



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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August Breakfast Menu

ECE BREAKFAST

What do the colors on the menu mean?

GREEN = locally-sourced
* = vegetarian entree

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

Menu subject to change based on availability

This institution is an equal opportunity provider

WELCOME BACK!

We are so excited to welcome all
students back to school & most
importantly, to the cafeteria!



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---------|-----------|--|---|
| 28 | 29 | 30 | 31 | 1 |
| 4 | 5 | 6 | 7 | 8 |
| 11 | 12 | 13 | 14 | 15 |
| 18 | 19 | 20 | 21 | 22 |
| 25 | 26 | 27 | 28 sweet strawberry oatmeal 100% orange juice | 29 croissant scrambled eggs honeydew |



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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| no school 1 | cinnamon rice chex fresh apple slices 2 | buttermilk pancakes syrup cantaloupe 3 | banana bread 100% orange juice 4 | fresh blueberries granola vanilla yogurt 5 |
| blueberry chex fresh apple slices 8 | sweet peach oatmeal orange wedges 9 | emoji waffles syrup scrambled eggs cantaloupe 10 | egg & cheese breakfast burrito 100% orange juice 11 | bagel cream cheese jelly honeydew 12 |
| cinnamon rice chex fresh apple slices 15 | turkey sausage patty veggie breakfast sausage patty* biscuit honey orange wedges 16 | buttermilk pancakes syrup cantaloupe 17 | blueberry bread 100% orange juice 18 | vanilla yogurt granola frozen strawberries 19 |
| blueberry chex fresh apple slices 22 | french toast sticks syrup orange wedges 23 | bagel cream cheese jelly cantaloupe 24 | sweet strawberry oatmeal 100% orange juice 25 | croissant scrambled eggs honeydew 26 |
| cinnamon rice chex fresh apple slices 29 | scrambled eggs biscuit jelly orange wedges 30 | buttermilk pancakes syrup cantaloupe 1 | banana bread 100% orange juice 2 | fresh blueberries granola vanilla yogurt 3 |



August Breakfast Menu

K-12 BREAKFAST

What do the colors on the menu mean?

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|---|---|--|--|--|
| 28 | 29 | 30 | 31 | 1 |
| 4 | 5 | 6 | 7 | 8 |
| 11 | 12 | 13 | 14 | 15 |
| 18 | 19 | 20 | 21 | 22 |
| 25 honey bunches of oats blueberry chex fresh apple slices | 26 french toast sticks turkey sausage patty veggie breakfast sausage patty* syrup orange wedges blueberry chex | 27 bagel cream cheese jelly cantaloupe blueberry chex | 28 sweet strawberry oatmeal tomato basil frittata hot sauce fresh peach 100% orange juice honey bunches of oats | 29 cheesy grits turkey sausage links veggie breakfast sausage patty* scrambled eggs hot sauce honeydew honey bunches of oats |



