



April 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/31 <ul style="list-style-type: none"> cinnamon chex cereal strawberry shredded wheat cereal fresh apple slices 	1 <ul style="list-style-type: none"> buttermilk pancakes scrambled eggs all-natural syrup butter fresh pear 	2 <ul style="list-style-type: none"> pineapple carrot bread hard boiled egg hot sauce fresh orange wedges 	3 <ul style="list-style-type: none"> brown sugar oatmeal fresh banana 100% orange juice 	4 <ul style="list-style-type: none"> vanilla yogurt whole grain granola fresh cantaloupe
7 no school	8 <ul style="list-style-type: none"> honey bunches of oats cereal blueberry chex cereal fresh apple slices 	9 <ul style="list-style-type: none"> strawberry parfait 	10 <ul style="list-style-type: none"> french toast sticks turkey sausage link veggie breakfast sausage patty all-natural syrup fresh pear 	11 <ul style="list-style-type: none"> whole grain biscuit turkey sausage patty veggie breakfast sausage patty honey fresh cantaloupe
14 no school	15 no school	16 no school	17 no school	18 no school
21 <ul style="list-style-type: none"> blueberry chex cereal strawberry shredded wheat cereal fresh apple slices 	22 <ul style="list-style-type: none"> cheesy grits scrambled eggs turkey bacon veggie breakfast sausage patty fresh pear 	23 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh orange wedges 	24 <ul style="list-style-type: none"> egg & cheese breakfast burrito hot sauce fresh banana 100% orange juice 	25 <ul style="list-style-type: none"> emoji waffles turkey bacon veggie breakfast sausage patty butter all-natural syrup fresh cantaloupe
28 <ul style="list-style-type: none"> cinnamon chex cereal strawberry shredded wheat cereal fresh apple slices 	29 <ul style="list-style-type: none"> buttermilk pancakes scrambled eggs all-natural syrup butter fresh pear 	30 <ul style="list-style-type: none"> pineapple carrot bread hard boiled egg hot sauce fresh orange wedges 	5/1 <ul style="list-style-type: none"> brown sugar oatmeal fresh banana 100% orange juice 	5/2 <ul style="list-style-type: none"> vanilla yogurt whole grain granola fresh cantaloupe

SPRING FEATURE!

Try our strawberry parfait! Made with vanilla yogurt, whole grain granola & strawberries.






April Breakfast Menu

GRAB N' GO BREAKFAST

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 = 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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SPRING FEATURE!

Try our strawberry parfait! Made with vanilla yogurt, whole grain granola & strawberries.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/31 <ul style="list-style-type: none"> cinnamon chex cereal strawberry shredded wheat cereal fresh apple slices 	1 <ul style="list-style-type: none"> buttermilk pancakes all-natural syrup butter fresh pear 	2 <ul style="list-style-type: none"> pineapple carrot bread hard boiled egg hot sauce fresh orange wedges 	3 <ul style="list-style-type: none"> whole grain croissant jelly fresh banana 100% orange juice 	4 <ul style="list-style-type: none"> vanilla yogurt whole grain granola fresh cantaloupe
7 no school	8 <ul style="list-style-type: none"> blueberry chex cereal honey bunches of oats cereal fresh apple slices 	9 <ul style="list-style-type: none"> strawberry parfait 	10 <ul style="list-style-type: none"> french toast sticks turkey sausage link veggie breakfast sausage patty all-natural syrup fresh pear 	11 <ul style="list-style-type: none"> whole grain biscuit turkey sausage patty veggie breakfast sausage patty  honey fresh cantaloupe
14 no school	15 no school 	16 no school	17 no school	18 no school 
21 <ul style="list-style-type: none"> blueberry chex cereal strawberry shredded wheat cereal fresh apple slices 	22 <ul style="list-style-type: none"> whole grain croissant turkey bacon veggie breakfast sausage patty jelly fresh pear 	23 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh orange wedges 	24 <ul style="list-style-type: none"> egg & cheese breakfast burrito hot sauce fresh banana 100% orange juice 	25 <ul style="list-style-type: none"> emoji waffles turkey bacon veggie breakfast sausage patty  butter all-natural syrup fresh cantaloupe
28 <ul style="list-style-type: none"> cinnamon chex cereal strawberry shredded wheat cereal fresh apple slices 	29 <ul style="list-style-type: none"> buttermilk pancakes all-natural syrup butter fresh pear 	30 <ul style="list-style-type: none"> pineapple carrot bread hard boiled egg hot sauce fresh orange wedges 	5/1 <ul style="list-style-type: none"> whole grain croissant strawberry jelly fresh banana 100% orange juice 	5/2 <ul style="list-style-type: none"> vanilla yogurt whole grain granola fresh cantaloupe



