



November Breakfast Menu

DC PUBLIC SCHOOLS | 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

SEASONAL CRANBERRIES

Celebrate the fall season by enjoying a **cranberry parfait!**



These small berries are full of antioxidants, which can help keep you healthy during this cold & flu season.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>no school</p>	<p>5</p> <p>no school</p>	<p>6</p> <ul style="list-style-type: none"> cranberry parfait whole grain granola 100% orange juice 	<p>7</p> <ul style="list-style-type: none"> cheesy grits scrambled eggs turkey bacon veggie breakfast sausage patty fresh orange wedges 	<p>8</p> <ul style="list-style-type: none"> french toast sticks turkey sausage patty veggie breakfast sausage patty all-natural syrup fresh honeydew
<p>11</p> <p>no school</p>	<p>12</p> <ul style="list-style-type: none"> cinnamon toast crunch cereal cinnamon chex cereal fresh apple slices 	<p>13</p> <ul style="list-style-type: none"> butter milk pancakes scrambled eggs all-natural syrup fresh orange wedges 	<p>14</p> <ul style="list-style-type: none"> apple spice oatmeal turkey sausage patty veggie breakfast sausage patty honey fresh banana 100% orange juice 	<p>15</p> <ul style="list-style-type: none"> pumpkin bread mozzarella cheese stick fresh honeydew
<p>18</p> <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh apple slices 	<p>19</p> <ul style="list-style-type: none"> blueberry chex cereal cinnamon toast crunch cereal fresh pear 	<p>20</p> <ul style="list-style-type: none"> egg & cheese breakfast burrito hot sauce fresh orange wedges 	<p>21</p> <ul style="list-style-type: none"> apple pie parfait whole grain granola 100% orange juice 	<p>22</p> <ul style="list-style-type: none"> emoji waffles scrambled eggs all-natural syrup butter fresh honeydew
<p>25</p> <ul style="list-style-type: none"> cinnamon toast crunch cereal cinnamon chex cereal fresh apple slices 	<p>26</p> <ul style="list-style-type: none"> turkey bacon & egg bake scrambled eggs english muffin jelly fresh pear 	<p>27</p> <p>no school</p>	<p>28</p>	<p>29</p> <p>no school</p>
<p>2</p> <ul style="list-style-type: none"> cinnamon rice chex cereal blueberry chex cereal fresh apple slices 	<p>3</p> <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh pear 	<p>4</p> <ul style="list-style-type: none"> cheesy grits scrambled eggs turkey bacon veggie breakfast sausage patty fresh orange wedges 	<p>5</p> <ul style="list-style-type: none"> cranberry parfait whole grain granola 100% orange juice 	<p>6</p> <ul style="list-style-type: none"> french toast sticks turkey sausage patty veggie breakfast sausage patty all-natural syrup fresh honeydew



November Breakfast Menu

DC PUBLIC SCHOOLS | GRAB N' GO BREAKFAST

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 = vegetarian entree

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Menu subject to change based on availability

