




March Breakfast Menu

K-12 BREAKFAST

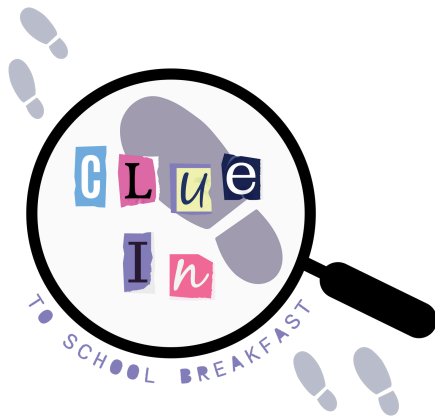
What do the colors on the menu mean?

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



National School Breakfast Week
 March 3-7 #NSBW25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <ul style="list-style-type: none"> cinnamon chex cereal strawberry shredded wheat cereal fresh apple slices 	4 <ul style="list-style-type: none"> buttermilk pancakes scrambled eggs all-natural syrup butter fresh pear 	5 <ul style="list-style-type: none"> pineapple carrot bread hard boiled egg hot sauce fresh apple 	6 <ul style="list-style-type: none"> brown sugar oatmeal fresh banana 100% orange juice 	7 <ul style="list-style-type: none"> vanilla yogurt whole grain granola fresh cantaloupe
10 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh apple slices 	11 <ul style="list-style-type: none"> french toast sticks turkey sausage link veggie breakfast sausage patty  all-natural syrup fresh pear 	12 <ul style="list-style-type: none"> strawberry parfait 	13 <p>no school</p>	14 <p>no school</p>
17 <ul style="list-style-type: none"> vanilla yogurt whole grain granola chilled peaches 	18 <ul style="list-style-type: none"> whole grain english muffin tomato basil frittata butter jelly fresh pear 	19 <ul style="list-style-type: none"> blueberry bread hard boiled egg hot sauce fresh orange wedges 	20 <ul style="list-style-type: none"> sweet strawberry oatmeal fresh banana 100% orange juice 	21 <ul style="list-style-type: none"> buttermilk pancakes turkey sausage links veggie breakfast sausage patty  butter all-natural syrup fresh cantaloupe
24 <ul style="list-style-type: none"> blueberry chex cereal strawberry shredded wheat cereal fresh apple slices 	25 <ul style="list-style-type: none"> cheesy grits scrambled eggs turkey bacon veggie breakfast sausage patty  fresh pear 	26 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh orange wedges 	27 <ul style="list-style-type: none"> egg & cheese breakfast burrito hot sauce fresh banana 100% orange juice 	28 <ul style="list-style-type: none"> emoji waffles turkey bacon veggie breakfast sausage patty  butter all-natural syrup fresh cantaloupe
31 <ul style="list-style-type: none"> cinnamon chex cereal strawberry shredded wheat cereal fresh apple slices 	4/1 <ul style="list-style-type: none"> buttermilk pancakes scrambled eggs all-natural syrup butter fresh pear 	4/2 <ul style="list-style-type: none"> pineapple carrot bread hard boiled egg hot sauce fresh orange wedges 	4/3 <ul style="list-style-type: none"> brown sugar oatmeal fresh banana 100% orange juice 	4/4 <ul style="list-style-type: none"> vanilla yogurt whole grain granola fresh cantaloupe