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September Breakfast Menu

K-12 BREAKFAST

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| 1 no school | 2 honey bunches of oats strawberry shredded wheat fresh apple slices | 3 buttermilk pancakes turkey bacon veggie breakfast sausage patty* syrup butter cantaloupe honey bunches of oats | 4 banana bread fresh peach 100% orange juice honey bunches of oats | 5 fresh blueberries granola vanilla yogurt honey bunches of oats fresh orange |
| 8 strawberry shredded wheat cinnamon chex fresh apple slices | 9 sweet peach oatmeal tomato basil frittata hot sauce orange wedges strawberry shredded wheat | 10 emoji waffles butter syrup scrambled eggs hot sauce cantaloupe strawberry shredded wheat | 11 egg & cheese breakfast burrito hot sauce fresh peach 100% orange juice strawberry shredded wheat | 12 bagel cream cheese jelly honeydew strawberry shredded wheat |
| 15 strawberry shredded wheat cinnamon chex fresh apple slices | 16 turkey sausage patty veggie breakfast sausage patty* biscuit honey orange wedges cinnamon chex | 17 buttermilk pancakes scrambled eggs butter syrup cantaloupe cinnamon chex | 18 blueberry bread fresh peach 100% orange juice cinnamon chex | 19 vanilla yogurt granola frozen strawberries cinnamon chex fresh orange |
| 22 honey bunches of oats blueberry chex fresh apple slices | 23 french toast sticks turkey sausage patty veggie breakfast sausage patty* syrup orange wedges blueberry chex | 24 bagel cream cheese jelly cantaloupe blueberry chex | 25 sweet strawberry oatmeal tomato basil frittata hot sauce fresh peach 100% orange juice honey bunches of oats | 26 cheesy grits turkey sausage links veggie breakfast sausage patty* scrambled eggs hot sauce honeydew honey bunches of oats |
| 29 honey bunches of oats strawberry shredded wheat fresh apple slices | 30 scrambled eggs hot sauce biscuit butter jelly orange wedges honey bunches of oats | 1 buttermilk pancakes turkey bacon veggie breakfast sausage patty* syrup butter cantaloupe honey bunches of oats | 2 banana bread fresh peach 100% orange juice honey bunches of oats | 3 fresh blueberries granola vanilla yogurt honey bunches of oats fresh orange |



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August Breakfast Menu

GRAB N' GO BREAKFAST

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|---|---|--|---|---|
| 28 | 29 | 30 | 31 | 1 |
| 4 | 5 | 6 | 7 | 8 |
| 11 | 12 | 13 | 14 | 15 |
| 18 | 19 | 20 | 21 | 22 |
| 25 honey bunches of oats blueberry chex fresh apple slices | 26 french toast sticks turkey sausage patty veggie breakfast sausage patty* syrup orange wedges blueberry chex | 27 bagel cream cheese jelly cantaloupe blueberry chex | 28 croissant jelly tomato basil frittata hot sauce fresh peach 100% orange juice honey bunches of oats | 29 biscuit jelly butter turkey sausage links veggie breakfast sausage patty* honeydew honey bunches of oats |



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|---|---|--|---|---|
| 1 no school | 2 honey bunches of oats strawberry shredded wheat fresh apple slices | 3 buttermilk pancakes turkey bacon veggie breakfast sausage patty* syrup butter cantaloupe honey bunches of oats | 4 banana bread fresh peach 100% orange juice honey bunches of oats | 5 fresh blueberries granola vanilla yogurt honey bunches of oats fresh orange |
| 8 strawberry shredded wheat cinnamon chex fresh apple slices | 9 croissant jelly tomato basil frittata hot sauce orange wedges strawberry shredded wheat | 10 emoji waffles butter syrup cantaloupe strawberry shredded wheat | 11 egg & cheese breakfast burrito hot sauce fresh peach 100% orange juice strawberry shredded wheat | 12 bagel cream cheese jelly honeydew strawberry shredded wheat |
| 15 strawberry shredded wheat cinnamon chex fresh apple slices | 16 turkey sausage patty veggie breakfast sausage patty* biscuit honey orange wedges cinnamon chex | 17 buttermilk pancakes butter syrup cantaloupe cinnamon chex | 18 blueberry bread fresh peach 100% orange juice cinnamon chex | 19 vanilla yogurt granola frozen strawberries cinnamon chex fresh orange |
| 22 honey bunches of oats blueberry chex fresh apple slices | 23 french toast sticks turkey sausage patty veggie breakfast sausage patty* syrup orange wedges blueberry chex | 24 bagel cream cheese jelly cantaloupe blueberry chex | 25 croissant jelly tomato basil frittata hot sauce fresh peach 100% orange juice honey bunches of oats | 26 biscuit jelly butter turkey sausage links veggie breakfast sausage patty* honeydew honey bunches of oats |
| 29 honey bunches of oats strawberry shredded wheat fresh apple slices | 30 biscuit butter jelly orange wedges honey bunches of oats | 1 buttermilk pancakes turkey bacon veggie breakfast sausage patty* syrup butter cantaloupe honey bunches of oats | 2 banana bread fresh peach 100% orange juice honey bunches of oats | 3 fresh blueberries granola vanilla yogurt honey bunches of oats fresh orange |



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August Lunch Menu

LUNCH 9-12

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Our meals are always free from peanuts, tree nuts, shellfish, and pork.