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SEASONAL CRANBERRIES

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>no school</p>	<p>5</p> <p>no school</p>	<p>6</p> <ul style="list-style-type: none"> cranberry parfait whole grain granola 100% orange juice 	<p>7</p> <ul style="list-style-type: none"> whole grain croissant turkey bacon veggie breakfast sausage patty jelly fresh orange wedges 	<p>8</p> <ul style="list-style-type: none"> french toast sticks turkey sausage patty veggie breakfast sausage patty all-natural syrup fresh honeydew
<p>11</p> <p>no school</p>	<p>12</p> <ul style="list-style-type: none"> cinnamon toast crunch cinnamon chex fresh apple slices 	<p>13</p> <ul style="list-style-type: none"> butter milk pancakes all-natural syrup fresh orange wedges 	<p>14</p> <ul style="list-style-type: none"> whole grain croissant turkey bacon veggie breakfast sausage patty jelly fresh banana 100% orange juice 	<p>15</p> <ul style="list-style-type: none"> pumpkin bread cheese stick fresh honeydew
<p>18</p> <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh apple slices 	<p>19</p> <ul style="list-style-type: none"> blueberry chex cereal cinnamon toast crunch cereal fresh pear 	<p>20</p> <ul style="list-style-type: none"> egg & cheese breakfast burrito hot sauce fresh orange wedges 	<p>21</p> <ul style="list-style-type: none"> apple pie parfait whole grain granola 100% orange juice 	<p>22</p> <ul style="list-style-type: none"> emoji waffles butter all-natural syrup fresh honeydew
<p>25</p> <ul style="list-style-type: none"> cinnamon toast crunch cereal cinnamon chex cereal fresh apple slices 	<p>26</p> <ul style="list-style-type: none"> turkey bacon & egg bake scrambled eggs english muffin jelly fresh pear 	<p>27</p> <p>no school</p>	<p>28</p>	<p>29</p> <p>no school</p>
<p>2</p> <ul style="list-style-type: none"> cinnamon chex cereal blueberry chex cereal fresh apple slices 	<p>3</p> <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh pear 	<p>4</p> <ul style="list-style-type: none"> whole grain croissant turkey bacon veggie breakfast sausage patty jelly fresh orange wedges 	<p>5</p> <ul style="list-style-type: none"> cranberry parfait whole grain granola 100% orange juice 	<p>6</p> <ul style="list-style-type: none"> french toast sticks turkey sausage patty veggie breakfast sausage patty all-natural syrup fresh honeydew



November Breakfast Menu

DC PUBLIC SCHOOLS | BREAKFAST ECE







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4 no school	5 no school 	6 <ul style="list-style-type: none"> cranberry parfait whole grain granola 	7 <ul style="list-style-type: none"> whole grain toast scrambled eggs fresh orange wedges 	8 <ul style="list-style-type: none"> french toast sticks all-natural syrup fresh honeydew
11 no school	12 <ul style="list-style-type: none"> honey cheerios chilled pears 	13 <ul style="list-style-type: none"> buttermilk pancakes all-natural syrup fresh orange wedges 	14 <ul style="list-style-type: none"> apple spice oatmeal turkey sausage link veggie sausage patty  100% orange juice 	15 <ul style="list-style-type: none"> pumpkin spice bread bread fresh honeydew
18 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh apple slices 	19 <ul style="list-style-type: none"> blueberry chex chilled pears 	20 <ul style="list-style-type: none"> egg & cheese breakfast burrito fresh orange wedges 	21 <ul style="list-style-type: none"> apple pie parfait whole grain granola 100% orange juice 	22 <ul style="list-style-type: none"> emoji waffles all-natural syrup fresh honeydew
25 <ul style="list-style-type: none"> multi-grain frosted flakes cereal fresh apple slices 	26 <ul style="list-style-type: none"> turkey bacon & egg bake scrambled eggs  english muffin jelly butter chilled pears 	27 no school	28 	29 no school
2 <ul style="list-style-type: none"> cinnamon rice chex fresh apple slices 	3 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly chilled pears 	4 <ul style="list-style-type: none"> whole grain toast scrambled eggs fresh orange wedges 	5 <ul style="list-style-type: none"> cranberry parfait whole grain granola 100% orange juice 	6 <ul style="list-style-type: none"> french toast sticks all-natural syrup fresh honeydew

SEASONAL CRANBERRIES

Celebrate the fall season by enjoying a **cranberry parfait!**



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November Lunch Menu

DC PUBLIC SCHOOLS | LUNCH 9-12

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INTERNATIONAL FOOD DAY

Celebrate the culture & cuisine of Denmark on Tuesday the 19th & Trinidad and Tobago on Thursday the 21st!