March Breakfast Menu

GRAB N' GO BREAKFAST

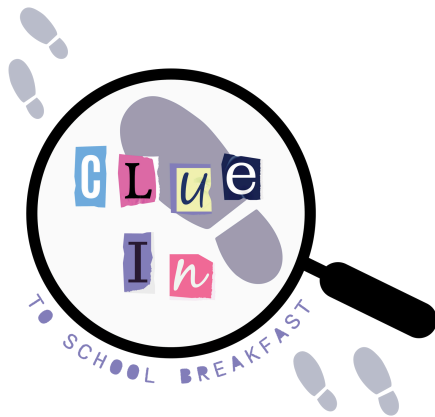
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10 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh apple slices 	11 <ul style="list-style-type: none"> french toast sticks turkey sausage link veggie breakfast sausage patty  all-natural syrup fresh pear 	12 <ul style="list-style-type: none"> strawberry parfait 	13 <p>no school</p>	14 <p>no school</p>
17 <ul style="list-style-type: none"> vanilla yogurt whole grain granola chilled peaches 	18 <ul style="list-style-type: none"> whole grain english muffin tomato basil frittata jelly butter fresh pear 	19 <ul style="list-style-type: none"> blueberry bread hard boiled egg hot sauce fresh orange wedges 	20 <ul style="list-style-type: none"> whole grain croissant jelly fresh banana 100% orange juice 	21 <ul style="list-style-type: none"> buttermilk pancakes turkey sausage link veggie breakfast sausage patty  all-natural syrup butter fresh cantaloupe
24 <ul style="list-style-type: none"> blueberry chex cereal strawberry shredded wheat cereal fresh apple slices 	25 <ul style="list-style-type: none"> whole grain croissant turkey bacon veggie breakfast sausage patty jelly fresh pear 	26 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh orange wedges 	27 <ul style="list-style-type: none"> egg & cheese breakfast burrito hot sauce fresh banana 100% orange juice 	28 <ul style="list-style-type: none"> emoji waffles turkey bacon veggie breakfast sausage patty  butter all-natural syrup fresh cantaloupe
31 <ul style="list-style-type: none"> cinnamon chex cereal strawberry shredded wheat cereal fresh apple slices 	4/1 <ul style="list-style-type: none"> buttermilk pancakes all-natural syrup butter fresh pear 	4/2 <ul style="list-style-type: none"> pineapple carrot bread hard boiled egg hot sauce fresh orange wedges 	4/3 <ul style="list-style-type: none"> whole grain croissant strawberry jelly fresh banana 100% orange juice 	4/4 <ul style="list-style-type: none"> vanilla yogurt whole grain granola fresh cantaloupe



March Breakfast Menu

BREAKFAST ECE

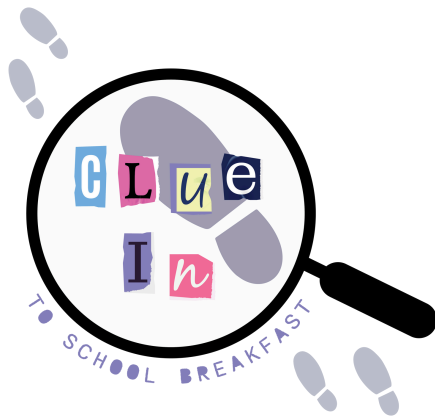
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10 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh apple slices 	11 <ul style="list-style-type: none"> french toast sticks all-natural syrup chilled pears 	12 <ul style="list-style-type: none"> strawberry parfait 	13 no school	14 no school
17 <ul style="list-style-type: none"> vanilla yogurt whole grain granola chilled peaches 	18 <ul style="list-style-type: none"> whole grain english muffin tomato basil frittata butter jelly chilled pears 	19 <ul style="list-style-type: none"> blueberry bread fresh orange wedges 	20 <ul style="list-style-type: none"> sweet strawberry oatmeal fresh banana 	21 <ul style="list-style-type: none"> buttermilk pancakes all-natural syrup fresh cantaloupe
24 <ul style="list-style-type: none"> blueberry chex cereal fresh apple slices 	25 <ul style="list-style-type: none"> scrambled eggs whole grain toast chilled pears 	26 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh orange wedges 	27 <ul style="list-style-type: none"> egg & cheese breakfast burrito fresh banana 	28 <ul style="list-style-type: none"> emoji waffles all-natural syrup fresh cantaloupe
31 <ul style="list-style-type: none"> cinnamon chex cereal fresh apple slices 	4/1 <ul style="list-style-type: none"> buttermilk pancakes all-natural syrup chilled pears 	4/2 <ul style="list-style-type: none"> pineapple carrot bread fresh orange wedges 	4/3 <ul style="list-style-type: none"> brown sugar oatmeal fresh banana 	4/4 <ul style="list-style-type: none"> vanilla yogurt whole grain granola fresh cantaloupe



March Lunch Menu

LUNCH 9-12

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NEW MENU ITEMS

Check out the exciting new dishes being added to the menu this month!

