



# January 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

### NATIONAL OATMEAL MONTH

Celebrate with DCCK by enjoying a warm, delicious bowl of oatmeal!

- Apple Spice Oatmeal  
January 9th
- Pumpkin Spice Oatmeal  
January 19th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>12/30</b>  <b>no school</b>	<b>12/31</b> <b>no school</b> 	<b>1</b> <b>no school</b> 	<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>
<b>6</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>7</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>8</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>9</b> <ul style="list-style-type: none"> <li>apple spice oatmeal</li> <li>turkey sausage patty</li> <li>veggie breakfast sausage patty </li> <li>honey</li> <li>fresh banana</li> <li>100% orange juice</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>pumpkin bread</li> <li>cheese stick</li> <li>fresh honeydew</li> </ul>
<b>13</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>14</b> <ul style="list-style-type: none"> <li>blueberry chex cereal</li> <li>cinnamon toast crunch cereal</li> <li>fresh pear</li> </ul>	<b>15</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>16</b> <ul style="list-style-type: none"> <li>apple pie parfait</li> <li>100% orange juice</li> </ul>	<b>17</b> <b>no school</b>
<b>20</b> <b>no school</b>	<b>21</b> <ul style="list-style-type: none"> <li>cinnamon toast crunch cereal</li> <li>honey bunches of oats cereal</li> <li>fresh pear</li> </ul>	<b>22</b> <ul style="list-style-type: none"> <li>whole grain waffles</li> <li>scrambled eggs</li> <li>butter</li> <li>all-natural syrup</li> <li>fresh orange wedges</li> </ul>	<b>23</b> <ul style="list-style-type: none"> <li>pumpkin spice oatmeal</li> <li>turkey sausage link</li> <li>veggie breakfast sausage patty </li> <li>fresh banana</li> <li>100% orange juice</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>apple cinnamon bread</li> <li>vanilla yogurt</li> <li>fresh honeydew</li> </ul>
<b>27</b> <b>no school</b>	<b>28</b> <ul style="list-style-type: none"> <li>cinnamon chex cereal</li> <li>blueberry chex cereal</li> <li>fresh pear</li> </ul>	<b>29</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>30</b> <ul style="list-style-type: none"> <li>cranberry parfait</li> <li>100% orange juice</li> </ul>	<b>31</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>



# January 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.**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12/30 no school 	12/31 no school 	1 no school 	2 <ul style="list-style-type: none"> <li>cheese pizza </li> <li>sauteed green beans</li> <li>steamed corn</li> <li>chilled pears</li> </ul>	3 <ul style="list-style-type: none"> <li>sweet chili chicken</li> <li>sweet chili tofu </li> <li>brown rice</li> <li>steamed carrots</li> <li>ginger soy broccoli</li> <li>fresh apple slices</li> </ul>
6 <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>	7 <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>fresh orange wedges</li> </ul>	8 <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 banana</li> </ul>	9 <ul style="list-style-type: none"> <li>beef sheperd's pie </li> <li>lentil sheperd's pie </li> <li>whole grain biscuit</li> <li>mashed potatoes</li> <li>steamed green peas</li> <li>fresh cantaloupe</li> </ul>	10 <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>
13 <ul style="list-style-type: none"> <li>turkey &amp; bean chili</li> <li>veg out chili </li> <li>shredded cheddar cheese</li> <li>sour cream</li> <li>corn tortilla chips</li> <li>steamed corn</li> <li>steamed broccoli</li> <li>fresh pear</li> </ul>	14 <ul style="list-style-type: none"> <li>cheese pizza </li> <li>baby spinach salad</li> <li>baby carrots</li> <li>balsamic dressing</li> <li>fresh orange wedges</li> </ul>	15 <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 banana</li> </ul>	16 <ul style="list-style-type: none"> <li>beef burger </li> <li>veggie burger </li> <li>whole grain bun</li> <li>lettuce &amp; tomato</li> <li>baked potato wedges</li> <li>ketchup &amp; mustard</li> <li>fresh cantaloupe</li> </ul>	17 no school
20 no school	21 <ul style="list-style-type: none"> <li>all-beef hotdog</li> <li>veggie burger </li> <li>whole grain bun</li> <li>sauteed green beans</li> <li>steamed carrots</li> <li>ketchup &amp; mustard</li> <li>fresh orange wedges</li> </ul>	22 <ul style="list-style-type: none"> <li>bbq tips </li> <li>whole grain bun</li> <li>steamed corn</li> <li>sweet potato wedges</li> <li>ketchup</li> <li>fresh banana</li> </ul>	23 <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>	24 <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>
27 no school	28 <ul style="list-style-type: none"> <li>cheese pizza </li> <li>sauteed green beans</li> <li>steamed carrots</li> <li>fresh orange wedges</li> </ul>	29 <ul style="list-style-type: none"> <li>crispy chicken tender</li> <li>veggie chik'n nuggets </li> <li>whole grain waffles</li> <li>sweet potato hash</li> <li>braised collard greens</li> <li>ketchup</li> <li>all-natural syrup</li> <li>fresh banana</li> </ul>	30 <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>	31 <ul style="list-style-type: none"> <li>sweet chili chicken</li> <li>sweet chili tofu </li> <li>brown rice</li> <li>steamed carrots</li> <li>ginger soy broccoli</li> <li>fresh apple slices</li> </ul>

## LOCAL FEATURE:

## BUTTERNUT SQUASH

Butternut squash grows on long vines during the fall and winter. It is orange in color and it tastes sweet like pumpkin.