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|---|---|---|---|---|
| 28 | 29 | 30 | 31 | 1 |
| 4 | 5 | 6 | 7 | 8 |
| 11 | 12 | 13 | 14 | 15 |
| 18 | 19 | 20 | 21 | 22 |
| 25 chicken & black bean empanadas cheese quesadilla* oven fried plantains cucumber coins sour cream fresh grapes | 26 beef burger on a bun veggie burger on a bun* lettuce & tomato ketchup mustard roasted red potatoes cucumber salad fresh apple slices | 27 crispy chicken tender veggie chik'n nuggets* ketchup mac & cheese roll sweet potato wedges summer squash salad orange wedges | 28 baja fish veggie chik'n nuggets* brown rice tangy cilantro-lime slaw chipotle pinto beans fresh watermelon | 29 buffalo chicken drum buffalo veggie chik'n nuggets* cornbread muffin broccoli florets baby carrots ranch dressing fresh peach fresh apple |



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September Lunch Menu

LUNCH 9-12

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| 1 no school | 2 cheese pizza* steamed corn sauteed green beans fresh grapes | 3 turkey sloppy joe on a bun lentil sloppy joe on a bun* baked potato wedges ketchup roasted summer squash orange wedges | 4 sweet chili chicken sweet chili tofu* brown rice steamed carrots ginger soy broccoli fresh watermelon | 5 beef & cheese nachos bean & cheese nachos sour cream southwest taco corn tomato salsa fresh peach fresh apple |
| 8 cheese ravioli with tomato sauce* garlic breadstick steamed carrots steamed broccoli fresh grapes | 9 beef hot dog on a bun veggie burger on a bun* ketchup mustard bbq baked beans steamed corn fresh apple slices | 10 crispy catfish sandwich grilled cheese* red cabbage coleslaw sauteed green beans hot sauce orange wedges | 11 peruvian chicken drums veggie chik'n nuggets* cilantro-lime brown rice mixed greens salad cilantro lime dressing roasted red potatoes fresh watermelon | 12 turkey & bean chili veg out chili* corn tortilla chips steamed corn sliced tomatoes romaine salad ranch dressing fresh peach fresh apple |
| 15 pepperoni pizza cheese pizza* steamed broccoli baby carrots ranch dressing fresh grapes | 16 turkey meatball sub grilled cheese* pesto green beans mixed greens salad balsamic dressing fresh apple slices | 17 pulled bbq chicken sandwich bbq tofu sandwich* coleslaw steamed corn orange wedges | 18 beef & cheese tacos sofritas taco* chili black beans tomato salsa fresh watermelon | 19 orange glazed chicken orange glazed tofu* whole grain lo mein steamed snap peas steamed carrots fresh peach fresh apple |
| 22 chicken & black bean empanadas cheese quesadilla* oven fried plantains cucumber coins sour cream fresh grapes | 23 beef burger on a bun veggie burger on a bun* lettuce & tomato ketchup mustard roasted red potatoes cucumber salad fresh apple slices | 24 crispy chicken tender veggie chik'n nuggets* ketchup mac & cheese roll sweet potato wedges summer squash salad orange wedges | 25 baja fish veggie chik'n nuggets* brown rice tangy cilantro-lime slaw chipotle pinto beans fresh watermelon | 26 buffalo chicken drum buffalo veggie chik'n nuggets* cornbread muffin broccoli florets baby carrots ranch dressing fresh peach fresh apple |
| 29 cheese pizza* mixed greens salad balsamic dressing mediterranean chickpea salad fresh grapes | 30 crispy chicken tender veggie chik'n nuggets* ketchup whole grain waffles syrup braised collard greens sweet potato hash fresh apple slices | 1 turkey sloppy joe on a bun lentil sloppy joe on a bun* baked potato wedges ketchup roasted summer squash orange wedges | 2 sweet chili chicken sweet chili tofu* brown rice steamed carrots ginger soy broccoli fresh watermelon | 3 beef & cheese nachos bean & cheese nachos sour cream southwest taco corn tomato salsa fresh peach fresh apple |