Pesto Green Beans 3/7

Chicken & Black Bean Empanadas 3/18

Hot Honey Chicken 3/20

Southwest Sweet Potato Mash 3/20

Red Beans & Rice 3/21



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <ul style="list-style-type: none"> chicken alfredo veggie chik'n alfredo whole grain penne pasta steamed broccoli steamed carrots fresh pear 	4 <ul style="list-style-type: none"> all-beef hotdog veggie burger whole grain bun roasted red potatoes bbq baked beans ketchup & mustard fresh orange wedges 	5 <ul style="list-style-type: none"> baja fish tacos baja cream sauce cheese quesadilla steamed corn tangy cilantro-lime slaw fresh apple fresh banana 	6 <ul style="list-style-type: none"> herb roasted chicken drum veggie chik'n nuggets ketchup cornbread muffin butternut squash puree roasted cauliflower fresh honeydew 	7 <ul style="list-style-type: none"> grilled cheese sweet potato fries ketchup pesto green beans fresh apple slices
10 <ul style="list-style-type: none"> pepperoni pizza cheese pizza baby spinach salad cucumber coins house ranch dressing fresh pear 	11 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun coleslaw jazzy black-eyed peas fresh orange wedges 	12 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn roasted tomato salsa sour cream fresh apple fresh banana 	13 no school 	14 no school
17 <ul style="list-style-type: none"> beef burger veggie burger whole grain bun sauteed green beans steamed carrots ketchup & mustard fresh apple slices 	18 <ul style="list-style-type: none"> chicken & black bean empanadas cheese quesadilla roasted tomato salsa oven fried plantains sour cream fresh orange wedges 	19 <ul style="list-style-type: none"> turkey meatballs and house tomato sauce tofu bolognese whole grain spaghetti mixed greens salad diced cucumber house ranch dressing fresh banana fresh apple 	20 <ul style="list-style-type: none"> hot honey chicken drum hot honey veggie chik'n nuggets whole grain roll mac & cheese braised collard greens southwest sweet potato mash fresh honeydew 	21 <ul style="list-style-type: none"> crispy catfish veggie chik'n nuggets red beans and rice hot sauce whole grain roll sauteed cabbage fresh pear
24 <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets ketchup whole grain roll mashed potatoes sauteed green beans fresh pear 	25 <ul style="list-style-type: none"> beef tacos sofritas tacos shredded lettuce chipotle pinto beans roasted tomato salsa fresh orange wedges 	26 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice steamed carrots ginger soy broccoli fresh apple fresh banana 	27 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun sweet potato fries ketchup garlic kale fresh honeydew 	28 <ul style="list-style-type: none"> cheese pizza steamed corn mixed greens salad italian dressing fresh apple slices
31 <ul style="list-style-type: none"> chicken alfredo veggie chik'n alfredo whole grain penne pasta steamed broccoli steamed carrots fresh pear 	4/1 <ul style="list-style-type: none"> all-beef hotdog veggie burger whole grain bun roasted red potatoes bbq baked beans ketchup & mustard fresh orange wedges 	4/2 <ul style="list-style-type: none"> baja fish tacos baja cream sauce cheese quesadilla steamed corn tangy cilantro-lime slaw fresh apple fresh banana 	4/3 <ul style="list-style-type: none"> herb roasted chicken drum veggie chik'n nuggets ketchup cornbread muffin butternut squash puree roasted cauliflower fresh honeydew 	4/4 <ul style="list-style-type: none"> grilled cheese sweet potato fries ketchup pesto green beans fresh apple slices



