 <ul style="list-style-type: none"> buffalo chicken drum buffalo veggie chik'n nuggets cornbread muffin braised collard greens cinnamon roasted butternut squash fresh apple slices
28 <ul style="list-style-type: none"> all-beef hotdog veggie burger whole grain bun sauteed green beans bbq baked beans ketchup & mustard fresh banana 	29 <ul style="list-style-type: none"> cheese pizza mediterranean chickpea salad mixed greens salad italian dressing fresh pear 	30 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn tomato salsa sour cream fresh orange wedges 	31 <ul style="list-style-type: none"> crispy fish sandwich grilled cheese roasted red potatoes tangy cilantro lime slaw hot sauce fresh cantaloupe 	1 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice glazed carrots steamed broccoli fresh apple slices

HISPANIC HERITAGE MONTH!

Celebrate with DCK by sampling a South American inspired dish on

10/9



Peruvian Chicken Drum
Veggie Chik'n nuggets
Cilantro Lime Brown Rice
Chili Black Beans
Sauteed Cabbage
Fresh Orange Wedges



October Lunch Menu

DCPS LUNCH ECE

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Peruvian Chicken Drum
Veggie Chik'n nuggets
Cilantro Lime Brown Rice
Chili Black Beans
Sauteed Cabbage
Fresh Orange Wedges

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30 <ul style="list-style-type: none"> all-beef hotdog veggie burger whole grain bun sauteed green beans ketchup & mustard fresh banana 	1 <ul style="list-style-type: none"> cheese pizza steamed green peas chilled pears 	2 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn fresh orange wedges 	3 <ul style="list-style-type: none"> crispy fish sandwich grilled cheese roasted red potatoes fresh cantaloupe 	4 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice glazed carrots fresh apple slices
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14 <p>no school</p> <p>SCHOOL LUNCH PIRATES FIND YOUR TREASURE! OCTOBER 14-18, 2024</p>	15 <ul style="list-style-type: none"> pepperoni pizza cheese pizza steamed corn chilled pears 	16 <ul style="list-style-type: none"> teriyaki chicken teriyaki tofu whole grain lo mein asian broccoli fresh orange wedges 	17 <ul style="list-style-type: none"> cajun catfish veggie chik'n nuggets ketchup yellow rice sauteed cabbage fresh cantaloupe 	18 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun jazzy black eyed peas fresh orange wedges
21 <ul style="list-style-type: none"> turkey ham & cheddar melt grilled cheese steamed green peas & corn fresh banana 	22 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun baked potato fries ketchup chilled pears 	23 <ul style="list-style-type: none"> diced crispy chicken tender veggie chik'n nuggets mac & cheese sweet potatoes fries ketchup fresh orange wedges 	24 <ul style="list-style-type: none"> beef & cheese tacos sofritas tacos chipotle pinto beans fresh cantaloupe 	25 <ul style="list-style-type: none"> diced bbq chicken bbq veggie chik'n nuggets cornbread muffin braised collard greens fresh apple slices
28 <ul style="list-style-type: none"> all-beef hotdog veggie burger whole grain bun sauteed green beans ketchup & mustard fresh banana 	29 <ul style="list-style-type: none"> cheese pizza steamed green peas chilled pears 	30 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn fresh orange wedges 	31 <ul style="list-style-type: none"> crispy fish sandwich grilled cheese roasted red potatoes fresh cantaloupe 	1 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice glazed carrots fresh apple slices



October Snack Menu

DCPS SNACK

What do the colors on the menu mean?