August Lunch Menu

LUNCH K-8

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|---|---|---|---|--|
| 28 | 29 | 30 | 31 | 1 |
| 4 | 5 | 6 | 7 | 8 |
| 11 | 12 | 13 | 14 | 15 |
| 18 | 19 | 20 | 21 | 22 |
| 25 chicken & black bean empanadas cheese quesadilla* oven fried plantains cucumber coins sour cream fresh grapes | 26 beef burger on a bun veggie burger on a bun* lettuce & tomato ketchup mustard roasted red potatoes cucumber salad fresh apple slices | 27 crispy chicken tender veggie chik'n nuggets* ketchup mac & cheese sweet potato wedges summer squash salad orange wedges | 28 baja fish veggie chik'n nuggets* brown rice tangy cilantro-lime slaw chipotle pinto beans fresh watermelon | 29 buffalo chicken drum buffalo veggie chik'n nuggets* cornbread muffin broccoli florets baby carrots ranch dressing fresh peach |



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September Lunch Menu

LUNCH K-8

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|---|---|--|---|--|
| 1 no school | 2 cheese pizza* steamed corn sauteed green beans fresh grapes | 3 turkey sloppy joe on a bun lentil sloppy joe on a bun* baked potato wedges ketchup roasted summer squash orange wedges | 4 sweet chili chicken sweet chili tofu* brown rice steamed carrots ginger soy broccoli fresh watermelon | 5 beef & cheese nachos bean & cheese nachos* southwest taco corn tomato salsa sour cream fresh peach |
| 8 cheese ravioli with tomato sauce* steamed carrots steamed broccoli fresh grapes | 9 beef hot dog on a bun veggie burger on a bun* ketchup mustard bbq baked beans steamed corn fresh apple slices | 10 crispy catfish sandwich grilled cheese* red cabbage coleslaw sauteed green beans hot sauce orange wedges | 11 peruvian chicken drum veggie chik'n nuggets* cilantro lime brown rice mixed greens salad cilantro lime dressing roasted red potatoes fresh watermelon | 12 turkey & bean chili veg out chili* corn tortilla chips steamed corn romaine salad ranch dressing fresh peach |
| 15 pepperoni pizza cheese pizza* steamed broccoli baby carrots ranch dressing fresh grapes | 16 turkey meatball sub grilled cheese* pesto green beans mixed greens salad balsamic dressing fresh apple slices | 17 pulled bbq chicken sandwich bbq tofu sandwich* coleslaw steamed corn orange wedges | 18 beef & cheese tacos sofritas taco* chili black beans tomato salsa fresh watermelon | 19 orange glazed chicken orange glazed tofu* lo mein steamed snap peas steamed carrots fresh peach |
| 22 chicken & black bean empanadas cheese quesadilla* oven fried plantains cucumber coins sour cream fresh grapes | 23 beef burger on a bun veggie burger on a bun* lettuce & tomato ketchup mustard roasted red potatoes cucumber salad fresh apple slices | 24 crispy chicken tender veggie chik'n nuggets* ketchup mac & cheese sweet potato wedges summer squash salad orange wedges | 25 baja fish veggie chik'n nuggets* brown rice tangy cilantro-lime slaw chipotle pinto beans fresh watermelon | 26 buffalo chicken drum buffalo veggie chik'n nuggets* cornbread muffin broccoli florets baby carrots ranch dressing fresh peach |
| 29 cheese pizza* mixed greens salad balsamic dressing mediterranean chickpea salad fresh grapes | 30 crispy chicken tender veggie chik'n nuggets* whole grain waffles braised collard greens sweet potato hash ketchup syrup fresh apple slices | 1 turkey sloppy joe on a bun lentil sloppy joe on a bun* baked potato wedges ketchup roasted summer squash orange wedges | 2 sweet chili chicken sweet chili tofu* brown rice steamed carrots ginger soy broccoli fresh watermelon | 3 beef & cheese nachos bean & cheese nachos* southwest taco corn tomato salsa sour cream fresh peach |



