



June 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

BERRIES & GREENS DAY

Celebrate on **6/5** with blueberries for breakfast and local fresh strawberries and salad greens for lunch.



**Berries &
Greens Day**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <ul style="list-style-type: none">whole grain bagelcream cheesejellyfresh apple slices	3 <ul style="list-style-type: none">french toast sticksturkey sausage linkveggie breakfast sausage patty 🌱all-natural syrupfresh pear	4 <ul style="list-style-type: none">honey bunches of oats cerealblueberry chex cerealfresh banana100% orange juice	5 <ul style="list-style-type: none">blueberry parfait	6 <ul style="list-style-type: none">whole grain biscuitturkey sausage pattyveggie breakfast sausage patty 🌱hot saucefresh cantaloupe
9 <ul style="list-style-type: none">mixed berry parfait	10 <ul style="list-style-type: none">whole grain english muffintomato basil frittatabutterjellyfresh pear	11 <ul style="list-style-type: none">blueberry breadhard boiled egghot saucefresh orange wedges	12 <ul style="list-style-type: none">sweet strawberry oatmealfresh banana100% orange juice	13 <ul style="list-style-type: none">butter milk pancakesturkey sausage linksveggie breakfast sausage patty 🌱butterall-natural syrupfresh cantaloupe
16 <ul style="list-style-type: none">blueberry chex cerealstrawberry shredded wheat cerealfresh apple slices	17 <ul style="list-style-type: none">cheesy gritsscrambled eggsturkey baconveggie breakfast sausage patty 🌱fresh pear	18 <ul style="list-style-type: none">whole grain bagelcream cheesejellyfresh orange wedges	19 	20
23	24	25	26	27
30	7/1 	7/2 	7/3	7/4 






June Breakfast Menu

GRAB N' GO BREAKFAST

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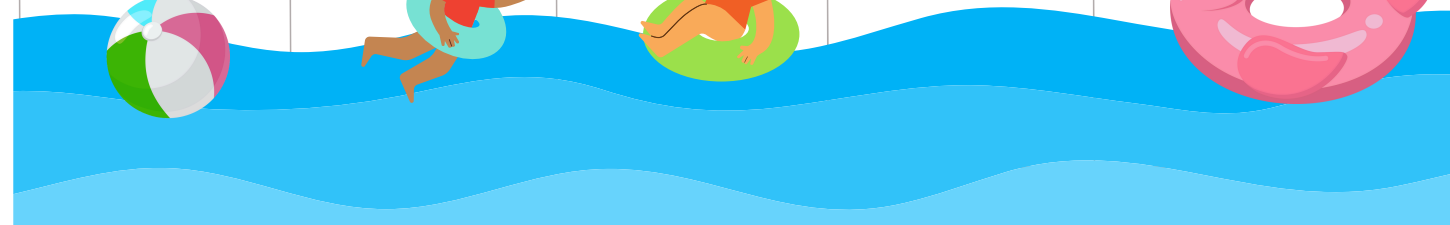
BERRIES & GREENS DAY

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**Berries &
Greens Day**

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16 <ul style="list-style-type: none">blueberry chex cerealstrawberry shredded wheat cerealfresh apple slices	17 <ul style="list-style-type: none">whole grain croissantturkey baconveggie breakfast sausage patty jellyfresh pear	18 <ul style="list-style-type: none">whole grain bagelcream cheesejellyfresh orange wedges	19 	20
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June Breakfast Menu