GREEN = locally-sourced

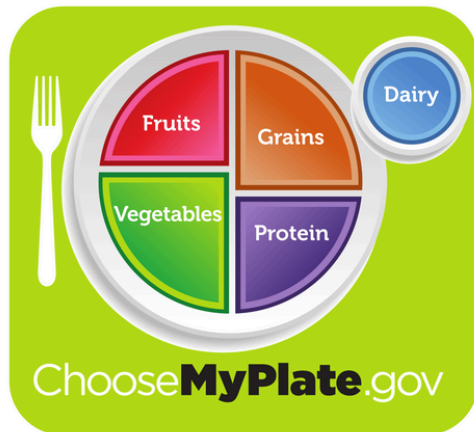
🌿 = vegetarian entree

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
30 <ul style="list-style-type: none"> pretzel goldfish cheese stick 	1 <ul style="list-style-type: none"> cinnamon goldfish graham fresh apple slices 	2 <ul style="list-style-type: none"> vanilla yogurt whole grain granola 	3 <ul style="list-style-type: none"> red pepper slices ranch dressing cheez-its 	4 <ul style="list-style-type: none"> cornbread muffin fresh pear
7 <ul style="list-style-type: none"> vanilla yogurt whole grain granola 	8 <ul style="list-style-type: none"> muffin top cheese stick 	9 <ul style="list-style-type: none"> sunbutter & jelly sandwich 	10 no school	11 no school
14 no school	15 <ul style="list-style-type: none"> cinnamon goldfish graham fresh apple slices 	16 <ul style="list-style-type: none"> vanilla yogurt whole grain granola 	17 <ul style="list-style-type: none"> red pepper slices ranch dressing cheez-its 	18 <ul style="list-style-type: none"> cornbread muffin fresh pear
21 <ul style="list-style-type: none"> vanilla yogurt whole grain granola 	22 <ul style="list-style-type: none"> muffin top cheese stick 	23 <ul style="list-style-type: none"> sunbutter & jelly sandwich 	24 <ul style="list-style-type: none"> cucumber coins italian dressing cheez-its 	25 <ul style="list-style-type: none"> cinnamon goldfish graham fresh orange
28 <ul style="list-style-type: none"> pretzel goldfish cheese stick 	29 <ul style="list-style-type: none"> cinnamon goldfish graham fresh apple slices 	30 <ul style="list-style-type: none"> vanilla yogurt whole grain granola 	31 <ul style="list-style-type: none"> red pepper slices ranch dressing cheez-its 	1 <ul style="list-style-type: none"> cornbread muffin fresh pear



October Supper Menu

DCPS SUPPER

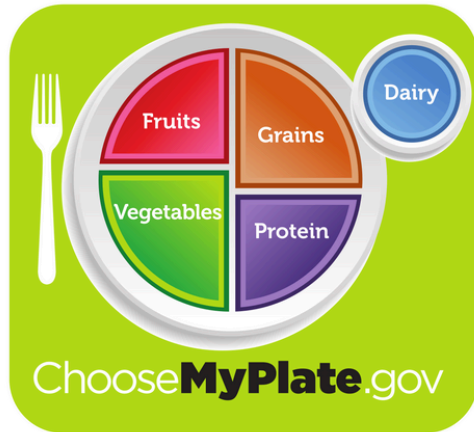
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Healthy Meals for Active Students!
 To create a healthy meal, include at least two of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 <ul style="list-style-type: none"> chicken caesar wrap snap peas parmesan cream dressing fresh cantaloupe 	1 <ul style="list-style-type: none"> turkey & cheese on whole grain hoagie baby carrots ranch dressing 100% apple juice 	2 <ul style="list-style-type: none"> curried chicken salad on a whole grain bun asian kale slaw fresh banana 	3 <ul style="list-style-type: none"> buffalo chicken salad cornbread muffin ranch dressing fresh pear 	4 <ul style="list-style-type: none"> whole grain pasta salad with parmesan & chickpeas baby spinach salad italian dressing fresh orange wedges
7 <ul style="list-style-type: none"> southwest chicken wrap cucumber coins honey lime dressing fresh cantaloupe 	8 <ul style="list-style-type: none"> sunbutter & jelly sandwich cheese stick baby carrots ranch dressing 100% apple juice 	9 <ul style="list-style-type: none"> tuna mac salad broccoli florets italian dressing fresh banana 	10 no school	11 no school
14 no school	15 <ul style="list-style-type: none"> turkey club with lettuce & tomato mayo & mustard baby carrots ranch dressing 100% apple juice 	16 <ul style="list-style-type: none"> sunbutter & jelly sandwich cheese stick cucumber coins italian dressing fresh banana 	17 <ul style="list-style-type: none"> chicken salad on whole grain bun cauliflower florets asian dressing fresh pear 	18 <ul style="list-style-type: none"> herb roasted chicken tender whole grain roll mixed greens salad diced tomatoes ibalsamic dressing fresh orange wedges
21 <ul style="list-style-type: none"> cumin lime chicken wrap shredded lettuce diced tomatoes sour cream fresh cantaloupe 	22 BYO pizza! <ul style="list-style-type: none"> whole grain flatbread house tomato sauce mozzarella cheese 100% apple juice 	23 <ul style="list-style-type: none"> tuna salad on whole grain bun lemon parmesan kale fresh banana 	24 <ul style="list-style-type: none"> cold asian noodle salad teriyaki chicken fresh pear 	25 <ul style="list-style-type: none"> sunbutter & jelly sandwich cheese stick baby carrots ranch dressing fresh orange wedges
28 <ul style="list-style-type: none"> chicken caesar wrap snap peas parmesan cream dressing fresh cantaloupe 	29 <ul style="list-style-type: none"> turkey & cheese on whole grain hoagie baby carrots ranch dressing 100% apple juice 	30 <ul style="list-style-type: none"> curried chicken salad on a whole grain bun asian kale slaw fresh banana 	31 <ul style="list-style-type: none"> buffalo chicken salad cornbread muffin ranch dressing fresh pear 	1 <ul style="list-style-type: none"> whole grain pasta salad with parmesan & chickpeas baby spinach salad italian dressing fresh orange wedges



