



# December 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <ul style="list-style-type: none"> <li>cinnamon chex cereal</li> <li>blueberry chex cereal</li> <li>fresh apple slices</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>whole grain bagel</li> <li>cream cheese</li> <li>jelly</li> <li>fresh pear</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>cheesy grits</li> <li>scrambled eggs</li> <li>turkey bacon</li> <li>veggie breakfast sausage patty </li> <li>fresh orange wedges</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>cranberry parfait</li> <li>100% orange juice</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>french toast sticks</li> <li>turkey sausage patty</li> <li>veggie breakfast sausage patty </li> <li>all-natural syrup</li> <li>fresh honeydew</li> </ul>
<b>9</b> <ul style="list-style-type: none"> <li>strawberry shredded wheat cereal</li> <li>cinnamon toast crunch cereal</li> <li>fresh apple slices</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>whole grain biscuit</li> <li>turkey sausage patty</li> <li>veggie breakfast sausage patty </li> <li>honey</li> <li>fresh pear</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>butter milk pancakes</li> <li>scrambled eggs</li> <li>all-natural syrup</li> <li>fresh orange wedges</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>apple spice oatmeal</li> <li>turkey sausage patty</li> <li>veggie breakfast sausage patty </li> <li>fresh banana</li> <li>100% orange juice</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>pumpkin bread</li> <li>cheese stick</li> <li>fresh honeydew</li> </ul>
<b>16</b> <ul style="list-style-type: none"> <li>whole grain bagel</li> <li>cream cheese</li> <li>jelly</li> <li>fresh apple slices</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>blueberry chex cereal</li> <li>cinnamon toast crunch cereal</li> <li>fresh pear</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>egg &amp; cheese breakfast burrito</li> <li>hot sauce</li> <li>fresh orange wedges</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>apple pie parfait</li> <li>100% orange juice</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>emoji waffles</li> <li>scrambled eggs</li> <li>all-natural syrup</li> <li>fresh honeydew</li> </ul>
<b>23</b> no school	<b>24</b> no school	<b>25</b> no school	<b>26</b> no school	<b>27</b> no school
<b>30</b> 	<b>31</b> no school	<b>1</b> no school	<b>2</b> <ul style="list-style-type: none"> <li>cinnamon chex cereal</li> <li>blueberry chex cereal</li> <li>100% orange juice</li> <li>cinnamon applesauce cup</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>french toast sticks</li> <li>turkey sausage patty</li> <li>veggie breakfast sausage patty </li> <li>all-natural syrup</li> <li>fresh honeydew</li> </ul>

## SEASONAL FLAVORS

Stay warm & cozy with DCCK's winter favorites:

- 12/12 Apple Spice Oatmeal
- 12/13 Pumpkin Bread
- 12/19 Apple Pie Parfait





# December Breakfast Menu

## DCPS | GRAB N' GO 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <ul style="list-style-type: none"> <li>cinnamon chex cereal</li> <li>blueberry chex cereal</li> <li>fresh apple slices</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>whole grain bagel</li> <li>cream cheese</li> <li>jelly</li> <li>fresh pear</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>whole grain croissant</li> <li>turkey bacon</li> <li>veggie breakfast sausage patty </li> <li>jelly</li> <li>fresh orange wedges</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>cranberry parfait</li> <li>100% orange juice</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>french toast sticks</li> <li>turkey sausage patty</li> <li>veggie breakfast sausage patty </li> <li>all-natural syrup</li> <li>fresh honeydew</li> </ul>
<b>9</b> <ul style="list-style-type: none"> <li>cinnamon toast crunch cereal</li> <li>strawberry shredded wheat cereal</li> <li>fresh apple slices</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>whole grain biscuit</li> <li>turkey sausage patty</li> <li>veggie breakfast sausage patty </li> <li>honey</li> <li>fresh pear</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>butter milk pancakes</li> <li>all-natural syrup</li> <li>fresh orange wedges</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>whole grain croissant</li> <li>turkey sausage patty</li> <li>veggie breakfast sausage patty </li> <li>jelly</li> <li>fresh banana</li> <li>100% orange juice</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>pumpkin bread</li> <li>cheese stick</li> <li>fresh honeydew</li> </ul>
<b>16</b> <ul style="list-style-type: none"> <li>whole grain bagel</li> <li>cream cheese</li> <li>jelly</li> <li>fresh apple slices</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>blueberry chex cereal</li> <li>cinnamon toast crunch cereal</li> <li>fresh pear</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>egg &amp; cheese breakfast burrito</li> <li>hot sauce</li> <li>fresh orange wedges</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>apple pie parfait</li> <li>100% orange juice</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>emoji waffles</li> <li>butter</li> <li>all-natural syrup</li> <li>fresh honeydew</li> </ul>
<b>23</b> no school	<b>24</b> no school	<b>25</b> no school	<b>26</b> no school	<b>27</b> no school
<b>30</b> 	<b>31</b> no school	<b>1</b> no school	<b>2</b> <ul style="list-style-type: none"> <li>cinnamon chex cereal</li> <li>blueberry chex cereal</li> <li>100% orange juice</li> <li>cinnamon applesauce cup</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>french toast sticks</li> <li>turkey sausage patty</li> <li>veggie breakfast sausage patty</li> <li>all-natural syrup</li> <li>fresh honeydew</li> </ul>