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August Lunch Menu

LUNCH ECE

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| 28 | 29 | 30 | 31 | 1 |
| 4 | 5 | 6 | 7 | 8 |
| 11 | 12 | 13 | 14 | 15 |
| 18 | 19 | 20 | 21 | 22 |
| 25 | 26 | 27 | 28 baja fish veggie chik'n nuggets* brown rice chipotle pinto beans fresh watermelon | 29 bbq chicken bbq veggie chik'n nuggets cornbread muffin steamed broccoli chilled peaches |



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|--|--|---|--|--|
| 1 no school | 2 cheese pizza* sauteed green beans chilled pears | 3 turkey sloppy joe on a bun lentil sloppy joe on a bun* roasted summer squash orange wedges | 4 sweet chili chicken sweet chili tofu* brown rice steamed carrots fresh watermelon | 5 beef & cheese nachos bean & cheese nachos* southwest taco corn chilled peaches |
| 8 cheese ravioli with tomato sauce* steamed broccoli chilled pears | 9 hot dog sliced lengthwise on a bun veggie burger on a bun* ketchup mustard bbq baked beans fresh apple slices | 10 crispy catfish sandwich grilled cheese* sauteed green beans orange wedges | 11 peruvian chicken veggie chik'n nuggets* cilantro lime brown rice roasted red potatoes fresh watermelon | 12 turkey & bean chili veg out chili* corn tortilla chips steamed corn chilled peaches |
| 15 cheese pizza* steamed broccoli chilled pears | 16 grilled cheese* pesto green beans fresh apple slices | 17 pulled bbq chicken sandwich bbq tofu sandwich* steamed corn orange wedges | 18 beef & cheese tacos sofritas taco* chili black beans fresh watermelon | 19 orange glazed chicken orange glazed tofu* lo mein steamed carrots chilled peaches |
| 22 chicken & black bean empanadas cheese quesadilla* oven fried plantains chilled pears | 23 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes fresh apple slices | 24 diced crispy chicken tender veggie chik'n nuggets* ketchup mac & cheese sweet potato wedges orange wedges | 25 baja fish veggie chik'n nuggets* brown rice chipotle pinto beans fresh watermelon | 26 bbq chicken bbq veggie chik'n nuggets cornbread muffin steamed broccoli chilled peaches |
| 29 cheese pizza* mediterranean chickpea salad chilled pears | 30 diced crispy chicken tender veggie chik'n nuggets* waffles sweet potato hash ketchup syrup fresh apple slices | 1 turkey sloppy joe on a bun lentil sloppy joe on a bun* roasted summer squash orange wedges | 2 sweet chili chicken sweet chili tofu* brown rice steamed carrots fresh watermelon | 3 beef & cheese nachos bean & cheese nachos* southwest taco corn chilled peaches |



August Supper Menu

DCPS SUPPER

What do the colors on the menu mean?