BREAKFAST ECE

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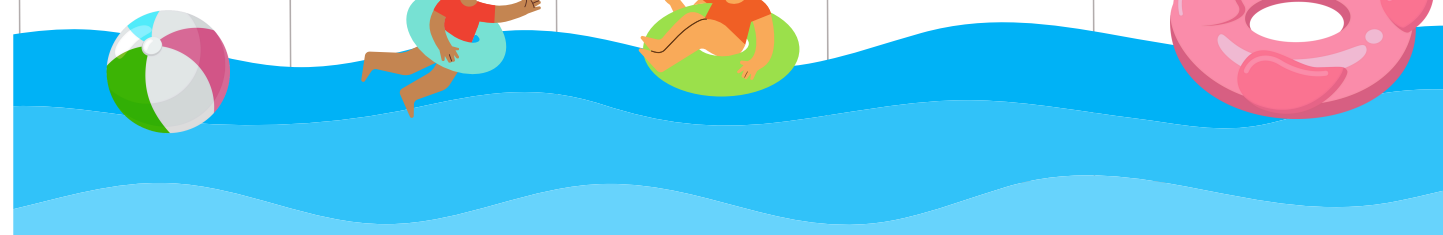
BERRIES & GREENS DAY

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**Berries &
Greens Day**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh apple slices 	3 <ul style="list-style-type: none"> french toast sticks all-natural syrup chilled pears 	4 <ul style="list-style-type: none"> honey cheerios fresh banana 	5 <ul style="list-style-type: none"> blueberry parfait 	6 <ul style="list-style-type: none"> whole grain biscuit turkey sausage patty veggie breakfast sausage patty fresh cantaloupe
9 <ul style="list-style-type: none"> mixed berry parfait 	10 <ul style="list-style-type: none"> whole grain english muffin tomato basil frittata butter jelly chilled pears 	11 <ul style="list-style-type: none"> blueberry bread fresh orange wedges 	12 <ul style="list-style-type: none"> sweet strawberry oatmeal fresh banana 	13 <ul style="list-style-type: none"> buttermilk pancakes all-natural syrup fresh cantaloupe
16 <ul style="list-style-type: none"> blueberry chex cereal fresh apple slices 	17 <ul style="list-style-type: none"> scrambled eggs whole grain toast jelly chilled pears 	18 <ul style="list-style-type: none"> whole grain bagel cream cheese jelly fresh orange wedges 	19	20
23	24	25	26	27
30	7/1	7/2	7/3	7/4





June Lunch Menu

LUNCH 9-12

What do the colors on the menu mean?

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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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SUMMER KICKOFF MEAL

DC Central Kitchen invites students to enjoy a special meal on **6/10** to celebrate the end of the school year!

MENU

cheeseburger or veggie burger
dill pickles
 lettuce & tomato
 ketchup & mustard
 roasted red potatoes
 steamed corn
watermelon



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <ul style="list-style-type: none"> pepperoni pizza cheese pizza steamed broccoli cucumber coins house ranch dressing fresh pear 	3 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos steamed corn roasted tomato salsa sour cream fresh orange wedges 	4 <ul style="list-style-type: none"> orange glazed chicken orange glazed tofu brown rice steamed carrots steamed snap peas fresh honeydew 	5 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun jazzy black-eyed peas mixed salad greens strawberry vinaigrette fresh banana fresh strawberries 	6 <ul style="list-style-type: none"> scrambled eggs whole grain waffles sweet potato hash braised collard greens all-natural syrup butter hot sauce fresh apple slices
9 <ul style="list-style-type: none"> chicken & black bean empanadas cheese quesadilla roasted tomato salsa oven fried plantains sour cream fresh orange wedges 	10 <ul style="list-style-type: none"> cheeseburger veggie burger whole grain bun lettuce & tomato pickle slices ketchup & mustard roasted red potatoes steamed corn fresh watermelon 	11 <ul style="list-style-type: none"> turkey meatballs & sauce tofu bolognese whole grain spaghetti mixed greens salad diced cucumbers house ranch dressing fresh apple fresh banana 	12 <ul style="list-style-type: none"> hot honey chicken drum hot honey veggie chik'n nuggets whole grain roll mac & cheese braised collard greens cinnamon roasted butternut squash fresh honeydew 	13 <ul style="list-style-type: none"> crispy catfish veggie chik'n nuggets hot sauce red beans & rice whole grain roll sauteed cabbage fresh apple slices
16 <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets ketchup whole grain roll mashed potatoes steamed green beans fresh pear 	17 <ul style="list-style-type: none"> beef tacos sofritas tacos shredded lettuce chipotle pinto beans roasted tomato salsa fresh orange wedges 	18 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice steamed carrots ginger soy broccoli fresh apple fresh banana 	19	
23	24	25	26	27
30	7/1	7/2	7/3	7/4