### SEASONAL FLAVORS

Stay warm & cozy with DCCK's winter favorites:


- 12/12 Apple Spice Oatmeal
- 12/13 Pumpkin Bread
- 12/19 Apple Pie Parfait



# December Breakfast Menu

DCPS | ECE 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.**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <ul style="list-style-type: none"> <li>cinnamon chex cereal</li> <li>fresh apple slices</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>whole grain bagel</li> <li>cream cheese</li> <li>jelly</li> <li>chilled pears</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>whole grain toast</li> <li>scrambled eggs</li> <li>fresh orange wedges</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>cranberry parfait</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>french toast sticks</li> <li>all-natural syrup</li> <li>fresh honeydew</li> </ul>
<b>9</b> <ul style="list-style-type: none"> <li>honey cheerios</li> <li>fresh apple slices</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>whole grain biscuit</li> <li>turkey sausage patty</li> <li>veggie breakfast sausage patty </li> <li>chilled pears</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>buttermilk pancakes</li> <li>all-natural syrup</li> <li>fresh orange wedges</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>apple spice oatmeal</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>pumpkin bread</li> <li>fresh honeydew</li> </ul>
<b>16</b> <ul style="list-style-type: none"> <li>whole grain bagel</li> <li>cream cheese</li> <li>jelly</li> <li>fresh apple slices</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>blueberry chex</li> <li>chilled pears</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>egg &amp; cheese breakfast burrito</li> <li>fresh orange wedges</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>apple pie parfait</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>emoji waffles</li> <li>all-natural syrup</li> <li>fresh honeydew</li> </ul>
<b>23</b> no school 	<b>24</b> no school 	<b>25</b> no school 	<b>26</b> no school 	<b>27</b> no school
<b>30</b> 	<b>31</b> no school 	<b>1</b> no school	<b>2</b> <ul style="list-style-type: none"> <li>cinnamon chex cereal</li> <li>100% orange juice</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>french toast sticks</li> <li>all-natural syrup</li> <li>fresh honeydew</li> </ul>

**SEASONAL FLAVORS**

Stay warm & cozy with DCCK's winter favorites:

- 12/12 Apple Spice Oatmeal
- 12/13 Pumpkin Bread
- 12/19 Apple Pie Parfait





# December Lunch Menu

DCPS | LUNCH 9-12

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

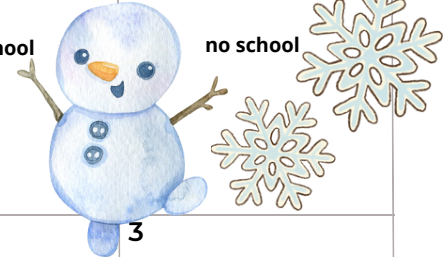
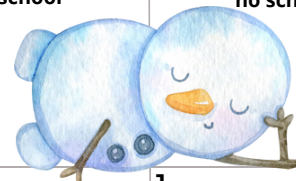
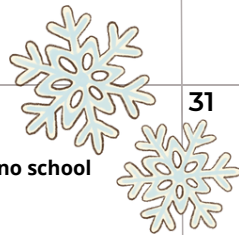
## HOLIDAY MEAL