April Breakfast Menu

BREAKFAST 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.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/31 <ul style="list-style-type: none"> cinnamon chex cereal fresh apple slices 	1 <ul style="list-style-type: none"> buttermilk pancakes all-natural syrup chilled pears 	2 <ul style="list-style-type: none"> pineapple carrot bread fresh orange wedges 	3 <ul style="list-style-type: none"> brown sugar oatmeal fresh banana 	4 <ul style="list-style-type: none"> vanilla yogurt whole grain granola fresh cantaloupe
7 no school	8 <ul style="list-style-type: none"> honey cheerios fresh apple slices 	9 <ul style="list-style-type: none"> strawberry parfait 	10 <ul style="list-style-type: none"> french toast sticks all-natural syrup chilled pears 	11 <ul style="list-style-type: none"> whole grain biscuit turkey sausage patty veggie breakfast sausage patty fresh cantaloupe
14 no school	15 no school	16 no school	17 no school	18 no school
21 <ul style="list-style-type: none"> blueberry chex cereal fresh apple slices 	22 <ul style="list-style-type: none"> scrambled eggs whole grain toast jelly chilled pears 	23 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh orange wedges 	24 <ul style="list-style-type: none"> egg & cheese breakfast burrito fresh banana 	25 <ul style="list-style-type: none"> emoji waffles all-natural syrup fresh cantaloupe
28 <ul style="list-style-type: none"> cinnamon chex cereal fresh apple slices 	29 <ul style="list-style-type: none"> buttermilk pancakes all-natural syrup chilled pears 	30 <ul style="list-style-type: none"> pineapple carrot bread fresh orange wedges 	5/1 <ul style="list-style-type: none"> brown sugar oatmeal fresh banana 	5/2 <ul style="list-style-type: none"> vanilla yogurt whole grain granola fresh cantaloupe

SPRING FEATURE!

Try our strawberry parfait! Made with vanilla yogurt, whole grain granola & strawberries.





April Lunch Menu

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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This institution is an equal opportunity provider

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/31 <ul style="list-style-type: none"> chicken alfredo veggie chik'n alfredo whole grain penne pasta steamed broccoli steamed carrots fresh pear 	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 	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 	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 <ul style="list-style-type: none"> grilled cheese sweet potato fries ketchup pesto green beans fresh apple slices
7 no school	8 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun steamed green beans jazzy black-eyed peas fresh orange wedges 	9 <ul style="list-style-type: none"> yakisoba-inspired chicken super sesame tofu yakisoba-inspired noodles steamed carrots steamed snap peas fresh honeydew 	10 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos sour cream southwest taco corn roasted tomato salsa fresh apple fresh banana 	11 <ul style="list-style-type: none"> turkey meatballs with house sauce tofu bolognese whole grain spaghetti garlic breadstick mixed greens salad diced cucumber balsamic dressing fresh grapes
14 no school	15 no school	16 no school	17 no school	18 no school
21 <ul style="list-style-type: none"> cheese pizza steamed green beans steamed corn ranch dressing chilled peaches 	22 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice steamed carrots ginger soy broccoli fresh apple fresh orange wedges 	23 <ul style="list-style-type: none"> beef & cheese tacos sofritas tacos shredded lettuce chipotle pinto beans roasted tomato salsa sour cream fresh apple fresh banana 	24 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun sweet potato fries ketchup garlic kale fresh honeydew 	25 <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets ketchup whole grain roll mashed potatoes steamed green beans fresh apple slices
28 <ul style="list-style-type: none"> chicken alfredo veggie chik'n alfredo whole grain penne pasta steamed broccoli steamed carrots fresh pear 	29 <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 	30 <ul style="list-style-type: none"> baja fish tacos baja cream sauce cheese quesadilla steamed corn tangy cilantro-lime slaw fresh apple fresh banana 	5/1 <ul style="list-style-type: none"> herb roasted chicken drum veggie chik'n nuggets ketchup cornbread muffin butternut squash puree roasted cauliflower fresh honeydew 	5/2 <ul style="list-style-type: none"> grilled cheese sweet potato fries ketchup pesto green beans fresh apple slices