Try the **local butternut squash** on:  
 January 23rd & 29th



# January Snack Menu

## DCPS | SNACK

What do the colors on the menu mean?

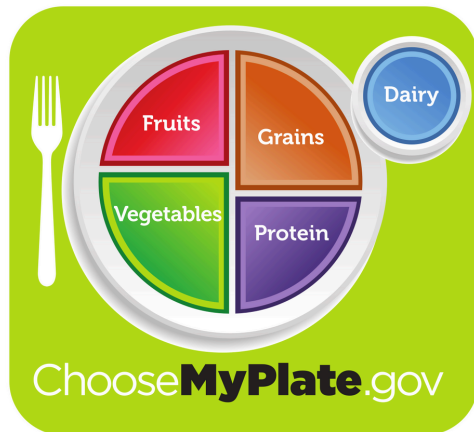
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🌿 = vegetarian entree

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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
12/30  no school	12/31  no school	1  no school	2  • pretzel goldfish • cheese stick	3  • cornbread muffin • fresh pear
6  • vanilla yogurt • whole grain granola	7  • blueberry muffin • cheese stick	8  • pretzel goldfish • fresh apple slices	9  • cucumber coins • italian dressing • cheez-its	10  • cinnamon goldfish graham • fresh orange
13  • pretzel goldfish • cheese stick	14  • cinnamon goldfish graham • fresh apple slices	15  • vanilla yogurt • whole grain granola	16  • cucumber coins • ranch dressing • cheez-its	17  no school
20  no school	21  • blueberry muffin • cheese stick	22  • pretzel goldfish • fresh apple slices	23  • cucumber coins • italian dressing • cheez-its	24  • cinnamon goldfish graham • fresh orange
27  no school	28  • cinnamon goldfish graham • fresh apple slices	29  • vanilla yogurt • whole grain granola	30  • cucumber coins • ranch dressing • cheez-its	31  • cornbread muffin • fresh pear



# January Supper Menu

DCPS | SUPPER

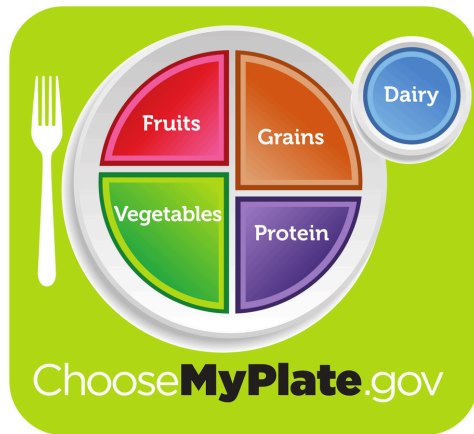
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 To create a healthy snack, include at least two of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12/30  no school	12/31  no school	1  no school	2  <ul style="list-style-type: none"> <li>southwest chicken wrap</li> <li>baby carrots</li> <li>ranch dressing</li> <li>chilled peaches</li> </ul>	3  <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>
6 <ul style="list-style-type: none"> <li>sunbutter &amp; jelly sandwich</li> <li>cheese stick</li> <li>baby carrots</li> <li>honey lime dressing</li> <li>fresh cantaloupe</li> </ul>	7 <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>	8 <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>	9 <ul style="list-style-type: none"> <li>sweet chili chicken</li> <li>cold asian noodle salad</li> <li>fresh orange wedges</li> </ul>	10 <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>
13 <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>	14 <ul style="list-style-type: none"> <li>buffalo chicken wrap</li> <li>celery sticks</li> <li>ranch dressing</li> <li>fresh apple</li> </ul>	15 <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>	16 <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>	17  no school
20  no school	21 <p style="color: red;">byo pizza!</p> <ul style="list-style-type: none"> <li>whole grain flatbread</li> <li>tomato sauce</li> <li>mozzarella cheese</li> <li>fresh apple</li> </ul>	22 <ul style="list-style-type: none"> <li>cobb salad with diced turkey ham</li> <li>whole grain roll</li> <li>italian dressing</li> <li>cinnamon applesauce cup</li> </ul>	23 <ul style="list-style-type: none"> <li>turkey ham &amp; cheese on whole grain bun</li> <li>baby carrots</li> <li>ranch dressing</li> <li>fresh orange wedges</li> </ul>	24 <ul style="list-style-type: none"> <li>egg salad on a whole grain bun</li> <li>baby spinach salad</li> <li>honey mustard dressing</li> <li>fresh banana</li> </ul>
27  no school	28 <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>	29 <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>	30 <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>	31 <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>