



# February Breakfast Menu

K-12 BREAKFAST

What do the colors on the menu mean?

GREEN = locally-sourced

= vegetarian entree

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

Menu subject to change based on availability

This institution is an equal opportunity provider

**FRESH FEATURE**

Stay warm & cozy this winter with these DCKK favorites: apple spice oatmeal, pumpkin bread, apple cinnamon bread, & pumpkin spice oatmeal!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</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>4</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>5</b> <ul style="list-style-type: none"> <li>buttermilk pancakes</li> <li>scrambled eggs</li> <li>all-natural syrup</li> <li>fresh orange wedges</li> </ul>	<b>6</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>7</b> <ul style="list-style-type: none"> <li>pumpkin bread</li> <li>cheese stick</li> <li>fresh honeydew</li> </ul>
<b>10</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>11</b> <ul style="list-style-type: none"> <li>blueberry chex cereal</li> <li>cinnamon toast crunch cereal</li> <li> fresh pear</li> </ul>	<b>12</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>13</b> <ul style="list-style-type: none"> <li> apple pie parfait</li> <li>100% orange juice</li> </ul>	<b>14</b> <p style="text-align: center;"><b>no school</b></p>
<b>17</b> <p style="text-align: center;"><b>no school</b></p>	<b>18</b> <ul style="list-style-type: none"> <li>cinnamon toast crunch cereal</li> <li>honey bunches of oats cereal</li> <li> fresh apple slices</li> </ul>	<b>19</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>20</b> <ul style="list-style-type: none"> <li>pumpkin 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>21</b> <ul style="list-style-type: none"> <li>apple cinnamon bread</li> <li>vanilla yogurt</li> <li>fresh honeydew</li> </ul>
<b>24</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>25</b> <ul style="list-style-type: none"> <li>cinnamon chex cereal</li> <li>blueberry chex cereal</li> <li> fresh pear</li> </ul>	<b>26</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>27</b> <ul style="list-style-type: none"> <li> cranberry parfait</li> <li>100% orange juice</li> </ul>	<b>28</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>3/3</b> <ul style="list-style-type: none"> <li>strawberry shredded wheat cereal</li> <li>cinnamon chex cereal</li> <li> fresh apple slices</li> </ul>	<b>3/4</b> <ul style="list-style-type: none"> <li>buttermilk pancakes</li> <li>scrambled eggs</li> <li>all-natural syrup</li> <li>butter</li> <li> fresh pear</li> </ul>	<b>3/5</b> <ul style="list-style-type: none"> <li>pineapple carrot bread</li> <li>hard-boiled egg</li> <li>hot sauce</li> <li>fresh orange wedges</li> </ul>	<b>3/6</b> <ul style="list-style-type: none"> <li>brown sugar oatmeal</li> <li>fresh banana</li> <li>100% orange juice</li> </ul>	<b>3/7</b> <ul style="list-style-type: none"> <li>vanilla yogurt</li> <li> whole grain granola</li> <li>fresh cantaloupe</li> </ul>