CELEBRATE THE LANGUAGE LEARNERS FESTIVAL!

Sample flavors from **Japan** on April 9th & flavors from **Italy** on April 11th!





April Lunch Menu

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.

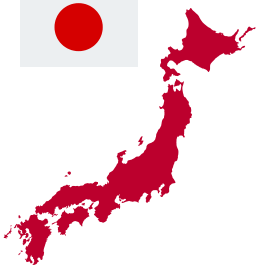
Menu subject to change based on availability

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/31 <ul style="list-style-type: none"> chicken alfredo veggie chik'n alfredo whole grain penne pasta steamed broccoli steamed carrots fresh pear 	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 	2 <ul style="list-style-type: none"> baja fish tacos baja cream sauce cheese quesadilla steamed corn tangy cilantro-lime slaw fresh banana 	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 <ul style="list-style-type: none"> grilled cheese sweet potato fries ketchup pesto green beans fresh apple slices
7 no school	8 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun steamed green beans jazy black-eyed peas fresh orange wedges 	9 <ul style="list-style-type: none"> yakisoba-inspired chicken super sesame tofu yakisoba-inspired noodles steamed carrots steamed snap peas fresh honeydew 	10 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos sour cream southwest taco corn roasted tomato salsa fresh banana 	11 <ul style="list-style-type: none"> turkey meatballs house sauce tofu bolognese whole grain spaghetti whole grain garlic breadstick mixed greens salad balsamic dressing fresh grapes
14 no school	15 no school	16 no school	17 no school	18 no school
21 <ul style="list-style-type: none"> cheese pizza steamed green beans steamed corn ranch dressing chilled peaches 	22 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice steamed carrots ginger soy broccoli fresh apple fresh orange wedges 	23 <ul style="list-style-type: none"> beef & cheese tacos sofritas tacos shredded lettuce chipotle pinto beans roasted tomato salsa sour cream fresh banana 	24 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun sweet potato fries ketchup garlic kale fresh honeydew 	25 <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets ketchup whole grain roll mashed potatoes steamed green beans fresh apple slices
28 <ul style="list-style-type: none"> chicken alfredo veggie chik'n alfredo whole grain penne pasta steamed broccoli steamed carrots fresh pear 	29 <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 	30 <ul style="list-style-type: none"> baja fish tacos baja cream sauce cheese quesadilla steamed corn tangy cilantro-lime slaw fresh banana 	5/1 <ul style="list-style-type: none"> herb roasted chicken drum veggie chik'n nuggets ketchup cornbread muffin butternut squash puree roasted cauliflower fresh honeydew 	5/2 <ul style="list-style-type: none"> grilled cheese sweet potato fries ketchup pesto green beans fresh apple slices

CELEBRATE THE LANGUAGE LEARNERS FESTIVAL!

Sample flavors from **Japan** on April 9th & flavors from **Italy** on April 11th!





April Lunch Menu

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.