March Lunch Menu

LUNCH K-8

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All grains served are whole grain rich
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3 <ul style="list-style-type: none"> chicken alfredo veggie chik'n alfredo whole grain penne pasta steamed broccoli steamed carrots fresh pear 	4 <ul style="list-style-type: none"> all-beef hotdog veggie burger whole grain bun roasted red potatoes bbq baked beans ketchup & mustard fresh orange wedges 	5 <ul style="list-style-type: none"> baja fish tacos baja cream sauce cheese quesadilla steamed corn tangy cilantro-lime slaw fresh banana 	6 <ul style="list-style-type: none"> herb roasted chicken drum veggie chik'n nuggets ketchup cornbread muffin butternut squash puree roasted cauliflower fresh honeydew 	7 <ul style="list-style-type: none"> grilled cheese sweet potato fries ketchup pesto green beans fresh apple slices
10 <ul style="list-style-type: none"> pepperoni pizza cheese pizza baby spinach salad cucumber coins house ranch dressing fresh pear 	11 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun coleslaw jazzy black-eyed peas fresh orange wedges 	12 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn roasted tomato salsa sour cream fresh banana 	13 <p style="text-align: center;">no school</p>	14 <p style="text-align: center;">no school</p>
17 <ul style="list-style-type: none"> beef burger veggie burger whole grain bun steamed carrots sauteed green beans ketchup & mustard fresh apple slices 	18 <ul style="list-style-type: none"> chicken & black bean empanadas cheese quesadilla roasted tomato salsa oven fried plantains fresh orange wedges 	19 <ul style="list-style-type: none"> turkey meatballs and house tomato sauce tofu bolognese whole grain spaghetti whole grain roll mixed greens salad diced cucumber house ranch dressing fresh banana 	20 <ul style="list-style-type: none"> hot honey chicken drum hot honey veggie chik'n nuggets mac & cheese braised collard greens southwest sweet potato mash fresh honeydew 	21 <ul style="list-style-type: none"> crispy catfish veggie chik'n nuggets red beans and rice hot sauce sauteed cabbage fresh pear
24 <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets ketchup whole grain roll mashed potatoes sauteed green beans fresh pear 	25 <ul style="list-style-type: none"> beef tacos sofritas tacos shredded lettuce chipotle pinto beans roasted tomato salsa fresh orange wedges 	26 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice steamed carrots ginger soy broccoli fresh banana 	27 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun sweet potato fries ketchup garlic kale fresh honeydew 	28 <ul style="list-style-type: none"> cheese pizza steamed corn mixed greens salad italian dressing fresh apple slices
31 <ul style="list-style-type: none"> chicken alfredo veggie chik'n alfredo whole grain penne pasta steamed broccoli steamed carrots fresh pear 	4/1 <ul style="list-style-type: none"> all-beef hotdog veggie burger whole grain bun roasted red potatoes bbq baked beans ketchup & mustard fresh orange wedges 	4/2 <ul style="list-style-type: none"> baja fish tacos baja cream sauce cheese quesadilla steamed corn tangy cilantro-lime slaw fresh banana 	4/3 <ul style="list-style-type: none"> herb roasted chicken drum veggie chik'n nuggets ketchup cornbread muffin butternut squash puree roasted cauliflower fresh honeydew 	4/4 <ul style="list-style-type: none"> grilled cheese sweet potato fries ketchup pesto green beans fresh apple slices



March Lunch Menu

LUNCH ECE

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Chicken & Black Bean Empanadas 3/18