June Lunch Menu

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

= vegetarian entree

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Student's choice of skim or 1% milk provided at every meal.**Menu subject to change based on availability**

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SUMMER KICKOFF MEAL

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MENU

cheeseburger or veggie burger
dill pickles
lettuce & tomato
ketchup & mustard
roasted red potatoes
steamed corn
watermelon



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <ul style="list-style-type: none">pepperoni pizzacheese pizza cucumber coinshouse ranch dressingsteamed broccolifresh pear	3 <ul style="list-style-type: none">beef & cheese nachosbean & cheese nachos steamed cornroasted tomato salsasour creamfresh orange wedges	4 <ul style="list-style-type: none">orange glazed chickenorange glazed tofu brown ricesteamed snap peassteamed carrotsfresh honeydew	5 <ul style="list-style-type: none">pulled bbq chicken bbq tofuwhole grain bunjazzy black-eyed peasmixed greens saladstrawberry vinaigrette fresh strawberries	6 <ul style="list-style-type: none">scrambled eggs whole grain wafflessweet potato hashbraised collard greensall-natural syruphot saucefresh apple slices
9 <ul style="list-style-type: none">chicken & black bean empanadascheese quesadilla roasted tomato salsaoven fried plantainsfresh orange wedges	10 <ul style="list-style-type: none">cheeseburger veggie burgerwhole grain bunlettuce & tomatopickle slicesketchup & mustardroasted red potatoessteamed cornfresh watermelon	11 <ul style="list-style-type: none">turkey meatballs & saucetofu bolognese whole grain spaghettiwhole grain rollmixed greens saladdiced cucumbershouse ranch dressingfresh banana	12 <ul style="list-style-type: none">hot honey chicken drumhot honey veggie chik'n nuggets mac & cheesebraised collard greenscinnamon roasted butternut squashfresh honeydew	13 <ul style="list-style-type: none">crispy catfish veggie chik'n nuggetshot saucered beans & ricesauteed cabbagefresh apple slices
16 <ul style="list-style-type: none">crispy chicken tenderveggie chik'n nuggets ketchupwhole grain rollmashed potatoessteamed green beansfresh pear	17 <ul style="list-style-type: none">beef tacos sofritas tacosshredded lettucechipotle pinto beansroasted tomato salsafresh orange wedges	18 <ul style="list-style-type: none">sweet chili chickensweet chili tofu brown ricesteamed carrotsginger soy broccolifresh banana	19	20
23	24	25	26	27
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June Lunch Menu

LUNCH ECE

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MENU

cheeseburger
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watermelon



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <ul style="list-style-type: none">pepperoni pizzacheese pizzasteamed broccolichilled pears	3 <ul style="list-style-type: none">beef & cheese nachosbean & cheese nachossteamed cornfresh orange wedges	4 <ul style="list-style-type: none">orange glazed chickenorange glazed tofubrown ricesteamed snap peasfresh honeydew	5 <ul style="list-style-type: none">pulled bbq chickenbbq tofuwhole grain bunjazzy black-eyed peasfresh strawberries	6 <ul style="list-style-type: none">scrambled eggswhole grain wafflessweet potato hashall-natural syrupfresh apple slices
9 <ul style="list-style-type: none">chicken & black bean empanadascheese quesadillaroasted tomato salsaoven fried plantainsfresh orange wedges	10 <ul style="list-style-type: none">cheeseburgerveggie burgerwhole grain bunketchup & mustardpickle slicessteamed cornfresh watermelon	11 <ul style="list-style-type: none">quartered turkey meatballs & saucetofu bolognesewhole grain spaghettisteamed green beansfresh banana	12 <ul style="list-style-type: none">diced bbq chickenbbq veggie chik'n nuggetsmac & cheesebraised collard greensfresh honeydew	13 <ul style="list-style-type: none">crispy catfishveggie chik'n nuggetsred beans & ricefresh apple slices
16 <ul style="list-style-type: none">diced crispy chicken tenderveggie chik'n nuggetsketchupwhole grain rollmashed potatoeschilled pears	17 <ul style="list-style-type: none">beef tacossofritas tacoschipotle pinto beansroasted tomato salsafresh orange wedges	18 <ul style="list-style-type: none">sweet chili chickensweet chili tofubrown riceginger soy broccolifresh banana	19 	20
23	24	25	26	27
				