Danish Old-Fashioned Apple Trifle

A creamy apple dish topped with whipped cream

Trinbagonian-Style Corn Soup

A hearty & warming spiced soup made with seasonal squash & corn



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>no school</p>	<p>5</p> <p>no school</p>	<p>6</p> <ul style="list-style-type: none"> cheese pizza 🌿 sauteed green beans steamed carrots chilled pears 	<p>7</p> <ul style="list-style-type: none"> beef & cheese nachos 🌿 bean & cheese nachos 🌿 steamed corn roasted tomato salsa sour cream fresh cantaloupe 	<p>8</p> <ul style="list-style-type: none"> sweet chili strips 🌿 brown rice steamed carrots asian broccoli fresh apple slices
<p>11</p> <p>no school</p>	<p>12</p> <ul style="list-style-type: none"> baked catfish 🌿 veggie chik'n nuggets 🌿 hot sauce whole grain roll sauteed green beans steamed corn fresh pear 	<p>13</p> <ul style="list-style-type: none"> turkey meatballs & sauce tofu bolognese 🌿 whole grain spaghetti roasted carrots mixed greens salad house ranch dressing fresh apple fresh banana 	<p>14</p> <ul style="list-style-type: none"> beef shepherd's pie 🌿 lentil shepherd's pie 🌿 whole grain biscuit mashed potatoes steamed green peas fresh cantaloupe 	<p>15</p> <ul style="list-style-type: none"> chicken yassa 🌿 veggie chik'n nuggets 🌿 ketchup jollof rice honey cinnamon sweet potatoes sauteed cabbage fresh apple slices
<p>18</p> <ul style="list-style-type: none"> turkey & bean chili veg out chili 🌿 shredded cheddar cheese sour cream corn tortilla chips steamed corn steamed broccoli fresh pear 	<p>19</p> <ul style="list-style-type: none"> cheese pizza 🌿 baby spinach salad baby carrots balsamic dressing danish old-fashioned apple trifle 	<p>20</p> <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets 🌿 whole grain waffles sweet potato hash braised collard greens ketchup all-natural syrup fresh apple fresh banana 	<p>21</p> <ul style="list-style-type: none"> jamaican jerk chicken drum jamaican jerk tofu 🌿 yellow rice red beans trinbagonian style corn soup fresh cantaloupe 	<p>22</p> <ul style="list-style-type: none"> beef burger veggie burger 🌿 whole grain bun lettuce & tomato baked potato wedges ketchup & mustard fresh apple slices
<p>25</p> <ul style="list-style-type: none"> all-beef hotdog veggie burger 🌿 whole grain bun steamed corn bbq baked beans ketchup & mustard fresh pear 	<p>26</p> <ul style="list-style-type: none"> roasted turkey brown gravy veggie chik'n nuggets 🌿 vegetarian gravy cornbread muffin sauteed green beans mashed potatoes fresh orange wedges 	<p>27</p> <p>no school</p>	<p>28</p> <p>no school</p>	<p>29</p> <p>no school</p>
<p>2</p> <ul style="list-style-type: none"> cheese pizza 🌿 sauteed green beans steamed corn chilled pears 	<p>3</p> <ul style="list-style-type: none"> crispy catfish sandwich grilled cheese 🌿 hot sauce baked potato wedges ketchup black eyed peas fresh orange wedges 	<p>4</p> <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets 🌿 ketchup whole grain roll mac & cheese braised collard greens cinnamon roasted butternut squash fresh apple fresh banana 	<p>5</p> <ul style="list-style-type: none"> beef & cheese nachos 🌿 bean & cheese nachos 🌿 steamed corn roasted tomato salsa sour cream fresh cantaloupe 	<p>6</p> <ul style="list-style-type: none"> sweet chili strips 🌿 brown rice steamed carrots asian broccoli fresh apple slices