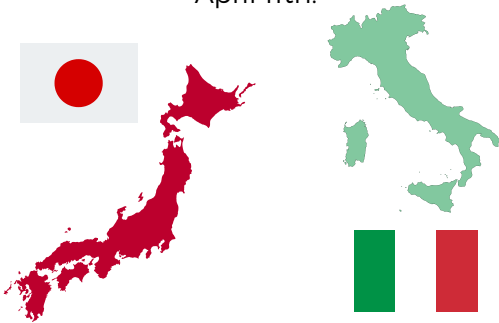
Menu subject to change based on availability

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/31 <ul style="list-style-type: none"> chicken alfredo veggie chik'n alfredo whole grain penne pasta steamed broccoli chilled pears 	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 	2 <ul style="list-style-type: none"> baja fish tacos baja cream sauce cheese quesadilla steamed corn fresh banana 	3 <ul style="list-style-type: none"> diced herb roasted chicken veggie chik'n nuggets ketchup cornbread muffin butternut squash puree fresh honeydew 	4 <ul style="list-style-type: none"> grilled cheese sweet potato fries ketchup fresh apple slices
7 no school	8 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun jazzy black-eyed peas fresh orange wedges 	9 <ul style="list-style-type: none"> yakisoba-inspired diced chicken super sesame tofu yakisoba-inspired noodles steamed snap peas fresh honeydew 	10 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn fresh banana 	11 <ul style="list-style-type: none"> quartered turkey meatballs house tomato sauce tofu bolognese whole grain spaghetti steamed green beans chilled pears
14 no school	15 no school	16 no school	17 no school	18 no school
21 <ul style="list-style-type: none"> cheese pizza steamed corn chilled peaches 	22 <ul style="list-style-type: none"> diced sweet chili chicken sweet chili tofu brown rice ginger soy broccoli fresh orange wedges 	23 <ul style="list-style-type: none"> beef & cheese tacos sofritas tacos chipotle pinto beans roasted tomato salsa fresh banana 	24 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun sweet potato fries ketchup fresh honeydew 	25 <ul style="list-style-type: none"> diced crispy chicken tender veggie chik'n nuggets ketchup whole grain roll mashed potatoes fresh apple slices
28 <ul style="list-style-type: none"> chicken alfredo veggie chik'n alfredo whole grain penne pasta steamed broccoli chilled pears 	29 <ul style="list-style-type: none"> all-beef hotdog sliced lengthwise veggie burger whole grain bun roasted red potatoes ketchup & mustard fresh orange wedges 	30 <ul style="list-style-type: none"> baja fish tacos baja cream sauce cheese quesadilla steamed corn fresh banana 	5/1 <ul style="list-style-type: none"> diced herb roasted chicken veggie chik'n nuggets ketchup cornbread muffin butternut squash puree fresh honeydew 	5/2 <ul style="list-style-type: none"> grilled cheese sweet potato fries ketchup fresh apple slices

CELEBRATE THE LANGUAGE LEARNERS FESTIVAL!

Sample flavors from **Japan** on April 9th & flavors from **Italy** on April 11th!





April Snack Menu

SNACK

What do the colors on the menu mean?

