



May 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

WHAT'S NEW!

Try our new tomato basil frittata
on **May 13th!**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/28 <ul style="list-style-type: none">cinnamon chex cerealstrawberry shredded wheat cerealfresh apple slices	4/29 <ul style="list-style-type: none">buttermilk pancakesscrambled eggsall-natural syrupbutterfresh pear	4/30 <ul style="list-style-type: none">pineapple carrot breadhard boiled egghot saucefresh orange wedges	1 <ul style="list-style-type: none">brown sugar oatmealfresh banana100% orange juice	2 <ul style="list-style-type: none">vanilla yogurtwhole grain granolafresh cantaloupe
5 <ul style="list-style-type: none">whole grain bagelcream cheesejellyfresh apple slices	6 <ul style="list-style-type: none">french toast sticksturkey sausage linkveggie breakfast sausage pattyall-natural syrupfresh pear	7 <ul style="list-style-type: none">strawberry parfait	8 <ul style="list-style-type: none">honey bunches of oats cerealstrawberry shredded wheat cerealfresh banana100% orange juice	9 <ul style="list-style-type: none">whole grain biscuitturkey sausage pattyveggie breakfast sausage pattyhoneyfresh cantaloupe
12 <ul style="list-style-type: none">mixed berry parfait	13 <ul style="list-style-type: none">whole grain english muffintomato basil frittatabutterjellyfresh pear	14 <ul style="list-style-type: none">blueberry breadhard boiled egghot saucefresh orange wedges	15 <ul style="list-style-type: none">sweet strawberry oatmealfresh banana100% orange juice	16 <ul style="list-style-type: none">buttermilk pancakesturkey sausage linksveggie breakfast sausage pattybutterall-natural syrupfresh cantaloupe
19 <ul style="list-style-type: none">blueberry chex cerealstrawberry shredded wheat cerealfresh apple slices	20 <ul style="list-style-type: none">cheesy gritsscrambled eggsturkey baconveggie breakfast sausage pattyfresh pear	21 <ul style="list-style-type: none">whole grain bagelcream cheesejellyfresh orange wedges	22 <ul style="list-style-type: none">egg & cheese breakfast burritohot saucefresh banana100% orange juice	23 <ul style="list-style-type: none">emoji wafflesturkey baconveggie breakfast sausage pattybutterall-natural syrupfresh cantaloupe
26 <p>no school</p>	27 <ul style="list-style-type: none">cinnamon chex cerealblueberry chex cerealfresh apple slices	28 <ul style="list-style-type: none">buttermilk pancakesscrambled eggsall-natural syrupbutterfresh orange wedges	29 <ul style="list-style-type: none">brown sugar oatmealfresh banana100% orange juice	30 <ul style="list-style-type: none">vanilla yogurtwhole grain granolafresh cantaloupe