# February 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

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**FRESH FEATURE**

Stay warm & cozy this winter with these DCK favorites: pumpkin bread & apple cinnamon bread!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <ul style="list-style-type: none"> <li>cinnamon toast crunch cereal</li> <li>strawberry shredded wheat cereal</li> <li><b>fresh apple slices</b></li> </ul>	<b>4</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><b>fresh pear</b></li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>buttermilk pancakes</li> <li>all-natural syrup</li> <li>fresh orange wedges</li> </ul>	<b>6</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>7</b> <ul style="list-style-type: none"> <li>pumpkin bread</li> <li>cheese stick</li> <li>fresh honeydew</li> </ul>
<b>10</b> <ul style="list-style-type: none"> <li>whole grain bagel</li> <li>cream cheese</li> <li>jelly</li> <li><b>fresh apple slices</b></li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>blueberry chex cereal</li> <li>cinnamon toast crunch cereal</li> <li><b>fresh pear</b></li> </ul>	<b>12</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>13</b> <ul style="list-style-type: none"> <li><b>apple pie parfait</b></li> <li>100% orange juice</li> </ul>	<b>no school</b>
<b>no school</b>	<b>18</b> <ul style="list-style-type: none"> <li>cinnamon toast crunch cereal</li> <li>honey bunches of oats cereal</li> <li><b>fresh apple slices</b></li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>whole grain waffles</li> <li>all-natural syrup</li> <li>butter</li> <li>fresh orange wedges</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>whole grain biscuit</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>21</b> <ul style="list-style-type: none"> <li>apple cinnamon bread</li> <li>vanilla yogurt</li> <li>fresh honeydew</li> </ul>
<b>24</b> <ul style="list-style-type: none"> <li>whole grain bagel</li> <li>cream cheese</li> <li>jelly</li> <li><b>fresh apple slices</b></li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>cinnamon chex cereal</li> <li>blueberry chex cereal</li> <li><b>fresh pear</b></li> </ul>	<b>26</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>27</b> <ul style="list-style-type: none"> <li><b>cranberry parfait</b></li> <li>100% orange juice</li> </ul>	<b>28</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>3/3</b> <ul style="list-style-type: none"> <li>strawberry shredded wheat cereal</li> <li>cinnamon chex cereal</li> <li><b>fresh apple slices</b></li> </ul>	<b>3/4</b> <ul style="list-style-type: none"> <li>buttermilk pancakes</li> <li>all-natural syrup</li> <li>butter</li> <li><b>fresh pear</b></li> </ul>	<b>3/5</b> <ul style="list-style-type: none"> <li>pineapple carrot bread</li> <li>hard-boiled egg</li> <li>hot sauce</li> <li>fresh orange wedges</li> </ul>	<b>3/6</b> <ul style="list-style-type: none"> <li>whole grain croissant</li> <li>jelly</li> <li>fresh banana</li> <li>100% orange juice</li> </ul>	<b>3/7</b> <ul style="list-style-type: none"> <li>vanilla yogurt</li> <li><b>whole grain granola</b></li> <li>fresh cantaloupe</li> </ul>



# February 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.**

Menu subject to change based on availability

This institution is an equal opportunity provider

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <ul style="list-style-type: none"> <li>honey cheerios</li> <li>fresh apple slices</li> </ul>	<b>4</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>5</b> <ul style="list-style-type: none"> <li>buttermilk pancakes</li> <li>all-natural syrup</li> <li>fresh orange wedges</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>apple spice oatmeal</li> <li>100% orange juice</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>pumpkin bread</li> <li>fresh honeydew</li> </ul>
<b>10</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>11</b> <ul style="list-style-type: none"> <li>blueberry chex</li> <li>chilled pears</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>egg &amp; cheese breakfast burrito</li> <li>fresh orange wedges</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>apple pie parfait</li> </ul>	<b>14</b> <b>no school</b>
<b>17</b> <b>no school</b>	<b>18</b> <ul style="list-style-type: none"> <li>frosted mini-wheats cereal</li> <li>fresh apple slices</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>whole grain waffles</li> <li>all-natural syrup</li> <li>fresh orange wedges</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>pumpkin spice oatmeal</li> <li>100% orange juice</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>apple cinnamon bread</li> <li>fresh honeydew</li> </ul>
<b>24</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>25</b> <ul style="list-style-type: none"> <li>cinnamon chex cereal</li> <li>chilled pears</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>whole grain toast</li> <li>scrambled eggs</li> <li>fresh orange wedges</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>cranberry parfait</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>french toast sticks</li> <li>all-natural syrup</li> <li>fresh honeydew</li> </ul>
<b>3/3</b> <ul style="list-style-type: none"> <li>cinnamon chex cereal</li> <li>fresh apple slices</li> </ul>	<b>3/4</b> <ul style="list-style-type: none"> <li>buttermilk pancakes</li> <li>all-natural syrup</li> <li>chilled pears</li> </ul>	<b>3/5</b> <ul style="list-style-type: none"> <li>pineapple carrot bread</li> <li>fresh orange wedges</li> </ul>	<b>3/6</b> <ul style="list-style-type: none"> <li>brown sugar oatmeal</li> <li>fresh banana</li> </ul>	<b>3/7</b> <ul style="list-style-type: none"> <li>vanilla yogurt</li> <li>whole grain granola</li> <li>fresh cantaloupe</li> </ul>