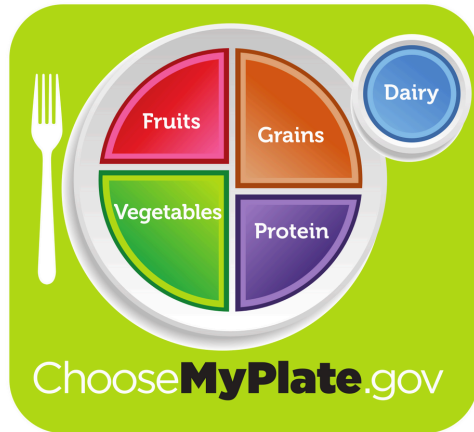
GREEN = locally-sourced

 = 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
3/31 <ul style="list-style-type: none"> • pretzel goldfish • cheese stick 	1 <ul style="list-style-type: none"> • cucumber coins • italian dressing • cheese crackers 	2 <ul style="list-style-type: none"> • yogurt cup • cinnamon goldfish graham 	3 <ul style="list-style-type: none"> • cornbread muffin • fresh apple slices 	4 <ul style="list-style-type: none"> • beef salami slices • fresh clementines
7 no school	8 <ul style="list-style-type: none"> • cinnamon goldfish graham • sunbutter cup 	9 <ul style="list-style-type: none"> • cucumber coins • ranch dressing • cheese crackers 	10 <ul style="list-style-type: none"> • beef salami slices • fresh clementines 	11 <ul style="list-style-type: none"> • cornbread muffin • cheese stick
14 no school	15  no school	16 no school	17  no school	18 no school
21 <ul style="list-style-type: none"> • yogurt cup • whole grain granola 	22 <ul style="list-style-type: none"> • cinnamon goldfish graham • sunbutter cup 	23 <ul style="list-style-type: none"> • cucumber coins • ranch dressing • cheese crackers 	24 <ul style="list-style-type: none"> • beef salami slices • fresh clementines 	25 <ul style="list-style-type: none"> • cornbread muffin • cheese stick
28 <ul style="list-style-type: none"> • pretzel goldfish • cheese stick 	29 <ul style="list-style-type: none"> • cucumber coins • italian dressing • cheese crackers 	30 <ul style="list-style-type: none"> • yogurt cup • cinnamon goldfish graham 	5/1 <ul style="list-style-type: none"> • cornbread muffin • fresh apple slices 	5/2 <ul style="list-style-type: none"> • beef salami slices • fresh clementines



April Supper Menu

DCPS SUPPER

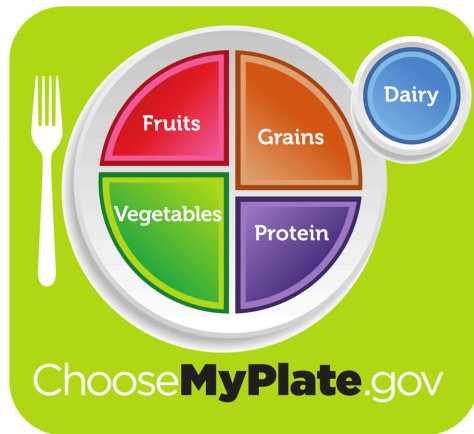
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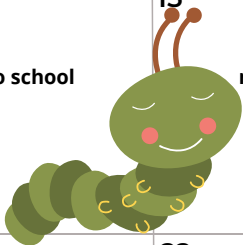
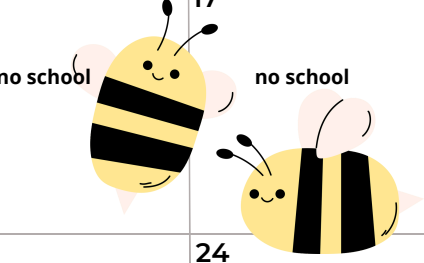
All grains served are whole grain rich
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Healthy Snacks for Active Students!
 To create a healthy snack, include at least two of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/31 <ul style="list-style-type: none"> turkey club on a whole grain hoagie mustard & mayo cucumber coins house ranch dressing fresh cantaloupe 	1 <ul style="list-style-type: none"> buffalo chicken wrap celery sticks house ranch dressing cinnamon applesauce 	2 <ul style="list-style-type: none"> sunbutter & jelly sandwich cheese stick baby carrots italian dressing fresh apple 	3 <ul style="list-style-type: none"> egg salad on a whole grain bun broccoli florets honey mustard dressing fresh pear 	4 <ul style="list-style-type: none"> herb roasted chicken whole grain roll mixed greens salad diced tomatoes balsamic dressing fresh orange wedges
7 no school	8 <ul style="list-style-type: none"> sunbutter & jelly sandwich cheese stick celery sticks house ranch dressing chilled peaches 	9 <ul style="list-style-type: none"> tuna salad on a whole grain bun lemon parmesan kale fresh apple 	10 <ul style="list-style-type: none"> buffalo chicken cornbread muffin mixed greens salad diced cucumbers house ranch dressing cinnamon applesauce 	11 <ul style="list-style-type: none"> turkey-ham & cheddar stackables cauliflower florets italian dressing fresh orange wedges
14 no school	15 no school 	16 no school	17 no school 	18 no school
21 <ul style="list-style-type: none"> turkey-ham & cheddar stackables baby carrots italian dressing chilled pears 	22 <ul style="list-style-type: none"> sunbutter & jelly sandwich cheese stick snap peas house ranch dressing cinnamon applesauce 	23 <ul style="list-style-type: none"> cobb salad with diced turkey ham whole grain roll honey mustard dressing fresh apple 	24 <ul style="list-style-type: none"> cumin lime chicken wrap shredded lettuce diced tomatoes sour cream fresh pear 	25 <ul style="list-style-type: none"> chicken salad on whole grain bun broccoli florets balsamic dressing fresh orange wedges
28 <ul style="list-style-type: none"> turkey club on a whole grain hoagie mustard & mayo cucumber coins house ranch dressing fresh cantaloupe 	29 <ul style="list-style-type: none"> buffalo chicken wrap celery sticks house ranch dressing cinnamon applesauce 	30 <ul style="list-style-type: none"> sunbutter & jelly sandwich cheese stick baby carrots italian dressing fresh apple 	5/1 <ul style="list-style-type: none"> egg salad on a whole grain bun broccoli florets honey mustard dressing fresh pear 	5/2 <ul style="list-style-type: none"> herb roasted chicken whole grain roll mixed greens salad diced tomatoes balsamic dressing fresh orange wedges