DCCK invites all students to enjoy a special holiday meal on Tuesday December 17th

- Roasted Turkey
- Veggie Chik'n Nuggets
- Cornbread Muffin
- Mashed Potatoes & Gravy
- Sauteed Green Beans
- Fresh Orange Wedges



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <ul style="list-style-type: none"> <li>cheese pizza </li> <li>sauteed green beans </li> <li>steamed carrots</li> <li>chilled pears</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>crispy catfish sandwich </li> <li>grilled cheese </li> <li>hot sauce</li> <li>baked potato wedges </li> <li>ketchup</li> <li>black eyed peas</li> <li>fresh orange wedges</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>crispy chicken tender </li> <li>veggie chik'n nuggets </li> <li>ketchup</li> <li>whole grain roll</li> <li>mac &amp; cheese</li> <li>braised collard greens </li> <li>cinnamon roasted butternut squash </li> <li>fresh apple </li> <li>fresh banana</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>beef &amp; cheese nachos </li> <li>bean &amp; cheese nachos </li> <li>steamed corn </li> <li>roasted tomato salsa</li> <li>sour cream</li> <li>fresh cantaloupe</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>sweet chili strips </li> <li>brown rice</li> <li>steamed carrots</li> <li>ginger soy broccoli </li> <li>fresh apple slices </li> </ul>
<b>9</b> <ul style="list-style-type: none"> <li>crispy catfish </li> <li>veggie chik'n nuggets </li> <li>hot sauce</li> <li>whole grain roll</li> <li>sauteed green beans </li> <li>steamed corn </li> <li>fresh pear </li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>chicken &amp; cheese quesadilla </li> <li>cheese quesadilla </li> <li>corn tortilla chips </li> <li>chili black beans</li> <li>roasted tomato salsa</li> <li>sour cream</li> <li>fresh orange wedges</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>turkey meatballs &amp; sauce</li> <li>tofu bolognese </li> <li>whole grain spaghetti </li> <li>roasted carrots</li> <li>mixed greens salad </li> <li>house ranch dressing</li> <li>fresh apple </li> <li>fresh banana</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>beef shepherd's pie </li> <li>lentil shepherd's pie </li> <li>whole grain biscuit</li> <li>mashed potatoes </li> <li>steamed green peas </li> <li>fresh cantaloupe</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>chicken yassa </li> <li>veggie chik'n nuggets </li> <li>ketchup</li> <li>jollof rice</li> <li>honey cinnamon sweet potatoes </li> <li>sauteed cabbage </li> <li>fresh apple slices </li> </ul>
<b>16</b> <ul style="list-style-type: none"> <li>all-beef hotdog</li> <li>veggie burger </li> <li>whole grain bun </li> <li>steamed corn </li> <li>bbq baked beans</li> <li>ketchup &amp; mustard</li> <li>fresh pear </li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>roasted turkey</li> <li>brown gravy</li> <li>veggie chik'n nuggets </li> <li>vegetarian brown gravy </li> <li>cornbread muffin</li> <li>sauteed green beans </li> <li>mashed potatoes </li> <li>fresh orange wedges</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>bbq strips </li> <li>whole grain bun</li> <li>red cabbage coleslaw</li> <li>sweet potato wedges </li> <li>ketchup</li> <li>fresh apple </li> <li>fresh banana</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>beef bolognese </li> <li>tofu bolognese</li> <li>whole grain rotini pasta</li> <li>parmesan butternut squash </li> <li>mixed greens salad </li> <li>house ranch dressing</li> <li>fresh cantaloupe</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>chicken stir-fry</li> <li>super sesame tofu </li> <li>brown rice</li> <li>steamed green peas &amp; carrots </li> <li>sweet chili cauliflower </li> <li>fresh apple slices </li> </ul>
<b>23</b> no school	<b>24</b> no school	<b>25</b> no school	<b>26</b> no school	<b>27</b> no school
<b>30</b> no school	<b>31</b> no school	<b>1</b> no school	<b>2</b> <ul style="list-style-type: none"> <li>cheese pizza</li> <li>sauteed green beans </li> <li>steamed corn </li> <li>chilled pears</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>sweet chili strips </li> <li>brown rice</li> <li>steamed carrots</li> <li>ginger soy broccoli </li> <li>fresh apple slices </li> </ul>