November Lunch Menu

DC PUBLIC SCHOOLS | LUNCH K-8

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 = vegetarian entree

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<p>11</p> <p>no school</p>	<p>12</p> <ul style="list-style-type: none"> baked catfish veggie chik'n nuggets hot sauce cornbread muffin sauteed green beans steamed corn fresh pear 	<p>13</p> <ul style="list-style-type: none"> turkey meatballs & sauce tofu bolognese whole grain spaghetti roasted carrots mixed greens salad house ranch dressing fresh banana 	<p>14</p> <ul style="list-style-type: none"> beef sheperd's pie lentil sheperd's pie whole grain biscuit mashed potatoes steamed green peas fresh cantaloupe 	<p>15</p> <ul style="list-style-type: none"> chicken yassa veggie chik'n nuggets ketchup jollof rice honey cinnamon sweet potatoes sauteed cabbage fresh apple slices
<p>18</p> <ul style="list-style-type: none"> turkey & bean chili veg out chili shredded cheddar cheese sour cream corn tortilla chips steamed corn steamed broccoli fresh pear 	<p>19</p> <ul style="list-style-type: none"> cheese pizza baby spinach salad baby carrots balsamic dressing danish old-fashioned apple trifle 	<p>20</p> <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets whole grain waffles sweet potato hash braised collard greens ketchup all-natural syrup fresh banana 	<p>21</p> <ul style="list-style-type: none"> jamaican jerk chicken drum jamaican jerk tofu yellow rice red beans trinbagonian style corn soup fresh cantaloupe 	<p>22</p> <ul style="list-style-type: none"> beef burger veggie burger whole grain bun lettuce & tomato baked potato wedges ketchup & mustard fresh apple slices
<p>25</p> <ul style="list-style-type: none"> all-beef hotdog veggie burger whole grain bun steamed corn bbq baked beans ketchup & mustard fresh pear 	<p>26</p> <ul style="list-style-type: none"> roasted turkey brown gravy veggie chik'n nuggets vegetarian gravy cornbread muffin sauteed green beans mashed potatoes fresh orange wedges 	<p>27</p> <p>no school</p>	<p>28</p> <p>no school</p>	<p>29</p> <p>no school</p>
<p>2</p> <ul style="list-style-type: none"> cheese pizza sauteed green beans steamed corn chilled pears 	<p>3</p> <ul style="list-style-type: none"> crispy catfish sandwich grilled cheese hot sauce baked potato wedges ketchup black eyed peas fresh orange wedges 	<p>4</p> <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets ketchup whole grain roll mac & cheese braised collard greens cinnamon roasted butternut squash fresh banana 	<p>5</p> <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos steamed corn roasted tomato salsa sour cream fresh cantaloupe 	<p>6</p> <ul style="list-style-type: none"> sweet chili strips brown rice steamed carrots asian broccoli fresh apple slices



November Lunch Menu

DC PUBLIC SCHOOLS | LUNCH ECE

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A creamy apple dish topped with whipped cream