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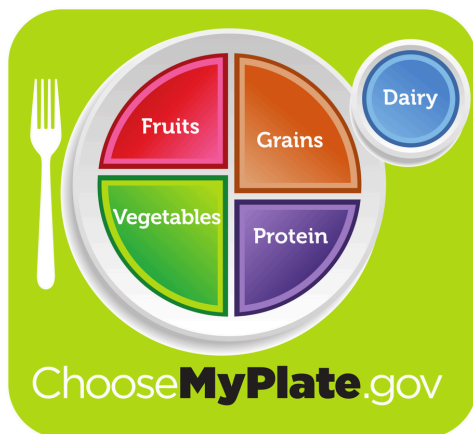
* = vegetarian entree

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

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|---|--|--|---|--|
| 28 | 29 | 30 | 31 | 1 |
| 4 | 5 | 6 | 7 | 8 |
| 11 | 12 | 13 | 14 | 15 |
| 18 | 19 | 20 | 21 | 22 |
| 25 | 26 | 27 | 28 | 29 |
| whole grain flatbread shredded mozzarella tomato sauce orange wedges | egg salad sandwich baby carrots ranch dressing fresh watermelon | turkey & cheese sandwich broccoli florets ranch dressing fresh peach | sweet chili chicken wrap snap peas fresh grapes | romaine salad diced turkey ham shredded cheddar cucumber coins honey mustard dressing pretzel goldfish fresh apple |



September Supper Menu

DCPS SUPPER

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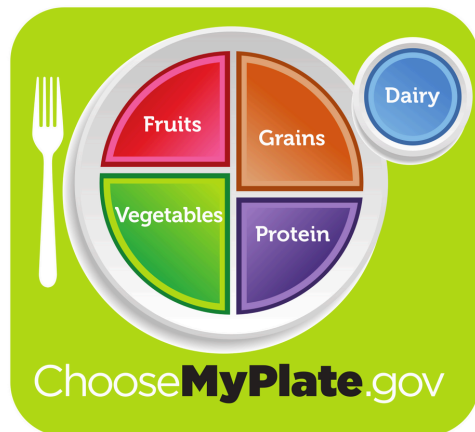
* = vegetarian entree

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MyPlate: grains, protein, fruits,
vegetables, and dairy.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| 1 no school | 2 southwest chicken wrap baby carrots ranch dressing fresh watermelon | 3 herb roasted chicken mixed greens salad sliced tomatoes italian dressing cornbread muffin fresh peach | 4 turkey ham & cheese stackables red pepper strips ranch dressing fresh grapes | 5 chicken salad sandwich broccoli florets ranch dressing fresh apple |
| 8 turkey ham & cheese hoagie mustard mayo corn salad orange wedges | 9 cumin lime chicken wrap sliced tomatoes sour cream fresh watermelon | 10 diced buffalo chicken mixed greens salad cucumber coins ranch dressing cornbread muffin fresh peach | 11 whole grain flatbread shredded mozzarella house tomato sauce fresh grapes | 12 curried chicken salad on a bun cucumber & tomato salad fresh apple |
| 15 sunbutter & jelly sandwich cheese stick red pepper strips italian dressing orange wedges | 16 buffalo chicken wrap celery sticks ranch dressing fresh watermelon | 17 turkey ham & cheese stackables cucumber coins italian dressing fresh peach | 18 herb roasted chicken mixed greens salad sliced tomatoes balsamic dressing cornbread muffin fresh grapes | 19 tuna salad sandwich cucumber salad fresh apple |
| 22 whole grain flatbread shredded mozzarella house tomato sauce orange wedges | 23 egg salad sandwich baby carrots ranch dressing fresh watermelon | 24 turkey & cheese sandwich broccoli florets ranch dressing fresh peach | 25 sweet chili chicken wrap snap peas fresh grapes | 26 romaine salad diced turkey ham shredded cheddar cucumber coins honey mustard dressing pretzel goldfish fresh apple |
| 29 southwest chicken wrap baby carrots honey lime dressing orange wedges | 30 sunbutter & jelly sandwich cheese stick snap peas ranch dressing fresh watermelon | 1 herb roasted chicken mixed greens salad sliced tomatoes italian dressing cornbread muffin fresh peach | 2 turkey ham & cheese stackables red pepper strips ranch dressing fresh grapes | 3 chicken salad sandwich broccoli florets ranch dressing fresh apple |