# December Lunch Menu

DCPS | 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

This institution is an equal opportunity provider

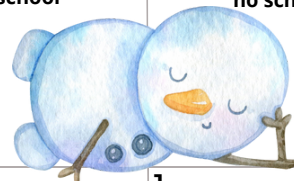
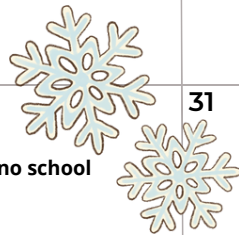
## HOLIDAY MEAL

DCCK invites all students to enjoy a special holiday meal on Tuesday December 17th

- Roasted Turkey
- Veggie Chik'n Nuggets
- Cornbread Muffin
- Mashed Potatoes & Gravy
- Sauteed Green Beans
- Fresh Orange Wedges



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <ul style="list-style-type: none"> <li>• cheese pizza </li> <li>• sauteed green beans</li> <li>• steamed carrots</li> <li>• chilled pears</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• <b>crispy catfish sandwich</b></li> <li>• grilled cheese </li> <li>• hot sauce</li> <li>• baked potato wedges</li> <li>• ketchup</li> <li>• black eyed peas</li> <li>• fresh orange wedges</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>• crispy chicken tender</li> <li>• veggie chik'n nuggets </li> <li>• ketchup</li> <li>• whole grain roll</li> <li>• mac &amp; cheese</li> <li>• <b>braised collard greens</b></li> <li>• <b>cinnamon roasted butternut squash</b></li> <li>• fresh banana</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>• <b>beef &amp; cheese nachos</b> </li> <li>• bean &amp; cheese nachos </li> <li>• <b>steamed corn</b></li> <li>• roasted tomato salsa</li> <li>• sour cream</li> <li>• fresh cantaloupe</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>• sweet chili strips </li> <li>• brown rice</li> <li>• steamed carrots</li> <li>• <b>ginger soy broccoli</b></li> <li>• <b>fresh apple slices</b></li> </ul>
<b>9</b> <ul style="list-style-type: none"> <li>• <b>crispy catfish</b></li> <li>• veggie chik'n nuggets </li> <li>• hot sauce</li> <li>• whole grain roll</li> <li>• <b>sauteed green beans</b></li> <li>• <b>steamed corn</b></li> <li>• <b>fresh pear</b></li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• chicken &amp; cheese quesadilla</li> <li>• cheese quesadilla </li> <li>• chili black beans</li> <li>• roasted tomato salsa</li> <li>• fresh orange wedges</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• turkey meatballs &amp; sauce</li> <li>• tofu bolognese </li> <li>• whole grain spaghetti</li> <li>• roasted carrots</li> <li>• <b>mixed greens salad</b></li> <li>• house ranch dressing</li> <li>• fresh banana</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>• <b>beef sheperd's pie</b> </li> <li>• lentil sheperd's pie </li> <li>• whole grain biscuit</li> <li>• <b>mashed potatoes</b></li> <li>• <b>steamed green peas</b></li> <li>• fresh cantaloupe</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>• chicken yassa</li> <li>• veggie chik'n nuggets </li> <li>• ketchup</li> <li>• jollof rice</li> <li>• <b>honey cinnamon sweet potatoes</b></li> <li>• <b>sauteed cabbage</b></li> <li>• <b>fresh apple slices</b></li> </ul>
<b>16</b> <ul style="list-style-type: none"> <li>• all-beef hotdog </li> <li>• veggie burger</li> <li>• whole grain bun</li> <li>• <b>steamed corn</b></li> <li>• bbq baked beans</li> <li>• ketchup &amp; mustard</li> <li>• <b>fresh pear</b></li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>• roasted turkey</li> <li>• brown gravy</li> <li>• veggie chik'n nuggets</li> <li>• vegetarian brown gravy </li> <li>• cornbread muffin</li> <li>• <b>sauteed green beans</b></li> <li>• <b>mashed potatoes</b></li> <li>• fresh orange wedges</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>• bbq strips </li> <li>• whole grain bun</li> <li>• red cabbage coleslaw</li> <li>• <b>sweet potato wedges</b></li> <li>• ketchup</li> <li>• fresh banana</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>• <b>beef bolognese</b></li> <li>• tofu bolognese </li> <li>• whole grain rotini pasta</li> <li>• <b>parmesan butternut squash</b></li> <li>• <b>mixed greens salad</b></li> <li>• house ranch dressing</li> <li>• fresh cantaloupe</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>• chicken stir-fry</li> <li>• super sesame tofu</li> <li>• brown rice</li> <li>• <b>steamed green peas &amp; carrots</b></li> <li>• <b>sweet chili cauliflower</b></li> <li>• <b>fresh apple slices</b></li> </ul>
<b>23</b> <p>no school</p>	<b>24</b> <p>no school</p>	<b>25</b> <p>no school</p>	<b>26</b> <p>no school</p>	<b>27</b> <p>no school</p>
<b>30</b> <p>no school</p>	<b>31</b> <p>no school</p>	<b>1</b> <p>no school</p>	<b>2</b> <ul style="list-style-type: none"> <li>• cheese pizza </li> <li>• <b>sauteed green beans</b></li> <li>• <b>steamed corn</b></li> <li>• chilled pears</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• sweet chili strips </li> <li>• brown rice</li> <li>• steamed carrots</li> <li>• <b>ginger soy broccoli</b></li> <li>• <b>fresh apple slices</b></li> </ul>