Trinbagonian-Style Corn Soup

A hearty & warming spiced soup made with seasonal squash & corn



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>no school</p>	<p>5</p> <p>no school</p>	<p>6</p> <ul style="list-style-type: none"> cheese pizza sauteed green beans chilled pears 	<p>7</p> <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn fresh cantaloupe 	<p>8</p> <ul style="list-style-type: none"> sweet chili strips brown rice asian broccoli fresh apple slices
<p>11</p> <p>no school</p>	<p>12</p> <ul style="list-style-type: none"> baked catfish veggie chik'n nuggets whole grain roll steamed corn chilled pears 	<p>13</p> <ul style="list-style-type: none"> sliced turkey meatballs & sauce tofu bolognese whole grain spaghetti roasted carrots fresh banana 	<p>14</p> <ul style="list-style-type: none"> beef sheperd's pie lentil sheperd's pie whole grain biscuit mashed potatoes fresh cantaloupe 	<p>15</p> <ul style="list-style-type: none"> diced chicken yassa veggie chik'n nuggets ketchup jollof rice honey cinnamon sweet potatoes fresh apple slices
<p>18</p> <ul style="list-style-type: none"> turkey & bean chili veg out chili shredded cheddar cheese corn tortilla chips steamed corn chilled pears 	<p>19</p> <ul style="list-style-type: none"> cheese pizza steamed carrots danish old-fashioned trifle 	<p>20</p> <ul style="list-style-type: none"> diced crispy chicken tender veggie chik'n nuggets whole grain waffles sweet potato hash ketchup all-natural syrup fresh banana 	<p>21</p> <ul style="list-style-type: none"> diced jamaican jerk chicken jamaican jerk tofu yellow rice trinbagonian style corn soup fresh cantaloupe 	<p>22</p> <ul style="list-style-type: none"> beef burger veggie burger whole grain bun baked potato wedges ketchup & mustard fresh apple slices
<p>25</p> <ul style="list-style-type: none"> all-beef hotdog sliced lengthwise veggie burger whole grain bun steamed corn ketchup & mustard chilled pears 	<p>26</p> <ul style="list-style-type: none"> roasted turkey brown gravy veggie chik'n nuggets vegetarian gravy cornbread muffin mashed potatoes fresh orange wedges 	<p>27</p> <p>no school</p>	<p>28</p> <p>no school</p>	<p>29</p> <p>no school</p>
<p>2</p> <ul style="list-style-type: none"> cheese pizza sauteed green beans chilled pears 	<p>3</p> <ul style="list-style-type: none"> crispy catfish sandwich grilled cheese baked potato wedges ketchup fresh orange wedges 	<p>4</p> <ul style="list-style-type: none"> diced crispy chicken tender veggie chik'n nuggets ketchup mac & cheese braised collard greens fresh banana 	<p>5</p> <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn fresh cantaloupe 	<p>6</p> <ul style="list-style-type: none"> sweet chili strips brown rice asian broccoli fresh apple slices



November Snack Menu

DC PUBLIC SCHOOLS | SNACK

What do the colors on the menu mean?

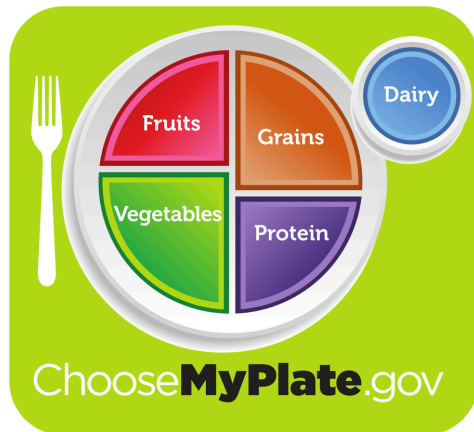
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= vegetarian entree

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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 no school	5 no school	6 <ul style="list-style-type: none"> vanilla yogurt whole grain granola 	7 <ul style="list-style-type: none"> cucumber coins ranch dressing cheez-its 	8 <ul style="list-style-type: none"> cornbread muffin fresh pear
11 no school	12 <ul style="list-style-type: none"> blueberry muffin cheese stick 	13 <ul style="list-style-type: none"> honey cheerios cereal milk 	14 <ul style="list-style-type: none"> cucumber coins italian dressing cheez-its 	15 <ul style="list-style-type: none"> cinnamon goldfish graham fresh orange
18 <ul style="list-style-type: none"> pretzel goldfish cheese stick 	19 <ul style="list-style-type: none"> cinnamon goldfish graham fresh apple slices 	20 <ul style="list-style-type: none"> vanilla yogurt whole grain granola 	21 <ul style="list-style-type: none"> cucumber coins ranch dressing cheez-its 	22 <ul style="list-style-type: none"> cornbread muffin fresh pear
25 <ul style="list-style-type: none"> vanilla yogurt whole grain granola 	26 <ul style="list-style-type: none"> blueberry muffin cheese stick 	27 no school	28 	29 no school
2 <ul style="list-style-type: none"> pretzel goldfish cheese stick 	3 <ul style="list-style-type: none"> cinnamon goldfish graham fresh apple slices 	4 <ul style="list-style-type: none"> vanilla yogurt whole grain granola 	5 <ul style="list-style-type: none"> cucumber coins ranch dressing cheez-its 	6 <ul style="list-style-type: none"> cornbread muffin fresh pear