Red Beans & Rice 3/21



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <ul style="list-style-type: none"> chicken alfredo veggie chik'n alfredo whole grain penne pasta steamed broccoli chilled pears 	4 <ul style="list-style-type: none"> all-beef hotdog sliced lengthwise veggie burger whole grain bun roasted red potatoes ketchup & mustard fresh orange wedges 	5 <ul style="list-style-type: none"> baja fish tacos baja cream sauce cheese quesadilla steamed corn fresh banana 	6 <ul style="list-style-type: none"> diced herb roasted chicken veggie chik'n nuggets ketchup cornbread muffin butternut squash puree fresh honeydew 	7 <ul style="list-style-type: none"> grilled cheese sweet potato fries ketchup fresh apple slices
10 <ul style="list-style-type: none"> pepperoni pizza cheese pizza sauteed green beans chilled pears 	11 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun jazzy black-eyed peas fresh orange wedges 	12 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn fresh banana 	13 <p>no school</p>	14 <p>no school</p>
17 <ul style="list-style-type: none"> beef burger veggie burger whole grain bun steamed carrots ketchup & mustard fresh apple slices 	18 <ul style="list-style-type: none"> chicken & black bean empanadas cheese quesadilla roasted tomato salsa oven fried plantains fresh orange wedges 	19 <ul style="list-style-type: none"> turkey meatballs cut into quarters tofu bolognese house spaghetti sauce whole grain spaghetti noodles sauteed green beans fresh banana 	20 <ul style="list-style-type: none"> diced bbq chicken tender bbq veggie chik'n nuggets mac & cheese braised collard greens fresh honeydew 	21 <ul style="list-style-type: none"> crispy catfish veggie chik'n nuggets red beans and rice chilled pears
24 <ul style="list-style-type: none"> diced crispy chicken tender veggie chik'n nuggets ketchup whole grain roll mashed potatoes chilled pears 	25 <ul style="list-style-type: none"> beef tacos sofritas tacos chipotle pinto beans roasted tomato salsa fresh orange wedges 	26 <ul style="list-style-type: none"> diced sweet chili chicken sweet chili tofu brown rice ginger soy broccoli fresh banana 	27 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun sweet potato fries ketchup fresh honeydew 	28 <ul style="list-style-type: none"> cheese pizza steamed corn fresh apple slices
31 <ul style="list-style-type: none"> chicken alfredo veggie chik'n alfredo whole grain penne pasta steamed broccoli chilled pears 	4/1 <ul style="list-style-type: none"> all-beef hotdog sliced lengthwise veggie burger whole grain bun roasted red potatoes ketchup & mustard fresh orange wedges 	4/2 <ul style="list-style-type: none"> baja fish tacos baja cream sauce cheese quesadilla steamed corn fresh banana 	4/3 <ul style="list-style-type: none"> diced herb roasted chicken veggie chik'n nuggets ketchup cornbread muffin butternut squash puree fresh honeydew 	4/4 <ul style="list-style-type: none"> grilled cheese sweet potato fries ketchup fresh apple slices



March Snack Menu

SNACK

What do the colors on the menu mean?

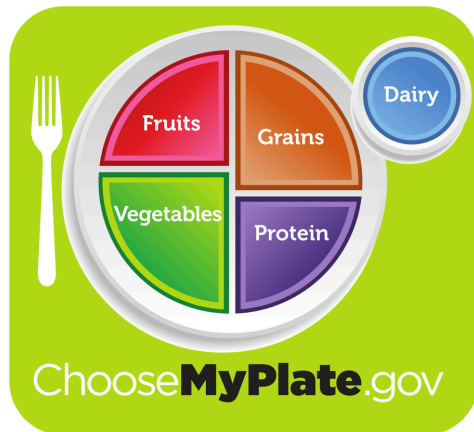
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Healthy Snacks for Active Students!
To create a healthy snack, include at least two of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <ul style="list-style-type: none"> • pretzel goldfish • cheese stick 	4 <ul style="list-style-type: none"> • cucumber coins • italian dressing • cheese crackers 	5 <ul style="list-style-type: none"> • yogurt cup • cinnamon goldfish graham 	6 <ul style="list-style-type: none"> • cornbread muffin • fresh apple slices 	7 <ul style="list-style-type: none"> • beef salami slices • fresh clementines
10 <ul style="list-style-type: none"> • yogurt cup • whole grain granola 	11 <ul style="list-style-type: none"> • cinnamon goldfish graham • sunbutter cup 	12 <ul style="list-style-type: none"> • cucumber coins • ranch dressing • cheese crackers 	13 no school 	14 no school
17 <ul style="list-style-type: none"> • pretzel goldfish • cheese stick 	18 <ul style="list-style-type: none"> • cucumber coins • italian dressing • cheese crackers 	19 <ul style="list-style-type: none"> • yogurt cup • cinnamon goldfish graham 	20 <ul style="list-style-type: none"> • cornbread muffin • fresh apple slices 	21 <ul style="list-style-type: none"> • beef salami slices • fresh clementines
24 <ul style="list-style-type: none"> • yogurt cup • whole grain granola 	25 <ul style="list-style-type: none"> • cinnamon goldfish graham • sunbutter cup 	26 <ul style="list-style-type: none"> • cucumber coins • ranch dressing • cheese crackers 	27 <ul style="list-style-type: none"> • beef salami slices • fresh clementines 	28 <ul style="list-style-type: none"> • cornbread muffin • cheese stick
31 <ul style="list-style-type: none"> • pretzel goldfish • cheese stick 	4/1 <ul style="list-style-type: none"> • cucumber coins • italian dressing • cheese crackers 	4/2 <ul style="list-style-type: none"> • yogurt cup • cinnamon goldfish graham 	4/3 <ul style="list-style-type: none"> • cornbread muffin • fresh apple slices 	4/4 <ul style="list-style-type: none"> • beef salami slices • fresh clementines