May Breakfast Menu

GRAB N' GO BREAKFAST

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4/28 <ul style="list-style-type: none"> cinnamon chex cereal strawberry shredded wheat cereal fresh apple slices 	4/29 <ul style="list-style-type: none"> buttermilk pancakes all-natural syrup butter fresh pear 	4/30 <ul style="list-style-type: none"> pineapple carrot bread hard boiled egg hot sauce fresh orange wedges 	1 <ul style="list-style-type: none"> whole grain croissant jelly fresh banana 100% orange juice 	2 <ul style="list-style-type: none"> vanilla yogurt whole grain granola fresh cantaloupe
5 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh apple slices 	6 <ul style="list-style-type: none"> french toast sticks turkey sausage link veggie breakfast sausage patty all-natural syrup fresh pear 	7 <ul style="list-style-type: none"> strawberry parfait 	8 <ul style="list-style-type: none"> strawberry shredded wheat cereal honey bunches of oats cereal fresh banana 100% orange juice 	9 <ul style="list-style-type: none"> whole grain biscuit turkey sausage patty veggie breakfast sausage patty honey fresh cantaloupe
12 <ul style="list-style-type: none"> mixed berry parfait 	13 <ul style="list-style-type: none"> whole grain english muffin tomato basil frittata jelly butter fresh pear 	14 <ul style="list-style-type: none"> blueberry bread hard boiled egg hot sauce fresh orange wedges 	15 <ul style="list-style-type: none"> whole grain croissant jelly fresh banana 100% orange juice 	16 <ul style="list-style-type: none"> buttermilk pancakes turkey sausage link veggie breakfast sausage patty all-natural syrup butter fresh cantaloupe
19 <ul style="list-style-type: none"> blueberry chex cereal strawberry shredded wheat cereal fresh apple slices 	20 <ul style="list-style-type: none"> whole grain croissant turkey bacon veggie breakfast sausage patty jelly fresh pear 	21 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh orange wedges 	22 <ul style="list-style-type: none"> egg & cheese breakfast burrito hot sauce fresh banana 100% orange juice 	23 <ul style="list-style-type: none"> emoji waffles turkey bacon veggie breakfast sausage patty butter all-natural syrup fresh cantaloupe
26 no school	27 <ul style="list-style-type: none"> cinnamon chex cereal blueberry chex cereal fresh apple slices 	28 <ul style="list-style-type: none"> buttermilk pancakes all-natural syrup butter fresh orange wedges 	29 <ul style="list-style-type: none"> whole grain croissant jelly fresh banana 100% orange juice 	30 <ul style="list-style-type: none"> vanilla yogurt whole grain granola fresh cantaloupe



May Breakfast Menu

BREAKFAST ECE

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5 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh apple slices 	6 <ul style="list-style-type: none"> french toast sticks all-natural syrup chilled pears 	7 <ul style="list-style-type: none"> strawberry parfait 	8 <ul style="list-style-type: none"> honey cheerios fresh banana 	9 <ul style="list-style-type: none"> whole grain biscuit turkey sausage patty veggie breakfast sausage patty fresh cantaloupe
12 <ul style="list-style-type: none"> mixed berry parfait 	13 <ul style="list-style-type: none"> whole grain english muffin tomato basil frittata butter jelly chilled pears 	14 <ul style="list-style-type: none"> blueberry bread fresh orange wedges 	15 <ul style="list-style-type: none"> sweet strawberry oatmeal fresh banana 	16 <ul style="list-style-type: none"> buttermilk pancakes all-natural syrup fresh cantaloupe
19 <ul style="list-style-type: none"> blueberry chex cereal fresh apple slices 	20 <ul style="list-style-type: none"> scrambled eggs whole grain toast jelly chilled pears 	21 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh orange wedges 	22 <ul style="list-style-type: none"> egg & cheese breakfast burrito fresh banana 	23 <ul style="list-style-type: none"> emoji waffles all-natural syrup fresh cantaloupe
26 no school	27 <ul style="list-style-type: none"> cinnamon chex cereal fresh apple slices 	28 <ul style="list-style-type: none"> buttermilk pancakes all-natural syrup fresh orange wedges 	29 <ul style="list-style-type: none"> brown sugar oatmeal fresh banana 	30 <ul style="list-style-type: none"> vanilla yogurt whole grain granola fresh cantaloupe



May 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

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ASIAN AMERICAN, NATIVE HAWAIIAN, AND PACIFIC ISLANDER MONTH!

Celebrate with DCCK by enjoying a tasty, Asian-inspired meal on **May 21st**

SWEET CHILI SAUCE

Most experts agree that sweet chili sauce originated in Thailand! Today, it is a staple condiment in many countries.