April 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 - honeydew; Fri - apple

3/31 - 4/4 & 4/28 - 5/2 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

4/7 - 4/11 PASTA BOWL

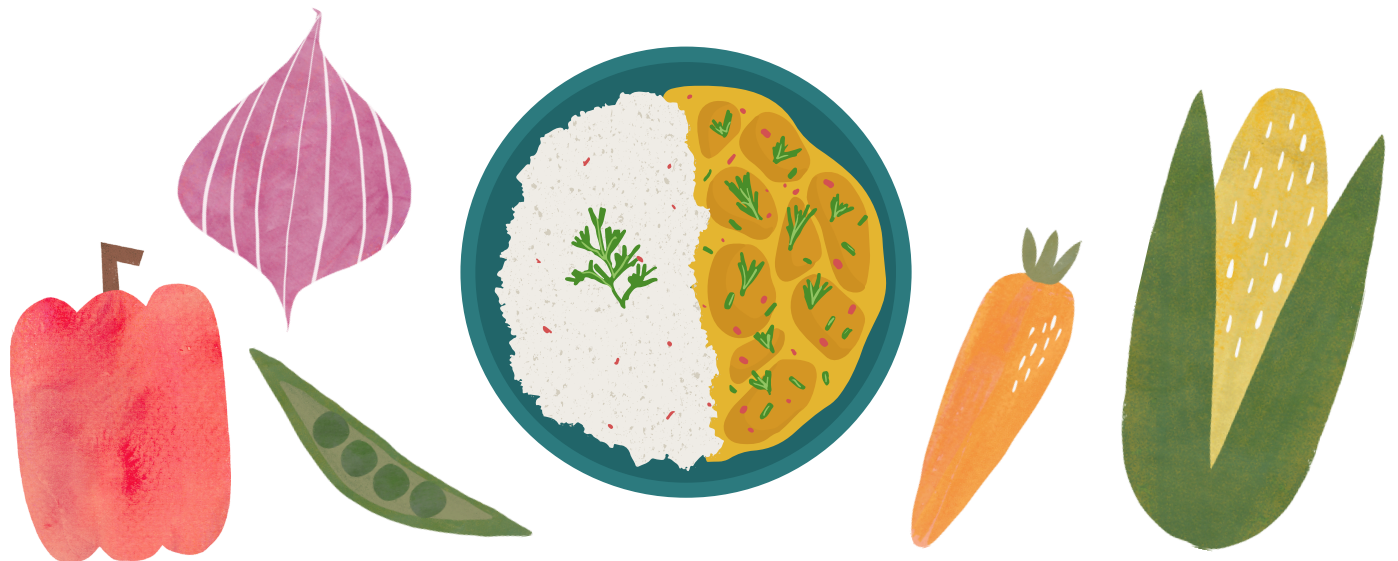
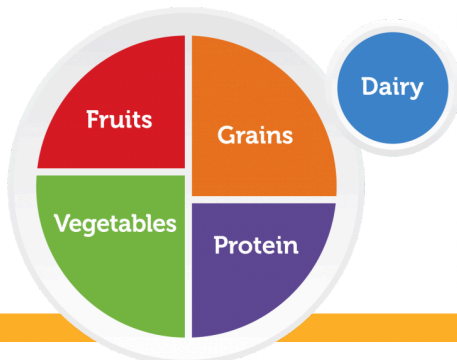
- + pick your base**
 - whole grain rotini
- +pick your protein**
 - herb roasted chicken tender
 - chickpeas
- +pick your toppings**
 - steamed broccoli
 - roasted red bell peppers
 - roasted red potatoes
 - sauteed spinach
 - parmesan cheese
 - mozzarella cheese
- +add your sauce**
 - tomato sauce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