October 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 - banana; Tues - pear; Wed - orange;
Thurs - cantaloupe; Fri - apple

9/30 - 10/04 & 10/28 - 11/01 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

10/07 - 10/11 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

10/14 - 10/18 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

10/21 - 10/25 TERIYAKI BOWL

+ pick your base

- whole grain lo mein
- brown rice

+pick your protein

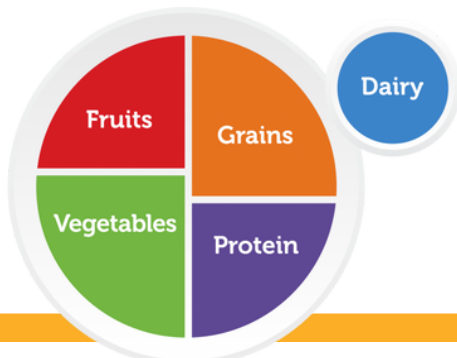
- teriyaki chicken
- super sesame tofu

+pick your toppings

- asian broccoli
- steamed carrots
- edamame
- water chestnuts
- roasted cauliflower

CREATING A BALANCED MEAL!

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





October 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.

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

9/30 - 10/04 & 10/28 - 11/01 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

10/07 - 10/11 SOUTHWEST TACO

+ pick your base
• romaine

+pick your protein
• cumin lime 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

10/14 - 10/18 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

10/21 - 10/25 CHEF SALAD

+ pick your base
• mixed greens salad

+pick your protein
• herb roasted chicken
• diced turkey ham
• hard-boiled egg

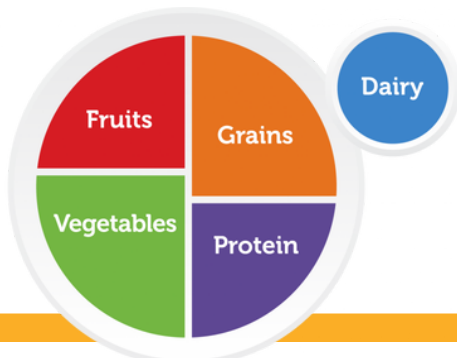
+pick your toppings
• chickpeas
• tomatoes
• diced cucumber
• corn
• shredded cheddar cheese

• whole grain croutons
• whole grain roll

+add your dressing
• honey mustard dressing

CREATING A BALANCED MEAL!

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





October Salad Bar Lunch Menu

DC PUBLIC SCHOOLS | 6-8

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

9/30 - 10/04 & 10/28 - 11/01 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

10/07 - 10/11 SOUTHWEST TACO

+ pick your base

- romaine

+pick your protein

- cumin lime 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

10/14 - 10/18 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

10/21 - 10/25 CHEF SALAD

+ pick your base

- mixed greens salad

+pick your protein

- herb roasted chicken
- hard-boiled egg

+pick your toppings

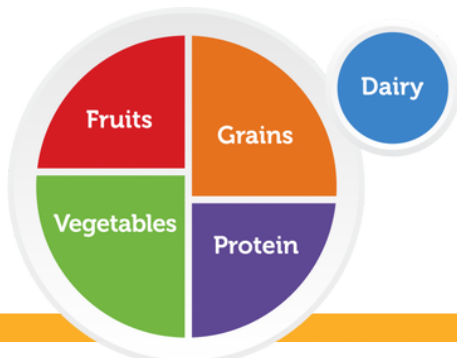
- chickpeas
- tomatoes
- diced cucumber
- corn
- shredded cheddar cheese
- whole grain croutons
- whole grain roll

+add your dressing

- honey mustard dressing

CREATING A BALANCED MEAL!

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





October 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 - banana; Tues - pear; Wed - orange;
Thurs - cantaloupe; Fri - apple

9/30 - 10/04 & 10/28 - 11/01 TURKEY CLUB

turkey club

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

10/07 - 10/11 GRILLED CHEESE

grilled cheese

- whole grain bread
- cheddar cheese

10/14 - 10/18 BUFFALO CHICKEN SANDWICH

buffalo chicken sandwich

- whole grain bun
- buffalo chicken patty

10/21 - 10/25 CHEESEBURGER

cheeseburger

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

CREATING A BALANCED MEAL!

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