**FRESH FEATURE**

Stay warm & cozy this winter with these DCCK favorites: apple spice oatmeal, pumpkin bread, apple cinnamon bread, & pumpkin spice oatmeal!



# February 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.**

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## BLACK HISTORY MONTH

DCCK invites you to celebrate with various dishes throughout the month that highlight the rich cultural heritage and resilience of African Americans throughout history!

2/7- Jambalaya

2/13 Peach Cobbler

2/25 Fish & Grits

locally sourced!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</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 carrots</li> <li>fresh pear</li> </ul>	<b>4</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>steamed corn</li> <li>sour cream</li> <li>fresh orange wedges</li> </ul>	<b>5</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 banana</li> <li>fresh apple</li> </ul>	<b>6</b> <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>	<b>7</b> <ul style="list-style-type: none"> <li>cajun chicken</li> <li>veggie chik'n nuggets </li> <li>ketchup</li> <li>veggie creole jambalaya</li> <li>honey cinnamon sweet potatoes</li> <li>sauteed cabbage</li> <li>fresh apple slices</li> </ul>
<b>10</b> <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>	<b>11</b> <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>	<b>12</b> <ul style="list-style-type: none"> <li>oven fried chicken</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> <li>fresh apple</li> </ul>	<b>13</b> <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>peach cobbler</li> </ul>	<b>14</b> <p style="text-align: center;"><b>no school</b></p>
<b>17</b> <p style="text-align: center;"><b>no school</b></p>	<b>18</b> <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>	<b>19</b> <ul style="list-style-type: none"> <li>bbq chicken drum</li> <li>bbq veggie chik'n nuggets </li> <li>cornbread muffin</li> <li>steamed corn</li> <li>sweet potato wedges</li> <li>ketchup</li> <li>fresh banana</li> <li>fresh apple</li> </ul>	<b>20</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>21</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>24</b> <ul style="list-style-type: none"> <li>cheese pizza </li> <li>steamed broccoli </li> <li>rosemary garlic carrots</li> <li>fresh pear</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>crispy catfish</li> <li>veggie chik'n nuggets </li> <li>hot sauce</li> <li>cheesy grits</li> <li>sauteed green beans</li> <li>black eyed peas</li> <li>fresh orange wedges</li> </ul>	<b>26</b> <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> <li>fresh apple</li> </ul>	<b>27</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>28</b> <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>
<b>3/3</b> <ul style="list-style-type: none"> <li>chicken alfredo</li> <li>veggie chik'n alfredo </li> <li>whole grain penne pasta</li> <li>steamed broccoli</li> <li>steamed carrots</li> <li>fresh pear</li> </ul>	<b>3/4</b> <ul style="list-style-type: none"> <li>all-beef hotdog</li> <li>veggie burger </li> <li>whole grain bun</li> <li>roasted red potatoes</li> <li>bbq baked beans</li> <li>ketchup &amp; mustard</li> <li>fresh orange wedges</li> </ul>	<b>3/5</b> <ul style="list-style-type: none"> <li>baja fish tacos</li> <li>baja cream sauce </li> <li>cheese quesadilla</li> <li>steamed corn</li> <li>tangy cilantro-lime slaw</li> <li>fresh banana</li> <li>fresh apple</li> </ul>	<b>3/6</b> <ul style="list-style-type: none"> <li>herb roasted chicken drum</li> <li>veggie chik'n nuggets </li> <li>ketchup</li> <li>cornbread muffin</li> <li>butternut squash puree</li> <li>roasted cauliflower</li> <li>fresh honeydew</li> </ul>	<b>3/7</b> <ul style="list-style-type: none"> <li>grilled cheese </li> <li>sweet potato fries</li> <li>ketchup</li> <li>pesto green beans</li> <li>fresh apple slices</li> </ul>



# February Lunch Menu

DCPS | LUNCH K-8

What do the colors on the menu mean?