March Supper Menu

DCPS SUPPER

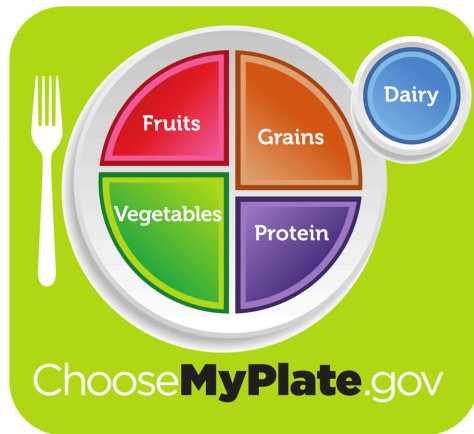
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Balanced Meals for Active Students!
 To create a balanced meal, include at least three of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <ul style="list-style-type: none"> turkey club on a whole grain hoagie mustard & mayo cucumber coins house ranch dressing fresh cantaloupe 	4 <ul style="list-style-type: none"> buffalo chicken wrap celery sticks house ranch dressing cinnamon applesauce 	5 <ul style="list-style-type: none"> sunbutter & jelly sandwich cheese stick baby carrots italian dressing chilled peaches 	6 <ul style="list-style-type: none"> egg salad on a whole grain bun broccoli florets honey mustard dressing fresh pear 	7 <ul style="list-style-type: none"> herb roasted chicken whole grain roll mixed greens salad diced tomatoes balsamic dressing fresh orange wedges
10 <ul style="list-style-type: none"> southwest chicken wrap baby carrots honey lime dressing fresh cantaloupe 	11 <ul style="list-style-type: none"> sunbutter & jelly sandwich cheese stick celery sticks house ranch dressing cinnamon applesauce 	12 <ul style="list-style-type: none"> tuna salad on a whole grain bun lemon parmesan kale fresh apple 	13 no school 	14 no school
17 <ul style="list-style-type: none"> turkey ham & cheese sandwich baby carrots ranch dressing chilled pears 	18 <ul style="list-style-type: none"> sweet chili chicken wrap soy citrus kale slaw cinnamon applesauce 	19 <ul style="list-style-type: none"> herb roasted chicken whole grain roll mixed greens salad diced cucumbers balsamic dressing fresh apple 	20 byo pizza! <ul style="list-style-type: none"> whole grain flatbread house tomato sauce mozzarella cheese fresh pear 	21 <ul style="list-style-type: none"> curried chicken salad on a whole grain bun snap peas asian dressing fresh orange wedges
24 <ul style="list-style-type: none"> hummus dip whole grain flatbread squares baby carrots fresh cantaloupe 	25 <ul style="list-style-type: none"> sunbutter & jelly sandwich cheese stick snap peas house ranch dressing cinnamon applesauce 	26 <ul style="list-style-type: none"> cobb salad with diced turkey ham whole grain roll honey mustard dressing fresh apple 	27 <ul style="list-style-type: none"> cumin lime chicken wrap shredded lettuce diced tomatoes sour cream fresh pear 	28 <ul style="list-style-type: none"> chicken salad on whole grain bun broccoli florets balsamic dressing fresh orange wedges
31 <ul style="list-style-type: none"> turkey club on a whole grain hoagie mustard & mayo cucumber coins house ranch dressing fresh cantaloupe 	14/1 <ul style="list-style-type: none"> buffalo chicken wrap celery sticks house ranch dressing cinnamon applesauce 	4/2 <ul style="list-style-type: none"> sunbutter & jelly sandwich cheese stick baby carrots italian dressing fresh apple 	4/3 <ul style="list-style-type: none"> egg salad on a whole grain bun broccoli florets honey mustard dressing fresh pear 	4/4 <ul style="list-style-type: none"> herb roasted chicken whole grain roll mixed greens salad diced tomatoes balsamic dressing fresh orange wedges