Our version is served on chicken or tofu alongside brown rice, carrots, and ginger soy broccoli.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/28 <ul style="list-style-type: none">chicken alfredoveggie chik'n alfredo whole grain penne pastasteamed broccolisteamed carrotsfresh pear	4/29 <ul style="list-style-type: none">all-beef hotdogveggie burger whole grain bunroasted red potatoesbbq baked beansketchup & mustardfresh orange wedges	4/30 <ul style="list-style-type: none">baja fish tacosbaja cream sauce cheese quesadillasteamed corntangy cilantro-lime slawfresh applefresh banana	1 <ul style="list-style-type: none">herb roasted chicken drumveggie chik'n nuggets ketchupcornbread muffinbutternut squash pureeroasted cauliflowerfresh honeydew	2 <ul style="list-style-type: none">grilled cheese sweet potato friesketchuppesto green beansfresh apple slices
5 <ul style="list-style-type: none">pepperoni pizza cheese pizzababy spinach saladcucumber coinshouse ranch dressingfresh pear	6 <ul style="list-style-type: none">pulled bbq chickenbbq tofu whole grain buncoleslawjazzy black-eyed peasfresh orange wedges	7 <ul style="list-style-type: none">beef & cheese nachos bean & cheese nachossouthwest taco cornroasted tomato salsasour creamfresh applefresh banana	8 <ul style="list-style-type: none">orange glazed chickenorange glazed tofu brown ricesteamed carrotssteamed snap peasfresh honeydew	9 <ul style="list-style-type: none">scrambled eggs whole grain wafflessweet potato hashbraised collard greensall-natural syrupbutterhot saucefresh apple slices
12 <ul style="list-style-type: none">beef burger veggie burgerwhole grain bunlettuce & tomatobuffalo cauliflowerketchup & mustardfresh pear	13 <ul style="list-style-type: none">chicken & black bean empanadascheese quesadilla roasted tomato salsaoven fried plantainssour creamfresh orange wedges	14 <ul style="list-style-type: none">turkey meatballs & saucetofu bolognese whole grain spaghettimixed greens saladdiced cucumbershouse ranch dressingfresh applefresh banana	15 <ul style="list-style-type: none">hot honey chicken drumhot honey veggie chik'n nuggets whole grain rollmac & cheesebraised collard greenscinnamon roasted butternut squashfresh honeydew	16 <ul style="list-style-type: none">crispy catfish veggie chik'n nuggetshot saucered beans & ricewhole grain rollsauteed cabbagefresh apple slices
19 <ul style="list-style-type: none">crispy chicken tenderveggie chik'n nuggets ketchupwhole grain rollmashed potatoessteamed green beansfresh pear	20 <ul style="list-style-type: none">beef tacos sofritas tacosshredded lettucechipotle pinto beansroasted tomato salsafresh orange wedges	21 <ul style="list-style-type: none">sweet chili chickensweet chili tofu brown ricesteamed carrotsginger soy broccolifresh applefresh banana	22 <ul style="list-style-type: none">turkey sloppy joelentil sloppy joe whole grain bunsweet potato friesketchupgarlic kalefresh honeydew	23 <ul style="list-style-type: none">cheese pizza steamed cornmixed greens saladitalian dressingfresh apple slices
26 <p>no school</p>	27 <ul style="list-style-type: none">all-beef hotdogveggie burger whole grain bunroasted red potatoesbbq baked beansketchup & mustardfresh orange wedges	28 <ul style="list-style-type: none">baja fish tacosbaja cream sauce cheese quesadillasteamed corntangy cilantro-lime slawfresh applefresh banana	29 <ul style="list-style-type: none">herb roasted chicken drumveggie chik'n nuggets ketchupcornbread muffinbutternut squash pureeroasted cauliflowerfresh honeydew	30 <ul style="list-style-type: none">grilled cheese sweet potato friesketchuppesto green beansfresh apple slices