November Supper Menu

DC PUBLIC SCHOOLS | SUPPER

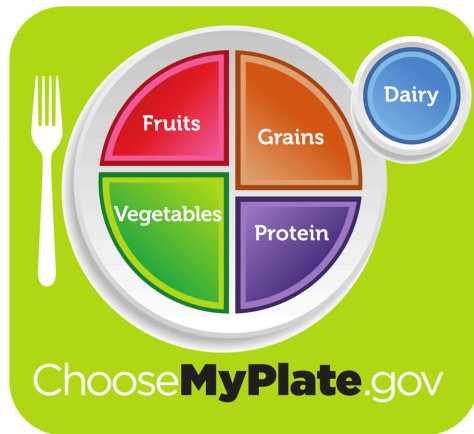
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 no school	5 no school	6 <ul style="list-style-type: none"> • southwest chicken wrap • baby carrots • ranch dressing • cinnamon applesauce 	7 <ul style="list-style-type: none"> • curried chicken salad on a whole grain bun • asian kale slaw • fresh orange wedges 	8 <ul style="list-style-type: none"> • sunbutter & jelly sandwich • cheese stick • baby carrots • ranch dressing • fresh banana
11 no school	12 <ul style="list-style-type: none"> • turkey & cheese on whole grain bun • broccoli carrots • ranch dressing • fresh orange wedges 	13 <ul style="list-style-type: none"> • herb roasted chicken • whole grain roll • mixed greens salad • carrot coins • balsamic dressing • cinnamon applesauce 	14 <ul style="list-style-type: none"> • sweet chili chicken • cold asian noodle salad • fresh orange wedges 	15 <ul style="list-style-type: none"> • tuna salad on a whole grain bun • lemon garlic kale salad • fresh banana
18 <ul style="list-style-type: none"> • sunbutter & jelly sandwich • mozzarella cheese stick • baby carrots • italian dressing • fresh cantaloupe 	19 <ul style="list-style-type: none"> • buffalo chicken wrap • celery sticks • ranch dressing • fresh apple 	20 <ul style="list-style-type: none"> • whole grain pasta salad with parmesan & chickpeas • mixed greens salad • balsamic dressing • cinnamon applesauce 	21 <ul style="list-style-type: none"> • chicken salad on whole grain bun • lemon parmesan kale • fresh orange wedges 	22 <ul style="list-style-type: none"> • turkey club with lettuce & tomato • mayo & mustard • broccoli florets • ranch dressing • fresh banana
25 <ul style="list-style-type: none"> • cumin lime chicken wrap • sour cream • three bean salad • fresh cantaloupe 	26 byo pizza! <ul style="list-style-type: none"> • whole grain flatbread • house tomato sauce • mozzarella cheese • fresh apple 	27 no school	28 no school	29 no school
2 <ul style="list-style-type: none"> • turkey-ham & cheese on whole grain bread • baby carrots • ranch dressing • chilled peaches 	3 <ul style="list-style-type: none"> • buffalo chicken • cornbread muffin • mixed greens salad • diced cucumbers • ranch dressing • fresh apple 	4 <ul style="list-style-type: none"> • hummus dip • whole grain flatbread squares • cucumber coins • cinnamon applesauce 	5 <ul style="list-style-type: none"> • curried chicken salad on a whole grain bun • asian kale slaw • fresh orange wedges 	6 <ul style="list-style-type: none"> • sunbutter & jelly sandwich • cheese stick • baby carrots • ranch dressing • fresh banana