4/21 - 4/25 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!





April Salad Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

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

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Mon - pear; Tues - orange; Wed - apple & banana;
Thurs - honeydew; Fri - apple

3/31 - 4/4 & 4/28 - 5/2 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

4/7 - 4/11 BBQ CHICKEN

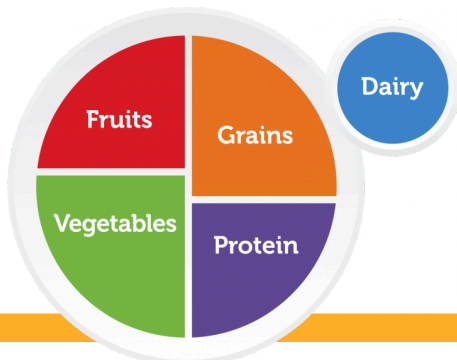
- + pick your base**
 - romaine
- +pick your protein**
 - bbq chicken
 - chickpeas
- +pick your toppings**
 - red onion
 - red pepper strips
 - corn
 - shredded cheddar cheese
 - whole grain croutons
 - whole grain roll
- +add your dressing**
 - honey mustard dressing

4/21 - 4/25 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**
 - 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!





April 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

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

3/31 - 4/4 & 4/28 - 5/2 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

4/7 - 4/11 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

4/21 - 4/25 BUFFALO CHICKEN

+ pick your base

- mixed greens salad

+pick your protein

- buffalo chicken strips
- herb roasted chicken

+pick your toppings

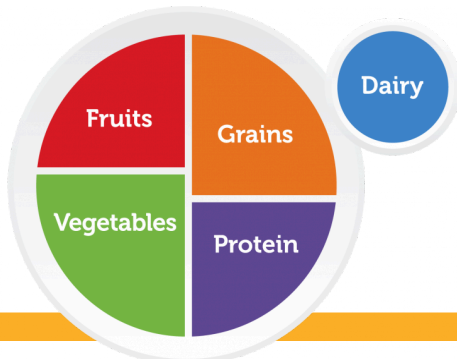
- diced cucumber
- shredded carrots
- corn
- kidney beans
- sunflower seeds
- shredded mozzarella cheese
- whole grain croutons
- whole grain roll

+add your dressing

- 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!





April 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

3/31 - 4/4 & 4/28 - 5/2 BUFFALO CHICKEN

buffalo chicken sandwich

- buffalo chicken patty
- whole grain roll

4/7 - 4/11 GRILLED CHEESE

grilled cheese

- whole grain bread
- cheddar cheese

4/21 - 4/25 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!