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June Snack Menu

SNACK

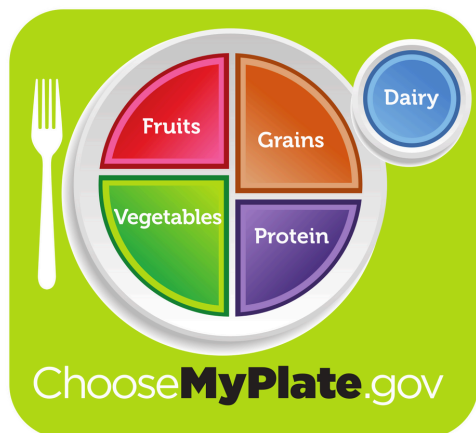
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Healthy Snacks for Active Students!
To create a healthy snack, include at least two of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <ul style="list-style-type: none"> yogurt whole grain granola 	3 <ul style="list-style-type: none"> cinnamon goldfish graham sunbutter cup 	4 <ul style="list-style-type: none"> pretzel goldfish cheese stick 	5 <ul style="list-style-type: none"> beef salami slices fresh clementines 	6 <ul style="list-style-type: none"> cornbread muffin cheese stick 
9 <ul style="list-style-type: none"> pretzel goldfish cheese stick 	10 <ul style="list-style-type: none"> cucumber coins italian dressing cheese crackers 	11 <ul style="list-style-type: none"> yogurt cinnamon goldfish graham 	12 <ul style="list-style-type: none"> cornbread muffin fresh apple slices 	13 <ul style="list-style-type: none"> beef salami slices fresh clementines
16 <ul style="list-style-type: none"> yogurt whole grain granola 	17 <ul style="list-style-type: none"> cinnamon goldfish graham sunbutter cup 	18 <ul style="list-style-type: none"> pretzel goldfish cheese stick 	19	20
23 	24	25	26	27 
30 	7/1	7/2	7/3 	7/4