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 = vegetarian entree

All grains served are whole grain rich  
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## BLACK HISTORY MONTH

DCKK invites you to celebrate with various dishes throughout the month that highlight the rich cultural heritage and resilience of African Americans throughout history!

2/7- Jambalaya

2/13 Peach Cobbler

2/25 Fish & Grits

locally sourced!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</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 carrots</li> <li>fresh pear</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>chicken &amp; cheese quesadilla</li> <li>cheese quesadilla </li> <li>chili black beans</li> <li>steamed corn</li> <li>fresh orange wedges</li> </ul>	<b>5</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 banana</li> </ul>	<b>6</b> <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>	<b>7</b> <ul style="list-style-type: none"> <li>cajun chicken</li> <li>veggie chik'n nuggets </li> <li>ketchup</li> <li>veggie creole jambalaya</li> <li>honey cinnamon sweet potatoes</li> <li>sauteed cabbage</li> <li>fresh apple slices</li> </ul>
<b>10</b> <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>	<b>11</b> <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>	<b>12</b> <ul style="list-style-type: none"> <li>oven fried chicken</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>	<b>13</b> <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>peach cobbler</li> </ul>	<b>14</b> <p style="text-align: center;"><b>no school</b></p>
<b>17</b> <p style="text-align: center;"><b>no school</b></p>	<b>18</b> <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>	<b>19</b> <ul style="list-style-type: none"> <li>bbq chicken drum</li> <li>bbq veggie chik'n nuggets </li> <li>cornbread muffin</li> <li>steamed corn</li> <li>sweet potato wedges</li> <li>ketchup</li> <li>fresh banana</li> </ul>	<b>20</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>21</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>24</b> <ul style="list-style-type: none"> <li>cheese pizza </li> <li>steamed broccoli</li> <li>rosemary garlic carrots</li> <li>fresh pear</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>crispy catfish</li> <li>veggie chik'n nuggets </li> <li>hot sauce</li> <li>cheesy grits</li> <li>sauteed green beans</li> <li>black eyed peas</li> <li>fresh orange wedges</li> </ul>	<b>26</b> <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>	<b>27</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>28</b> <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>
<b>3/3</b> <ul style="list-style-type: none"> <li>chicken alfredo</li> <li>veggie chik'n alfredo </li> <li>whole grain penne pasta</li> <li>steamed broccoli</li> <li>steamed carrots</li> <li>fresh pear</li> </ul>	<b>3/4</b> <ul style="list-style-type: none"> <li>all-beef hotdog</li> <li>veggie burger </li> <li>whole grain bun</li> <li>roasted red potatoes</li> <li>bbq baked beans</li> <li>ketchup &amp; mustard</li> <li>fresh orange wedges</li> </ul>	<b>3/5</b> <ul style="list-style-type: none"> <li>baja fish tacos</li> <li>baja cream sauce </li> <li>cheese quesadilla</li> <li>steamed corn</li> <li>tangy cilantro-lime slaw</li> <li>fresh banana</li> </ul>	<b>3/6</b> <ul style="list-style-type: none"> <li>herb roasted chicken drum</li> <li>veggie chik'n nuggets </li> <li>ketchup</li> <li>cornbread muffin</li> <li>butternut squash puree</li> <li>roasted cauliflower</li> <li>fresh honeydew</li> </ul>	<b>3/7</b> <ul style="list-style-type: none"> <li>grilled cheese </li> <li>sweet potato fries</li> <li>ketchup</li> <li>pesto green beans</li> <li>fresh apple slices</li> </ul>



# February Lunch Menu

DCPS | LUNCH ECE

What do the colors on the menu mean?