May Lunch Menu

LUNCH K-8**What do the colors on the menu mean?****GREEN** = locally-sourced

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5 <ul style="list-style-type: none">pepperoni pizzacheese pizza baby spinach saladcucumber coinshouse ranch dressingfresh pear	6 <ul style="list-style-type: none">pulled bbq chickenbbq tofu whole grain buncoleslawjazzy black-eyed peasfresh orange wedges	7 <ul style="list-style-type: none">beef & cheese nachosbean & cheese nachos southwest taco cornroasted tomato salsasour creamfresh banana	8 <ul style="list-style-type: none">orange glazed chickenorange glazed tofu brown ricesteamed snap peassteamed carrotsfresh honeydew	9 <ul style="list-style-type: none">scrambled eggs whole grain wafflessweet potato hashbraised collard greensall-natural syruphot saucefresh apple slices
12 <ul style="list-style-type: none">beef burger veggie burgerwhole grain bunlettuce & tomatobuffalo cauliflowerketchup & mustardfresh pear	13 <ul style="list-style-type: none">chicken & black bean empanadascheese quesadilla roasted tomato salsaoven fried plantainsfresh orange wedges	14 <ul style="list-style-type: none">turkey meatballs & saucetofu bolognese whole grain spaghettiwhole grain rollmixed greens saladhouse ranch dressingfresh banana	15 <ul style="list-style-type: none">hot honey chicken drumhot honey veggie chik'n nuggets mac & cheesebraised collard greenscinnamon roasted butternut squashfresh honeydew	16 <ul style="list-style-type: none">crispy catfish veggie chik'n nuggetshot saucered beans & ricesauteed cabbagefresh apple slices
19 <ul style="list-style-type: none">crispy chicken tenderveggie chik'n nuggets ketchupwhole grain rollmashed potatoessteamed green beansfresh pear	20 <ul style="list-style-type: none">beef tacos sofritas tacosshredded lettucechipotle pinto beansroasted tomato salsafresh orange wedges	21 <ul style="list-style-type: none">sweet chili chickensweet chili tofu brown ricesteamed carrotsginger soy broccolifresh banana	22 <ul style="list-style-type: none">turkey sloppy joelentil sloppy joe whole grain bunsweet potato friesketchupgarlic kalefresh honeydew	23 <ul style="list-style-type: none">cheese pizza steamed cornmixed greens saladitalian dressingfresh apple slices
26 no school	27 <ul style="list-style-type: none">all-beef hotdogveggie burger whole grain bunroasted red potatoesbbq baked beansketchup & mustardfresh orange wedges	28 <ul style="list-style-type: none">baja fish tacosbaja cream saucecheese quesadilla steamed corntangy cilantro-lime slawfresh banana	29 <ul style="list-style-type: none">herb roasted chicken drumveggie chik'n nuggets ketchupcornbread muffinbutternut squash pureeroasted cauliflowerfresh honeydew	30 <ul style="list-style-type: none">grilled cheese sweet potato friesketchuppesto green beansfresh apple slices



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

WWW.DCCENTRAALKITCHEN.ORG

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LUNCH ECE

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4/28 <ul style="list-style-type: none"> chicken alfredo veggie chik'n alfredo 🌱 whole grain penne pasta steamed broccoli chilled pears 	4/29 <ul style="list-style-type: none"> all-beef hotdog sliced lengthwise 🌱 veggie burger whole grain bun roasted red potatoes ketchup & mustard fresh orange wedges 	4/30 <ul style="list-style-type: none"> baja fish tacos baja cream sauce cheese quesadilla 🌱 steamed corn fresh banana 	1 <ul style="list-style-type: none"> diced herb roasted chicken veggie chik'n nuggets 🌱 ketchup cornbread muffin butternut squash puree fresh honeydew 	2 <ul style="list-style-type: none"> grilled cheese 🌱 sweet potato fries ketchup fresh apple slices
5 <ul style="list-style-type: none"> pepperoni pizza cheese pizza 🌱 steamed green beans chilled pears 	6 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu 🌱 whole grain bun jazzy black-eyed peas fresh orange wedges 	7 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos 🌱 southwest taco corn fresh banana 	8 <ul style="list-style-type: none"> orange glazed chicken orange glazed tofu 🌱 brown rice steamed snap peas fresh honeydew 	9 <ul style="list-style-type: none"> scrambled eggs 🌱 whole grain waffles sweet potato hash all-natural syrup fresh apple slices
12 <ul style="list-style-type: none"> beef burger 🌱 veggie burger whole grain bun roasted cauliflower ketchup & mustard chilled pears 	13 <ul style="list-style-type: none"> chicken & black bean empanadas cheese quesadilla 🌱 roasted tomato salsa oven fried plantains fresh orange wedges 	14 <ul style="list-style-type: none"> quartered turkey meatballs & sauce tofu bolognese 🌱 whole grain spaghetti steamed green beans fresh apple slices 	15 <ul style="list-style-type: none"> diced bbq chicken bbq veggie chik'n nuggets 🌱 mac & cheese braised collard greens fresh honeydew 	16 <ul style="list-style-type: none"> crispy catfish veggie chik'n nuggets 🌱 red beans & rice fresh apple slices
19 <ul style="list-style-type: none"> diced crispy chicken tender veggie chik'n nuggets 🌱 ketchup whole grain roll mashed potatoes chilled pears 	20 <ul style="list-style-type: none"> beef tacos 🌱 sofritas tacos chipotle pinto beans roasted tomato salsa fresh orange wedges 	21 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu 🌱 brown rice ginger soy broccoli fresh banana 	22 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe 🌱 whole grain bun sweet potato fries ketchup fresh honeydew 	23 <ul style="list-style-type: none"> cheese pizza 🌱 steamed corn fresh apple slices
26 <p>no school</p>	27 <ul style="list-style-type: none"> all-beef hotdog sliced lengthwise 🌱 veggie burger whole grain bun roasted red potatoes ketchup & mustard fresh orange wedges 	28 <ul style="list-style-type: none"> baja fish tacos baja cream sauce cheese quesadilla 🌱 steamed corn fresh banana 	29 <ul style="list-style-type: none"> diced herb roasted chicken veggie chik'n nuggets 🌱 ketchup cornbread muffin butternut squash puree fresh honeydew 	30 <ul style="list-style-type: none"> grilled cheese 🌱 sweet potato fries ketchup fresh apple slices