# December Lunch Menu

DCPS | LUNCH ECE

What do the colors on the menu mean?

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 = vegetarian entree

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This institution is an equal opportunity provider

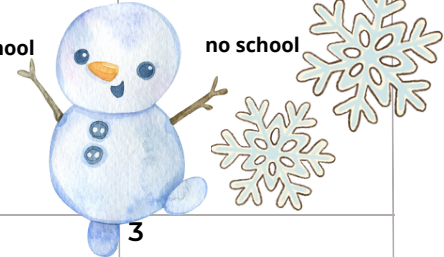
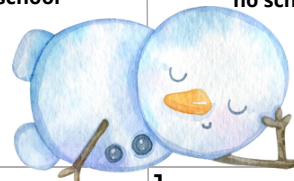
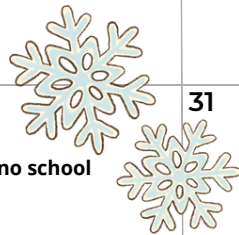
## HOLIDAY MEAL

DCCK invites all students to enjoy a special holiday meal on Tuesday December 17th

- Roasted Turkey
- Veggie Chik'n Nuggets
- Cornbread Muffin
- Mashed Potatoes & Gravy
- Sauteed Green Beans
- Fresh Orange Wedges



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <ul style="list-style-type: none"> <li>• cheese pizza </li> <li>• sauteed green beans </li> <li>• chilled pears</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• <b>crispy catfish sandwich</b> </li> <li>• grilled cheese </li> <li>• baked potato wedges</li> <li>• ketchup</li> <li>• fresh orange wedges</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>• diced crispy chicken tenders </li> <li>• veggie chik'n nuggets </li> <li>• ketchup</li> <li>• mac &amp; cheese</li> <li>• <b>braised collard greens</b> </li> <li>• fresh banana</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>• <b>beef &amp; cheese nachos</b> </li> <li>• bean &amp; cheese nachos </li> <li>• <b>steamed corn</b> </li> <li>• fresh cantaloupe</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>• sweet chili strips </li> <li>• brown rice</li> <li>• <b>ginger soy broccoli</b> </li> <li>• <b>fresh apple slices</b> </li> </ul>
<b>9</b> <ul style="list-style-type: none"> <li>• <b>crispy catfish</b> </li> <li>• veggie chik'n nuggets </li> <li>• whole grain roll</li> <li>• <b>steamed corn</b> </li> <li>• chilled pears</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• chicken &amp; cheese quesadilla</li> <li>• cheese quesadilla </li> <li>• chili black beans</li> <li>• fresh orange wedges</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• sliced turkey meatballs &amp; sauce</li> <li>• tofu bolognese </li> <li>• whole grain spaghetti</li> <li>• roasted carrots</li> <li>• fresh banana</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>• <b>beef sheperd's pie</b> </li> <li>• lentil sheperd's pie </li> <li>• whole grain biscuit</li> <li>• <b>mashed potatoes</b> </li> <li>• fresh cantaloupe</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>• diced chicken yassa </li> <li>• veggie chik'n nuggets </li> <li>• ketchup</li> <li>• jollof rice</li> <li>• <b>honey cinnamon sweet potatoes</b> </li> <li>• <b>fresh apple slices</b> </li> </ul>
<b>16</b> <ul style="list-style-type: none"> <li>• all-beef hotdog sliced lengthwise</li> <li>• veggie burger </li> <li>• whole grain bun</li> <li>• <b>steamed corn</b> </li> <li>• ketchup &amp; mustard</li> <li>• chilled pears</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>• roasted turkey</li> <li>• brown gravy</li> <li>• veggie chik'n nuggets </li> <li>• vegetarian brown gravy</li> <li>• cornbread muffin</li> <li>• <b>mashed potatoes</b> </li> <li>• fresh orange wedges</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>• bbq strips </li> <li>• whole grain bun</li> <li>• <b>sweet potato wedges</b> </li> <li>• ketchup</li> <li>• fresh banana</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>• <b>beef bolognese</b> </li> <li>• tofu bolognese </li> <li>• whole grain rotini pasta</li> <li>• <b>parmesan butternut squash</b> </li> <li>• fresh cantaloupe</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>• chicken stir-fry </li> <li>• super sesame tofu </li> <li>• brown rice</li> <li>• <b>steamed green peas &amp; carrots</b> </li> <li>• <b>fresh apple slices</b> </li> </ul>