**GREEN** = locally-sourced  
 = vegetarian entree

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

Menu subject to change based on availability

This institution is an equal opportunity provider

## BLACK HISTORY MONTH

DCCK invites you to celebrate with various dishes throughout the month that highlight the rich cultural heritage and resilience of African Americans throughout history!

2/7- Jambalaya

2/13 Peach Cobbler

2/25 Fish & Grits

locally sourced!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <ul style="list-style-type: none"> <li>crispy catfish</li> <li>veggie chik'n nuggets </li> <li>whole grain roll</li> <li>streamed carrots</li> <li>chilled pears</li> </ul>	<b>4</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>5</b> <ul style="list-style-type: none"> <li>quartered turkey meatballs &amp; sauce</li> <li>tofu bolognese </li> <li>whole grain spaghetti</li> <li>roasted carrots</li> <li>fresh banana</li> </ul>	<b>6</b> <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>fresh cantaloupe</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>diced cajun chicken</li> <li>veggie chik'n nuggets </li> <li>ketchup</li> <li>veggie creole jambalaya</li> <li>honey cinnamon sweet potatoes</li> <li>fresh apple slices</li> </ul>
<b>10</b> <ul style="list-style-type: none"> <li>turkey &amp; bean chili</li> <li>veg out chili </li> <li>shredded cheddar cheese</li> <li>corn tortilla chips</li> <li>steamed corn</li> <li>chilled pears</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>cheese pizza </li> <li>steamed carrots</li> <li>fresh orange wedges</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>diced oven fried chicken</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>fresh banana</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>beef burger </li> <li>veggie burger </li> <li>whole grain bun</li> <li>baked potato wedges</li> <li>ketchup &amp; mustard</li> <li>peach cobbler</li> </ul>	<b>14</b> <b>no school</b>
<b>17</b> <b>no school</b>	<b>18</b> <ul style="list-style-type: none"> <li>all-beef hotdog sliced lengthwise</li> <li>veggie burger </li> <li>whole grain bun</li> <li>sauteed green beans</li> <li>ketchup &amp; mustard</li> <li>fresh orange wedges</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>diced bbq chicken</li> <li>bbq chik'n veggie nuggets </li> <li>cornbread muffin</li> <li>sweet potato wedges</li> <li>ketchup</li> <li>fresh banana</li> </ul>	<b>20</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>fresh cantaloupe</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>diced chicken stir-fry</li> <li>super sesame tofu </li> <li>brown rice</li> <li>steamed green peas &amp; carrots</li> <li>fresh apple slices</li> </ul>
<b>24</b> <ul style="list-style-type: none"> <li>cheese pizza </li> <li>steamed broccoli</li> <li>chilled pears</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>crispy catfish</li> <li>veggie chik'n nuggets </li> <li>cheesy grits</li> <li>sauteed green beans</li> <li>fresh orange wedges</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>diced crispy chicken tenders</li> <li>veggie chik'n nuggets </li> <li>whole grain waffles</li> <li>sweet potato hash</li> <li>ketchup</li> <li>all-natural syrup</li> <li>fresh banana</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>beef &amp; cheese nachos </li> <li>bean &amp; cheese nachos </li> <li>steamed corn</li> <li>cantaloupe</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>diced sweet chili chicken</li> <li>sweet chili tofu </li> <li>brown rice</li> <li>ginger soy broccoli</li> <li>fresh apple slices</li> </ul>
<b>3/3</b> <ul style="list-style-type: none"> <li>chicken alfredo</li> <li>veggie chik'n alfredo </li> <li>whole grain penne pasta</li> <li>steamed broccoli</li> <li>chilled pears</li> </ul>	<b>3/4</b> <ul style="list-style-type: none"> <li>all-beef hotdog sliced lengthwise</li> <li>veggie burger </li> <li>whole grain bun</li> <li>roasted red potatoes</li> <li>ketchup &amp; mustard</li> <li>fresh orange wedges</li> </ul>	<b>3/5</b> <ul style="list-style-type: none"> <li>baja fish tacos</li> <li>baja cream sauce</li> <li>cheese quesadilla </li> <li>steamed corn</li> <li>fresh banana</li> </ul>	<b>3/6</b> <ul style="list-style-type: none"> <li>diced herb roasted chicken </li> <li>veggie chik'n nuggets</li> <li>ketchup</li> <li>cornbread muffin</li> <li>butternut squash puree</li> <li>fresh honeydew</li> </ul>	<b>3/7</b> <ul style="list-style-type: none"> <li>grilled cheese </li> <li>sweet potato fries</li> <li>ketchup</li> <li>fresh apple slices</li> </ul>