May Snack Menu

SNACK

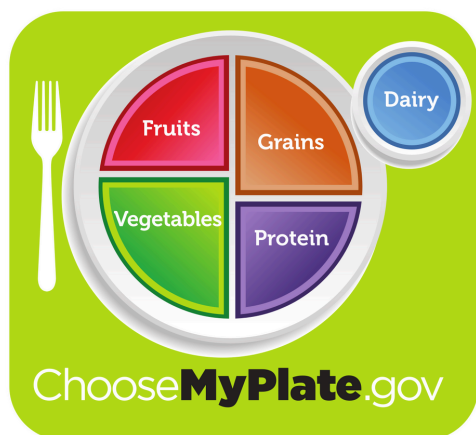
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Healthy Snacks for Active Students!
To create a healthy snack, include at least two of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/28 <ul style="list-style-type: none"> • pretzel goldfish • cheese stick 	4/29 <ul style="list-style-type: none"> • cucumber coins • italian dressing • cheese crackers 	4/30 <ul style="list-style-type: none"> • yogurt • cinnamon goldfish graham 	1 <ul style="list-style-type: none"> • cornbread muffin • fresh apple slices 	2 <ul style="list-style-type: none"> • beef salami slices • fresh clementines
5 <ul style="list-style-type: none"> • vanilla yogurt • whole grain granola 	6 <ul style="list-style-type: none"> • cinnamon goldfish graham • sunbutter cup 	7 <ul style="list-style-type: none"> • cucumber coins • italian dressing • cheese crackers 	8 <ul style="list-style-type: none"> • beef salami slices • fresh clementines 	9 <ul style="list-style-type: none"> • cornbread muffin • cheese stick
12 <ul style="list-style-type: none"> • pretzel goldfish • cheese stick 	13 <ul style="list-style-type: none"> • cucumber coins • italian dressing • cheese crackers 	14 <ul style="list-style-type: none"> • yogurt • cinnamon goldfish graham 	15 <ul style="list-style-type: none"> • cornbread muffin • fresh apple slices 	16 <ul style="list-style-type: none"> • beef salami slices • fresh clementines
19 <ul style="list-style-type: none"> • vanilla yogurt • whole grain granola 	20 <ul style="list-style-type: none"> • cinnamon goldfish graham • sunbutter cup 	21 <ul style="list-style-type: none"> • cucumber coins • italian dressing • cheese crackers 	22 <ul style="list-style-type: none"> • beef salami slices • fresh clementines 	23 <ul style="list-style-type: none"> • cornbread muffin • cheese stick
26 no school	27 <ul style="list-style-type: none"> • cucumber coins • italian dressing • cheese crackers 	28 <ul style="list-style-type: none"> • yogurt • cinnamon goldfish graham 	29 <ul style="list-style-type: none"> • cornbread muffin • fresh apple slices 	30 <ul style="list-style-type: none"> • beef salami slices • fresh clementines