August Snack

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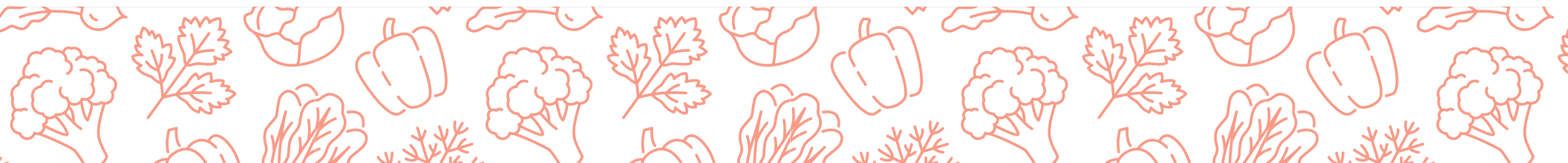


| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--------------------------------------|--------------------------------|---|--|
| 4 | 5 | 6 | 7 | 8 |
| 11 | 12 | 13 | 14 | 15 |
| 18 | 19 | 20 | 21 | 22 |
| 25 cinnamon goldfish graham yogurt | 26 cheese stick wheat crackers | 27 hummus cucumber coins | 28 apple slices cinnamon goldfish graham | 29 cheese crackers fresh clementines |

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September Snack

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--------------------------------------|---|---|
| 1 cinnamon goldfish graham sunbutter cup | 2 beef salami slices cheese crackers | 3 cheese stick wheat crackers | 4 yogurt apple slices | 5 pretzel goldfish fresh clementines |
| 8 cinnamon goldfish graham yogurt | 9 cheese stick wheat crackers | 10 hummus cucumber coins | 11 apple slices cinnamon goldfish graham | 12 cheese crackers fresh clementines |
| 15 cinnamon goldfish graham sunbutter cup | 16 beef salami slices cheese crackers | 17 cheese stick wheat crackers | 18 yogurt apple slices | 19 pretzel goldfish fresh clementines |
| 22 cinnamon goldfish graham yogurt | 23 cheese stick wheat crackers | 24 hummus cucumber coins | 25 apple slices cinnamon goldfish graham | 26 cheese crackers fresh clementines |
| 29 cinnamon goldfish graham sunbutter cup | 30 beef salami slices cheese crackers | 1 cheese stick wheat crackers | 2 yogurt apple slices | 3 pretzel goldfish fresh clementines |

All grains served are whole grain rich

Menu subject to change based on availability

This institution is an equal opportunity provider



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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August/September FusionBar 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 - grapes; Tues - apple; Wed - orange;
Thurs - watermelon; Fri - peach & apple

9/25 - 9/29 & 9/22 - 9/26 TACO BOWL

- + pick your base**
- cilantro lime rice
 - whole grain corn tortilla chips

- +pick your protein**
- cumin lime chicken
 - cheddar cheese
 - black beans

- +pick your toppings**
- shredded romaine lettuce
 - tomato salsa
 - sauteed peppers & onions
 - corn

9/01 - 9/05 & 9/29 - 10/03 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

9/08 - 9/12 FAJITA BOWL

- + pick your base**
- cilantro lime rice
 - whole grain tortilla

- +pick your protein**
- cumin lime chicken
 - cheddar cheese
 - black beans

- +pick your toppings**
- peppers & onions
 - shredded lettuce
 - southwest taco corn
 - tomato salsa
 - sour cream

2/10 - 2/14 INDIAN BOWL

- + pick your base**
- brown basmati rice

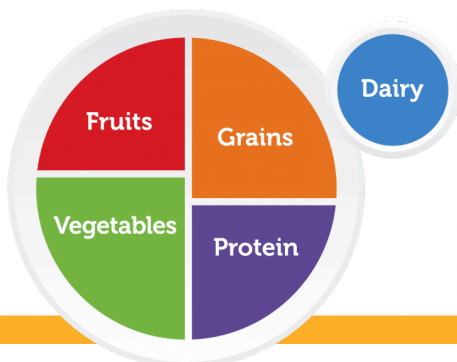
- +pick your protein**
- curried chicken
 - curried chickpeas