# February Snack Menu

## SNACK

What do the colors on the menu mean?

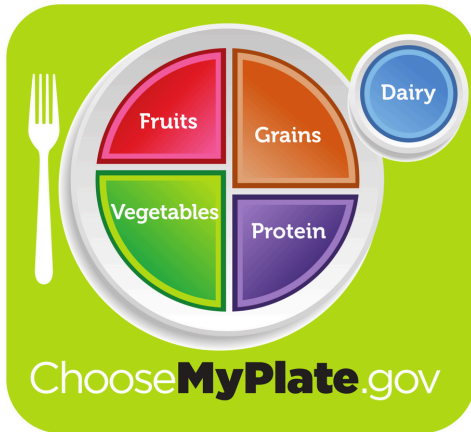
GREEN = locally-sourced

🌿 = 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>3</b> <ul style="list-style-type: none"> <li>vanilla yogurt</li> <li>whole grain granola</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>blueberry muffin</li> <li>cheese stick</li> </ul>	<b>5</b> <ul style="list-style-type: none"> <li>pretzel goldfish</li> <li>fresh apple slices</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>cucumber coins</li> <li>italian dressing</li> <li>cheez-its</li> </ul>	<b>7</b> <ul style="list-style-type: none"> <li>cinnamon goldfish graham</li> <li>fresh orange</li> </ul>
<b>10</b> <ul style="list-style-type: none"> <li>pretzel goldfish</li> <li>cheese stick</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>cinnamon goldfish graham</li> <li>fresh apple slices</li> </ul>	<b>12</b> <ul style="list-style-type: none"> <li>vanilla yogurt</li> <li>whole grain granola</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>cucumber coins</li> <li>ranch dressing</li> <li>cheez-its</li> </ul>	<b>14</b> <b>no school</b>
<b>17</b> <b>no school</b>	<b>18</b> <ul style="list-style-type: none"> <li>blueberry muffin</li> <li>cheese stick</li> </ul>	<b>19</b> <ul style="list-style-type: none"> <li>pretzel goldfish</li> <li>fresh apple slices</li> </ul>	<b>20</b> <ul style="list-style-type: none"> <li>cucumber coins</li> <li>italian dressing</li> <li>cheez-its</li> </ul>	<b>21</b> <ul style="list-style-type: none"> <li>cinnamon goldfish graham</li> <li>fresh orange</li> </ul>
<b>24</b> <ul style="list-style-type: none"> <li>pretzel goldfish</li> <li>cheese stick</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>cinnamon goldfish graham</li> <li>fresh apple slices</li> </ul>	<b>26</b> <ul style="list-style-type: none"> <li>vanilla yogurt</li> <li>whole grain granola</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>cucumber coins</li> <li>ranch dressing</li> <li>cheez-its</li> </ul>	<b>28</b> <ul style="list-style-type: none"> <li>cornbread muffin</li> <li>fresh pear</li> </ul>
<b>3/3</b> <ul style="list-style-type: none"> <li>pretzel goldfish</li> <li>cheese stick</li> </ul>	<b>3/4</b> <ul style="list-style-type: none"> <li>whole grain flatbread squares</li> <li>hummus</li> </ul>	<b>3/5</b> <ul style="list-style-type: none"> <li>cinnamon goldfish graham</li> <li>vanilla yogurt</li> </ul>	<b>3/6</b> <ul style="list-style-type: none"> <li>cornbread muffin</li> <li>fresh apple slices</li> </ul>	<b>3/7</b> <ul style="list-style-type: none"> <li>beef salami slices</li> <li>fresh clementines</li> </ul>