May Supper Menu

DCPS SUPPER

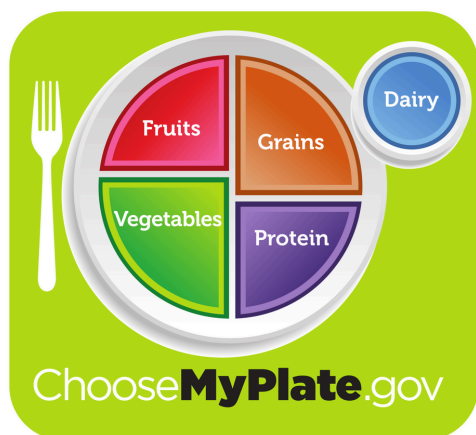
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/28 <ul style="list-style-type: none"> turkey club on a whole grain hoagie mustard & mayo cucumber coins house ranch dressing fresh cantaloupe 	4/29 <ul style="list-style-type: none"> buffalo chicken wrap celery sticks house ranch dressing applesauce 	4/30 <ul style="list-style-type: none"> sunbutter & jelly sandwich cheese stick baby carrots italian dressing fresh apple 	1 <ul style="list-style-type: none"> egg salad on a whole grain bun broccoli florets honey mustard dressing fresh pear 	2 <ul style="list-style-type: none"> herb roasted chicken whole grain roll mixed greens salad diced tomatoes balsamic dressing fresh orange wedges
5 <ul style="list-style-type: none"> southwest chicken wrap baby carrots honey lime dressing fresh cantaloupe 	6 <ul style="list-style-type: none"> sunbutter & jelly sandwich cheese stick celery sticks house ranch dressing applesauce 	7 <ul style="list-style-type: none"> tuna salad on a whole grain bun lemon parmesan kale fresh apple 	8 <ul style="list-style-type: none"> buffalo chicken cornbread muffin mixed greens salad diced cucumbers house ranch dressing fresh pear 	9 <ul style="list-style-type: none"> turkey-ham & cheese stackables cauliflower florets italian dressing fresh orange wedges
12 <ul style="list-style-type: none"> sweet chili chicken wrap soy citrus kale slaw fresh cantaloupe 	13 <ul style="list-style-type: none"> turkey ham & cheese sandwich baby carrots house ranch dressing applesauce 	14 <ul style="list-style-type: none"> herb roasted chicken whole grain roll mixed greens salad diced cucumbers balsamic dressing fresh apple 	15 <ul style="list-style-type: none"> turkey club on a whole grain hoagie mustard & mayo cucumber coins house ranch dressing fresh pear 	16 <ul style="list-style-type: none"> curried chicken salad on a whole grain bun snap peas soy citrus dressing fresh orange wedges
19 <ul style="list-style-type: none"> turkey-ham & cheese stackables baby carrots italian dressing fresh cantaloupe 	20 <ul style="list-style-type: none"> sunbutter & jelly sandwich cheese stick snap peas house ranch dressing applesauce 	21 <ul style="list-style-type: none"> cobb salad with diced turkey ham whole grain roll honey mustard dressing fresh apple 	22 <ul style="list-style-type: none"> cumin lime chicken wrap shredded lettuce diced tomatoes sour cream fresh pear 	23 <ul style="list-style-type: none"> chicken salad on whole grain bun broccoli florets balsamic dressing fresh orange wedges
26 no school	27 <ul style="list-style-type: none"> buffalo chicken wrap celery sticks house ranch dressing applesauce 	28 <ul style="list-style-type: none"> sunbutter & jelly sandwich cheese stick baby carrots italian dressing fresh apple 	29 <ul style="list-style-type: none"> egg salad on a whole grain bun broccoli florets honey mustard dressing fresh pear 	30 <ul style="list-style-type: none"> herb roasted chicken whole grain roll mixed greens salad diced tomatoes balsamic dressing fresh orange wedges