<b>23</b> <p>no school</p>	<b>24</b> <p>no school</p>	<b>25</b> <p>no school</p>	<b>26</b> <p>no school</p>	<b>27</b> <p>no school</p>
<b>30</b> <p>no school</p>	<b>31</b> <p>no school</p>	<b>1</b> <p>no school</p>	<b>2</b> <ul style="list-style-type: none"> <li>• cheese pizza </li> <li>• <b>sauteed green beans</b> </li> <li>• chilled pears</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• sweet chili strips </li> <li>• brown rice</li> <li>• <b>ginger soy broccoli</b> </li> <li>• <b>fresh apple slices</b> </li> </ul>





# December Snack Menu

## DCPS | SNACK

What do the colors on the menu mean?

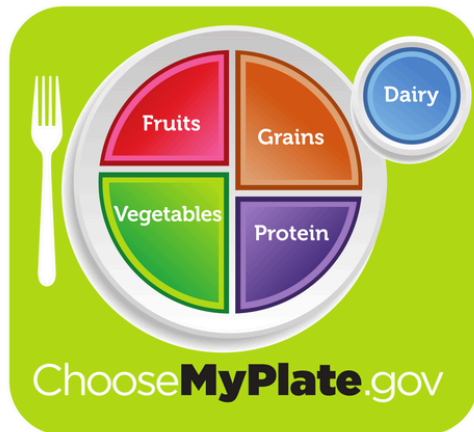
GREEN = locally-sourced

🌿 = vegetarian entree

All grains served are whole grain rich

Menu subject to change based on availability

This institution is an equal opportunity provider



**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
<b>2</b> <ul style="list-style-type: none"> <li>• pretzel goldfish</li> <li>• cheese stick</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• cinnamon goldfish graham</li> <li>• fresh apple slices</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>• vanilla yogurt</li> <li>• whole grain granola</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>• cucumber coins</li> <li>• ranch dressing</li> <li>• cheez-its</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>• cornbread muffin</li> <li>• fresh pear</li> </ul>
<b>9</b> <ul style="list-style-type: none"> <li>• vanilla yogurt</li> <li>• whole grain granola</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• blueberry muffin</li> <li>• cheese stick</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• pretzel goldfish</li> <li>• fresh apple slices</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>• cucumber coins</li> <li>• italian dressing</li> <li>• cheez-its</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>• cinnamon goldfish graham</li> <li>• fresh orange</li> </ul>
<b>16</b> <ul style="list-style-type: none"> <li>• pretzel goldfish</li> <li>• cheese stick</li> </ul>	<b>17</b> <ul style="list-style-type: none"> <li>• cinnamon goldfish graham</li> <li>• fresh apple slices</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>• vanilla yogurt</li> <li>• whole grain granola</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>• cucumber coins</li> <li>• ranch dressing</li> <li>• cheez-its</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>• cornbread muffin</li> <li>• fresh pear</li> </ul>
<b>23</b> no school 	<b>24</b> no school 	<b>25</b> no school 	<b>26</b> no school 	<b>27</b> no school 
<b>30</b> no school 	<b>31</b> no school 		<b>2</b> <ul style="list-style-type: none"> <li>• pretzel goldfish</li> <li>• cheese stick</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• cornbread muffin</li> <li>• fresh pear</li> </ul>