June Supper Menu

DCPS SUPPER

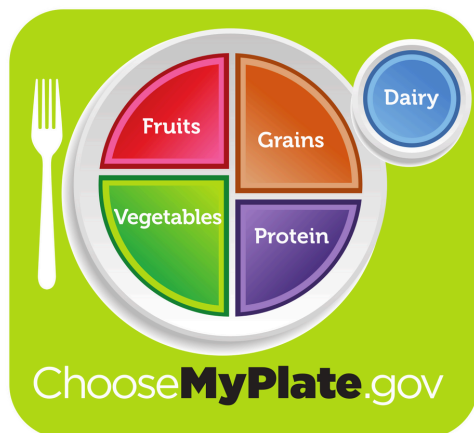
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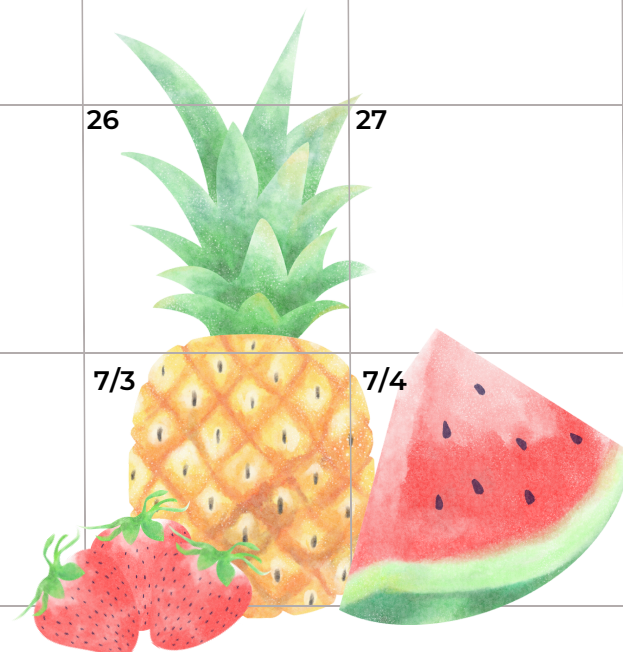
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Healthy Snacks for Active Students!
To create a healthy snack, include at
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vegetables, and dairy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <ul style="list-style-type: none"> southwest chicken wrap baby carrots honey lime dressing fresh cantaloupe 	3 <ul style="list-style-type: none"> sunbutter & jelly sandwich cheese stick celery sticks house ranch dressing applesauce cup 	4 <ul style="list-style-type: none"> tuna salad on a whole grain bun lemon parmesan kale fresh apple 	5 <ul style="list-style-type: none"> buffalo chicken cornbread muffin mixed greens salad diced cucumbers house ranch dressing fresh pear 	6 <ul style="list-style-type: none"> turkey-ham & cheddar stackables cauliflower florets italian dressing fresh orange wedges
9 <ul style="list-style-type: none"> sweet chili chicken wrap soy citrus kale slaw fresh cantaloupe 	10 <ul style="list-style-type: none"> turkey-ham & cheese sandwich baby carrots house ranch dressing applesauce cup 	11 <ul style="list-style-type: none"> herb roasted chicken whole grain roll mixed greens salad diced cucumbers balsamic dressing fresh apple 	12 <ul style="list-style-type: none"> turkey club on a whole grain hoagie mustard & mayo cucumber coins italian dressing fresh pear 	13 <ul style="list-style-type: none"> curried chicken salad on a whole grain bun snap peas soy citrus dressing fresh orange wedges
16 <ul style="list-style-type: none"> turkey-ham & cheese stackables baby carrots italian dressing fresh cantaloupe 	17 <ul style="list-style-type: none"> sunbutter & jelly sandwich cheese stick snap peas house ranch dressing applesauce 	18 <ul style="list-style-type: none"> cobb salad with diced turkey ham whole grain roll honey mustard dressing fresh apple 	19	20
23	24	25	26	27
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SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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June 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