November 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

11/04 - 11/08 JAMAICA BOWL

- + pick your base**
 - yellow rice
- +pick your protein**
 - jamaican jerk chicken
 - jamaican jerk tofu
- +pick your toppings**
 - sauteed cabbage
 - red beans
 - oven fried plantains
 - steamed carrots
 - braised collard greens
- +add your dressing**
 - caribbean lime dressing

11/11- 11/15 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

11/18 - 11/22 INDIAN BOWL

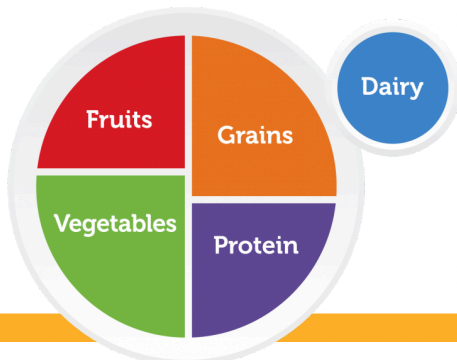
- + pick your base**
 - brown basmati rice
- +pick your protein**
 - curried chicken
 - curried chickpeas
- +pick your toppings**
 - potato samosa
 - roasted carrots
 - sautéed cabbage
 - baby spinach
- +add your dressing**
 - yogurt lime dressing

11/25 - 11/29 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!





November 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

11/04 - 11/08 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

11/11 - 11/15 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

11/18 - 11/22 CHEF SALAD

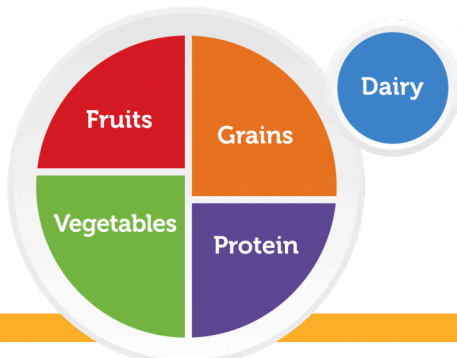
- + pick your base**
 - mixed greens salad
- +pick your protein**
 - herb roasted chicken
 - diced turkey ham
 - hard-boiled egg
- +pick your toppings**
 - chickpeas
 - tomatoes
 - diced cucumber
 - corn
 - shredded cheddar cheese
 - whole grain croutons
 - whole grain roll
- +add your dressing**
 - honey mustard dressing

11/25 - 11/29 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

CREATING A BALANCED MEAL!

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





November 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

11/04 - 11/08 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

11/11 - 11/15 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

11/18 - 11/22 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

11/25 - 11/29 BBQ CHICKEN

+ pick your base

- romaine

+pick your protein

- bbq chicken
- chickpeas

+pick your toppings

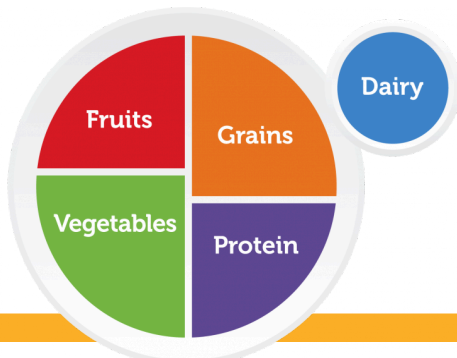
- red onion
- red pepper strips
- corn
- shredded cheddar cheese
- whole grain croutons
- whole grain roll

+add your dressing

- honey mustard dressing

CREATING A BALANCED MEAL!

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





November 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

11/04 - 11/07 MEATBALL SUB

meatball sub

- whole grain hoagie
- provolone cheese
- turkey meatballs in house marinara sauce

11/11 - 11/15 GRILLED CHEESE

grilled cheese

- whole grain bread
- cheddar cheese

11/18 - 11/22 CHEESEBURGER

cheeseburger

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

11/25 - 11/29 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!