- +pick your toppings**
- potato samosa
 - roasted carrots
 - sautéed cabbage
 - baby spinach

- +add your dressing**
- yogurt lime dressing

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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August/ September 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 - grapes; Tues - apple; Wed - orange;
Thurs - watermelon; Fri - peach & apple

8/25 - 8/29 &
9/22 - 9/26
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

9/01-9/05 &
9/29 - 10/03
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

9/08 - 9/12
SWEET CHILI
CHICKEN

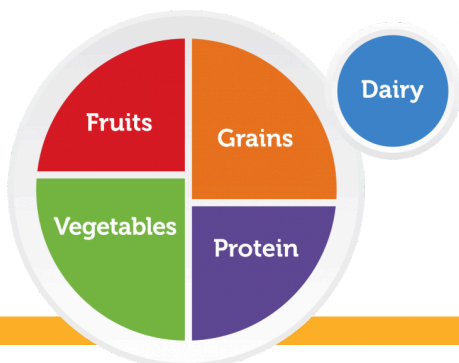
- + pick your base**
 - mixed greens salad
- +pick your protein**
 - sweet chili chicken
 - sweet chili tofu
- +pick your toppings**
 - cucumber coins
 - corn
 - shredded carrots
 - purple cabbage
 - whole grain roll
- +add your dressing**
 - soy citrus dressing

9/15 - 9/19
CHEF SALAD

- + pick your base**
 - mixed greens salad
- +pick your protein**
 - diced turkey ham
 - hard-boiled egg
 - chickpeas
- +pick your toppings**
 - sliced tomatoes
 - cucumber coins
 - corn
 - shredded cheddar cheese
 - whole grain croutons
 - whole grain roll
- +add your dressing**
 - honey mustard 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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August/ September 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 - grapes; Tues - apple; Wed - orange;
Thurs - watermelon; Fri - peach & apple

8/25 - 8/29 &
9/22 - 9/26
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

9/01-9/05 &
9/29 - 10/03
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

9/08 - 9/12
SWEET CHILI
CHICKEN

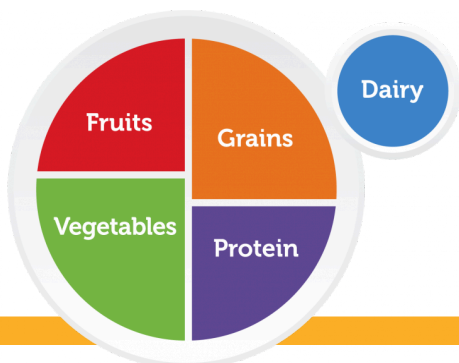
- + pick your base**
 - mixed greens salad
- +pick your protein**
 - sweet chili chicken
 - sweet chili tofu
- +pick your toppings**
 - cucumber coins
 - corn
 - shredded carrots
 - purple cabbage
 - whole grain roll
- +add your dressing**
 - soy citrus dressing

9/15 - 9/19
CHEF SALAD

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

CREATING A BALANCED MEAL!

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





August/September 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 - grapes; Tues - apple; Wed - orange;

Thurs - watermelon; Fri - peach & apple

8/25 - 8/29 & 9/22 - 9/26 GRILLED CHEESE

grilled cheese

- whole grain bread
- cheddar cheese

9/01 - 9/05 & 9/29 - 10/03 CHEESEBURGER

cheeseburger

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

9/08 - 9/12 TURKEY CLUB

turkey club

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

9/15 - 9/19 BUFFALO CHICKEN CHICKEN

buffalo chicken sandwich

- whole grain bun
- buffalo sauce
- breaded chicken patty

CREATING A BALANCED MEAL!

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