# December Supper Menu

DCPS | SUPPER

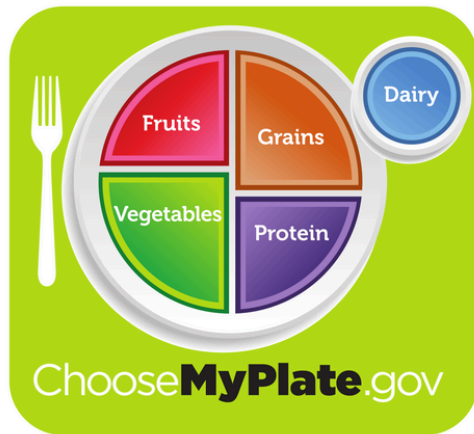
What do the colors on the menu mean?

GREEN = locally-sourced  
 = vegetarian entree

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

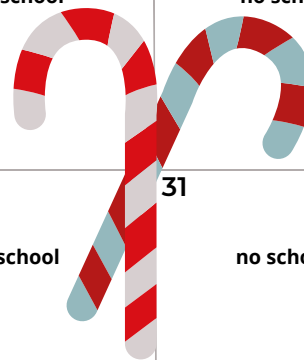
Menu subject to change based on availability

This institution is an equal opportunity provider



**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
<p><b>2</b></p> <ul style="list-style-type: none"> <li>turkey ham &amp; cheese sandwich</li> <li>baby carrots</li> <li>ranch dressing</li> <li>chilled peaches</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>buffalo chicken</li> <li>cornbread muffin</li> <li>mixed greens salad</li> <li>diced cucumbers</li> <li>ranch dressing</li> <li>fresh apple</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>hummus dip</li> <li>whole grain flatbread squares</li> <li>cucumber coins</li> <li>cinnamon applesauce cup</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>curried chicken salad on a whole grain bun</li> <li>asian kale slaw</li> <li>fresh orange wedges</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly sandwich</li> <li>cheese stick</li> <li>baby carrots</li> <li>ranch dressing</li> <li>fresh banana</li> </ul>
<p><b>9</b></p> <ul style="list-style-type: none"> <li>southwest chicken wrap</li> <li>baby carrots</li> <li>honey lime dressing</li> <li>fresh cantaloupe</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>turkey ham &amp; cheese on whole grain bun</li> <li>broccoli florets</li> <li>ranch dressing</li> <li>fresh apple</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>harvest salad with carrot coins &amp; dried cranberries</li> <li>herb roasted chicken</li> <li>whole grain roll</li> <li>balsamic dressing</li> <li>cinnamon applesauce cup</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>sweet chili chicken</li> <li>cold asian noodle salad</li> <li>fresh orange wedges</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>tuna salad on a whole grain bun</li> <li>lemon garlic kale salad</li> <li>fresh banana</li> </ul>
<p><b>16</b></p> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly sandwich</li> <li>cheese stick</li> <li>baby carrots</li> <li>italian dressing</li> <li>fresh cantaloupe</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>buffalo chicken wrap</li> <li>celery sticks</li> <li>ranch dressing</li> <li>fresh apple</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>pasta salad with parmesan &amp; chickpeas</li> <li>mixed greens salad</li> <li>balsamic dressing</li> <li>cinnamon applesauce cup</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>chicken salad on whole grain bun</li> <li>lemon parmesan kale</li> <li>fresh orange wedges</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>turkey club with lettuce &amp; tomato</li> <li>mayo &amp; mustard</li> <li>broccoli florets</li> <li>ranch dressing</li> <li>fresh banana</li> </ul>
<p><b>23</b></p> <p>no school</p>	<p><b>24</b></p> <p>no school</p>	<p><b>25</b></p> <p>no school</p>	<p><b>26</b></p> <p>no school</p>	<p><b>27</b></p> <p>no school</p>
<p><b>30</b></p> <p>no school</p>	<p><b>31</b></p> <p>no school</p>	<p><b>1</b></p> <p>no school</p>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>sunbutter &amp; jelly sandwich</li> <li>cheese stick</li> <li>baby carrots</li> <li>ranch dressing</li> <li>chilled peaches</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>curried chicken salad on a whole grain bun</li> <li>asian kale slaw</li> <li>fresh orange wedges</li> </ul>