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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May 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

4/28 - 5/2 & 5/26 - 5/30 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

5/5- 5/9 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

5/12- 5/16 MS. LORENA'S FAJITA BOWL

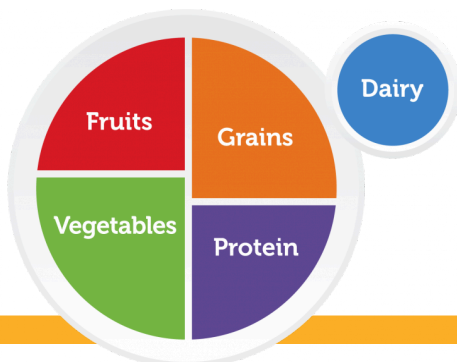
- + pick your base**
 - cilantro lime rice
 - whole grain tortilla
- +pick your protein**
 - cumin lime chicken
 - black beans
- +pick your toppings**
 - shredded romaine lettuce
 - tomato salsa
 - sauteed peppers & onions
 - southwest taco corn
 - cheddar cheese
- +add your dressing**
 - sour cream

5/19 - 5/23 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!





SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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May 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

4/28 - 5/2 & 5/19 - 5/23 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

5/5- 5/9 & 5/26 - 5/30 BBQ CHICKEN

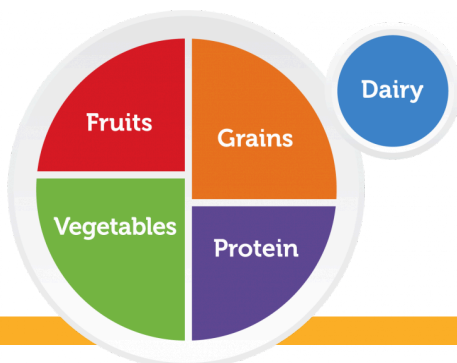
- + pick your base**
 - romaine
- +pick your protein**
 - bbq chicken
 - chickpeas
- +pick your toppings**
 - red onion
 - red pepper strips
 - corn
 - shredded cheddar cheese
 - whole grain croutons
 - whole grain roll
- +add your dressing**
 - honey mustard dressing

5/12- 5/16 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!

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pick at least 3 of the 5 food groups
from my plate!





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May 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 & banana;
Thurs - honeydew; Fri - apple

4/28 - 5/2 & 5/19 - 5/23 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

5/5- 5/9 & 5/26 - 5/30 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

5/12- 5/16 SOUTHWEST TACO

+ pick your base

- romaine

+pick your protein

- cumin lime chicken
- black beans

+pick your toppings

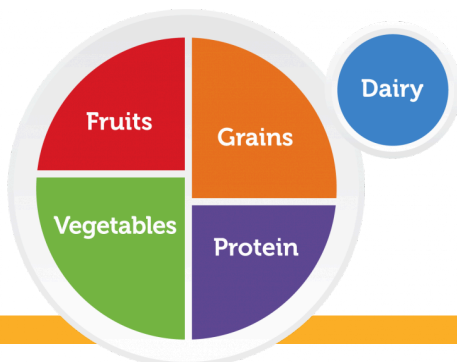
- cherry tomatoes
- corn
- red onion
- shredded cheddar cheese
- whole grain tortilla chips
- whole grain roll

+add your dressing

- honey lime dressing

CREATING A BALANCED MEAL!

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from my plate!





SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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May 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

4/28 - 5/2 & 5/26 - 5/30 BUFFALO CHICKEN

buffalo chicken sandwich

- buffalo chicken patty
- whole grain roll

5/5- 5/9 GRILLED CHEESE

grilled cheese

- whole grain bread
- cheddar cheese

5/12- 5/16 CHEESEBURGER

cheeseburger

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

5/19 - 5/23 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!