# February Supper Menu

## DCPS SUPPER

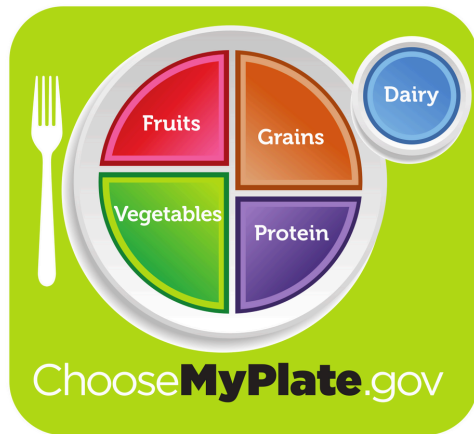
What do the colors on the menu mean?

- 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



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <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>	<b>4</b> <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>	<b>5</b> <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</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>sweet chili chicken</li> <li>cold asian noodle salad</li> <li>fresh orange wedges</li> </ul>	<b>7</b> <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>
<b>10</b> <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>	<b>11</b> <ul style="list-style-type: none"> <li>buffalo chicken wrap</li> <li>celery sticks</li> <li>ranch dressing</li> <li>fresh apple</li> </ul>	<b>12</b> <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</li> </ul>	<b>13</b> <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>	<b>14</b>  <b>no school</b>
<b>17</b>  <b>no school</b>	<b>18</b> <b>byo pizza!</b> <ul style="list-style-type: none"> <li>whole grain flatbread</li> <li>tomato sauce</li> <li>mozzarella cheese</li> <li>chilled pears</li> </ul>	<b>19</b> <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</li> </ul>	<b>20</b> <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>	<b>21</b> <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>
<b>24</b> <ul style="list-style-type: none"> <li>chicken caesar wrap</li> <li>cauliflower florets</li> <li>parmesan cream dressing</li> <li>fresh cantaloupe</li> </ul>	<b>25</b> <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>	<b>26</b> <ul style="list-style-type: none"> <li>hummus dip</li> <li>whole grain flatbread squares</li> <li>cucumber coins</li> <li>cinnamon applesauce</li> </ul>	<b>27</b> <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>	<b>28</b> <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>
<b>3/3</b> <ul style="list-style-type: none"> <li>turkey club on a whole grain hoagie</li> <li>mustard &amp; mayo</li> <li>cucumber coins</li> <li>ranch dressing</li> <li>fresh cantaloupe</li> </ul>	<b>3/4</b> <ul style="list-style-type: none"> <li>buffalo chicken wrap</li> <li>celery sticks</li> <li>ranch dressing</li> <li>cinnamon applesauce</li> </ul>	<b>3/5</b> <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 apple</li> </ul>	<b>3/6</b> <ul style="list-style-type: none"> <li>egg salad on a whole grain bun</li> <li>broccoli floret</li> <li>honey mustard dressing</li> <li>fresh pear</li> </ul>	<b>3/7</b> <ul style="list-style-type: none"> <li>herb roasted chicken</li> <li>mixed greens salad</li> <li>diced tomatoes</li> <li>balsamic dressing</li> <li>whole grain roll</li> <li>fresh orange wedges</li> </ul>