# December 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 - pear; Tues - orange; Wed - banana;  
Thurs - cantaloupe; Fri - apple

## 12/02 - 12/06 & 01/02-01/03 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

## 12/09- 12/13 PASTA BOWL

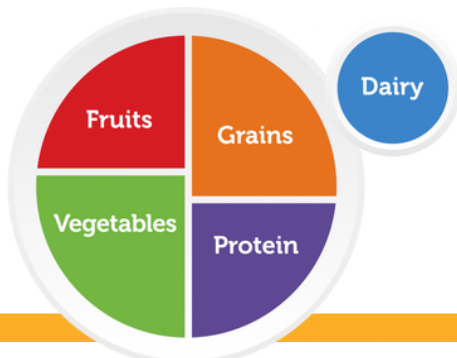
- + pick your base**
  - whole grain rotini
- +pick your protein**
  - herb roasted chicken tender
  - chickpeas
- +pick your toppings**
  - steamed broccoli
  - roasted red bell peppers
  - roasted red potatoes
  - roasted zucchini
  - parmesan cheese
  - mozzarella cheese
- +add your sauce**
  - tomato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

## 12/16 - 12/20 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!





# December 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

## 12/02 - 12/06 & 01/02-01/03 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

## 12/09 - 12/13 BUFFALO CHICKEN

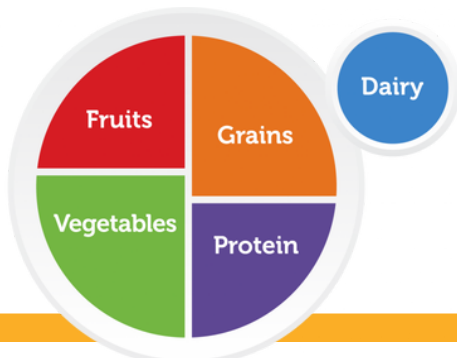
- + pick your base**
  - mixed greens salad
- +pick your protein**
  - buffalo chicken strips
  - herb roasted chicken
- +pick your toppings**
  - diced cucumber
  - shredded carrots
  - corn
  - kidney beans
  - sunflower seeds
  - shredded mozzarella cheese
  - whole grain croutons
  - whole grain roll
- +add your dressing**
  - ranch dressing

## 12/16 - 12/20 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!





# December 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

## 12/02 - 12/06 & 01/02-01/03 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

## 12/09 - 12/13 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

## 12/16 - 12/20 BBQ CHICKEN

**+pick your base**

- romaine

**+pick your protein**

- bbq chicken
- chickpeas

**+pick your toppings**

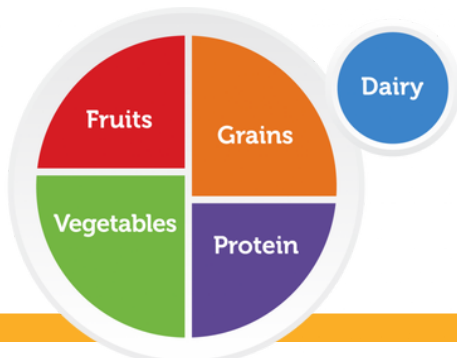
- red onion
- red pepper strips
- corn
- shredded cheddar cheese
- whole grain croutons
- whole grain roll

**+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!





# December 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

## 12/02 - 12/06 MEATBALL SUB

### meatball sub

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

## 12/09 - 12/13 GRILLED CHEESE

### grilled cheese

- whole grain bread
- cheddar cheese

## 12/16 - 12/20 TURKEY CLUB

### turkey club

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

## 01/02 - 01/03 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!