6/2- 6/6 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

6/9- 6/13 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

6/16 - 6/18 JAMAICAN BOWL

+ pick your base

- yellow rice

+pick your protein

- jamaican jerk chicken
- jamaican jerk tofu

+pick your toppings

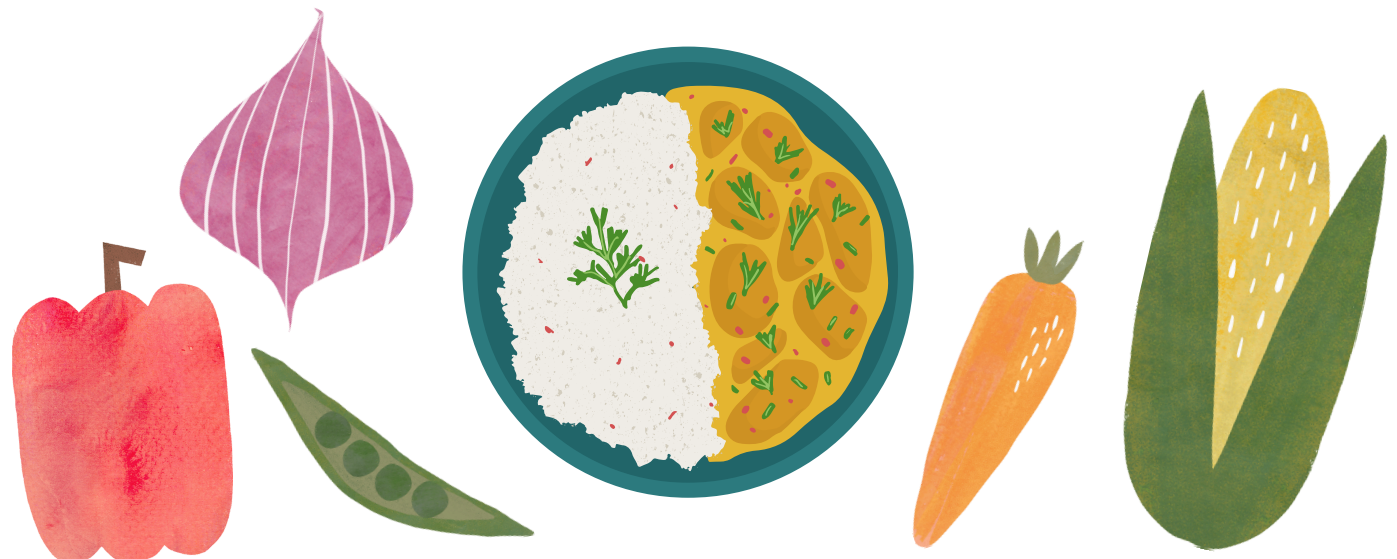
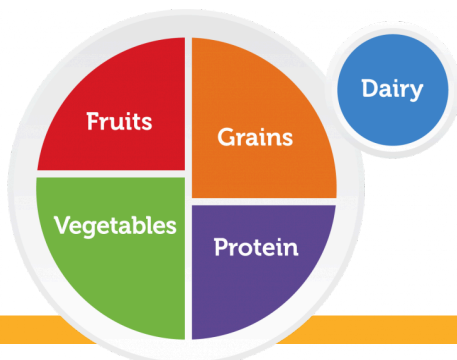
- sauteed cabbage
- red beans
- oven fried plantains
- steamed carrots
- braised collard greens

+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!





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June 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.

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

6/2- 6/6 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

6/9 - 6/13 CHEF SALAD

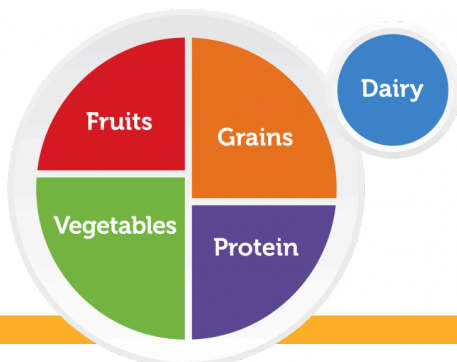
- + pick your base**
 - mixed greens salad
- +pick your protein**
 - herb roasted chicken
 - diced turkey ham
 - hard-boiled egg
- +pick your toppings**
 - chickpeas
 - tomatoes
 - diced cucumber
 - corn
 - shredded cheddar cheese
 - whole grain croutons
 - whole grain roll
- +add your dressing**
 - honey mustard dressing

6/16- 6/18 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

CREATING A BALANCED MEAL!

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from my plate!





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June 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

6/2- 6/6 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

6/9 - 6/13 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

6/16- 6/18 BBQ CHICKEN

+ pick your base

- romaine

+pick your protein

- bbq chicken
- chickpeas

+pick your toppings

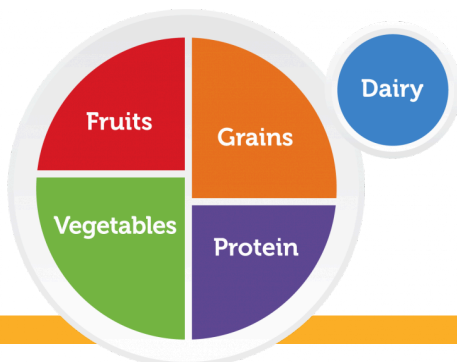
- red onion
- red pepper strips
- corn
- shredded cheddar cheese
- whole grain croutons
- whole grain roll

+add your dressing

- honey mustard dressing

CREATING A BALANCED MEAL!

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June Sandwich Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

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

6/2- 6/6 GRILLED CHEESE

grilled cheese

- whole grain bread
- cheddar cheese

6/9- 6/13 CHEESEBURGER

cheeseburger

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

6/16 - 6/18 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!