March Fusion Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

All grains served are whole grain rich

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

Menu subject to change based on availability

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

3/3 - 3/7 & 3/31 - 4/04 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

3/10 - 3/14 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
 - sauteed spinach
 - parmesan cheese
 - mozzarella cheese
- +add your sauce**
 - tomato sauce
 - alfredo sauce

3/17 - 3/21 MS. LORENA'S FAJITA BOWL

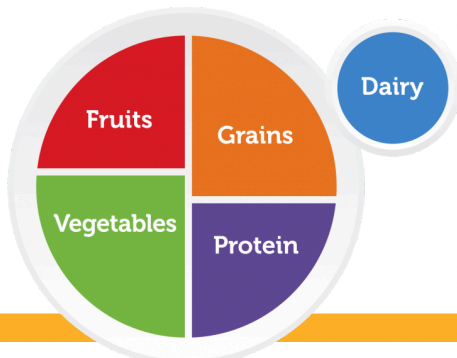
- +pick your base**
 - cilantro lime rice
 - whole grain tortilla
- +pick your protein**
 - cumin lime chicken
 - black beans
- +pick your toppings**
 - shredded romaine lettuce
 - tomato salsa
 - sauteed peppers & onions
 - southwest taco corn
 - cheddar cheese
- +add your dressing**
 - sour cream

3/24 - 3/28 JAMAICAN 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

CREATING A BALANCED MEAL!

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





March 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 - honeydew; Fri - apple

3/3 - 3/7 & 3/31 - 4/4 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

3/10 - 3/12 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

3/17 - 3/21 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

3/24 - 3/28 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

+add your dressing

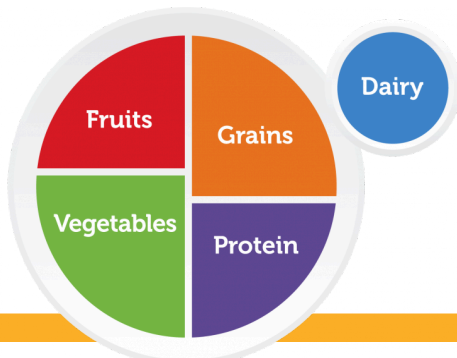
- whole grain croutons
- whole grain roll

+add your dressing

- house ranch dressing

CREATING A BALANCED MEAL!

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





March 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 - honeydew; Fri - apple

3/3 - 3/7 & 3/31 - 4/4 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

3/10 - 3/12 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

3/17 - 3/21 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

3/24 - 3/28 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

+add your dressing

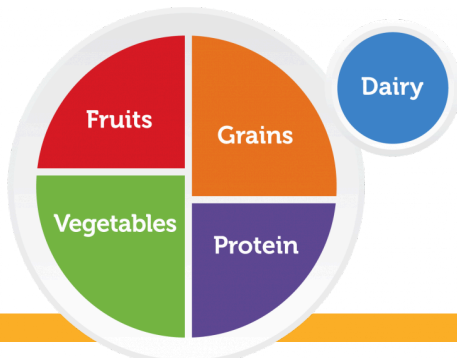
- whole grain croutons
- whole grain roll

+add your dressing

- house ranch dressing

CREATING A BALANCED MEAL!

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





March 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 - honeydew; Fri - apple

3/3 - 3/7 & 3/31 - 4/4 BUFFALO CHICKEN

buffalo chicken sandwich

- buffalo chicken patty
- whole grain roll

3/10 - 3/14 GRILLED CHEESE

grilled cheese

- whole grain bread
- cheddar cheese

3/17 - 3/21 CHEESEBURGER

cheeseburger

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

3/24 - 3/28 TURKEY CLUB

turkey club

- whole grain hoagie
- sliced turkey
- turkey bacon
- lettuce & tomato
- mayo

CREATING A BALANCED MEAL!

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