# February 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 - apple & banana;  
Thurs - cantaloupe; Fri - apple

## 2/3 - 2/7 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

## 2/10 - 2/14 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

## 2/18 - 2/21 TACO BOWL

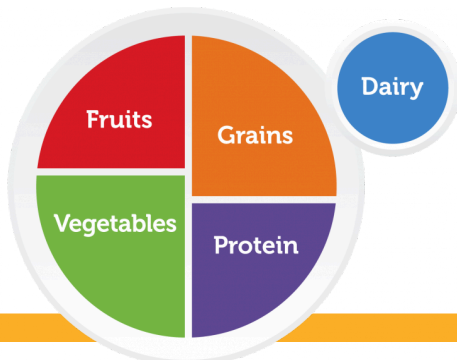
- + pick your base**
  - cilantro lime rice
  - whole grain corn tortilla chips
- +pick your protein**
  - cumin lime chicken
  - cheddar cheese
- +pick your toppings**
  - shredded romaine lettuce
  - tomato salsa
  - sautéed peppers & onions
  - corn
  - black beans
- +add your dressing**
  - honey lime dressing

## 2/24 - 2/28 JAMAICAN BOWL

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

### CREATING A BALANCED MEAL!

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





# February 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 - apple & banana;  
Thurs - cantaloupe; Fri - apple

## 2/3 - 2/7 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

## 2/10 - 2/14 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

## 2/18 - 2/21 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

## 2/24 - 2/28 SOUTHWEST TACO

**+ pick your base**

- romaine

**+pick your protein**

- cumin lime chicken
- black beans

**+pick your toppings**

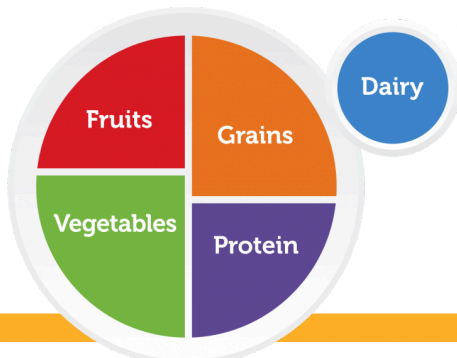
- cherry tomatoes
- corn
- red onion
- shredded cheddar cheese
- whole grain tortilla chips
- whole grain roll

**+add your dressing**

- honey lime dressing

## CREATING A BALANCED MEAL!

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





# February 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 - apple;  
Thurs - cantaloupe; Fri - apple

## 2/3 - 2/7 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

## 2/10 - 2/14 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

## 2/18 - 2/21 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

## 2/24 - 2/28 SOUTHWEST TACO

**+ pick your base**

- romaine

**+pick your protein**

- cumin lime chicken
- black beans

**+pick your toppings**

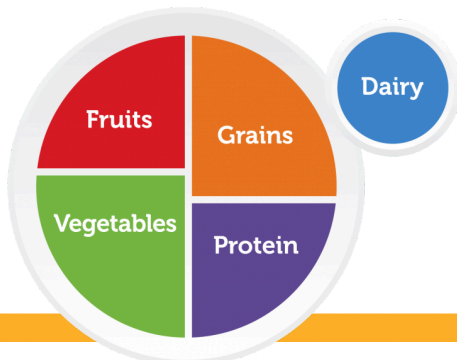
- cherry tomatoes
- corn
- red onion
- shredded cheddar cheese
- whole grain tortilla chips
- whole grain roll

**+add your dressing**

- honey lime dressing

### CREATING A BALANCED MEAL!

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





# February 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 - apple & banana;  
Thurs - cantaloupe; Fri - apple

## 2/3 - 2/7 GRILLED CHEESE

- grilled cheese**
- whole grain bread
  - cheddar cheese

## 2/10 - 2/14 CHEESEBURGER

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

## 2/18 - 2/21 TURKEY CLUB

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

## 2/24 - 2/28 MEATBALL SUB

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

## CREATING A BALANCED MEAL!

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

