



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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October 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

FRESH FEATURE

Did you know that there are over 2,500 different varieties of apples grown in the United States?

The apples you eat in the cafeteria are from **Kilmer Farm Market**, located just 72 miles away from DC in West Virginia, making them local, sustainable, and delicious!



Monday	Tuesday	Wednesday	Thursday	Friday
29 cinnamon rice chex fresh apple slices	30 scrambled eggs biscuit jelly orange wedges	1 buttermilk pancakes syrup cantaloupe	2 banana bread 100% orange juice	3 blueberries granola vanilla yogurt
6 blueberry chex fresh apple slices	7 sweet peach oatmeal orange wedges	8 emoji waffles syrup scrambled eggs cantaloupe	9 no school	10 no school
13 no school	14 cinnamon rice chex orange wedges	15 buttermilk pancakes syrup cantaloupe	16 blueberry bread fresh banana	17 vanilla yogurt granola strawberries
20 blueberry chex fresh apple slices	21 french toast sticks syrup orange wedges	22 bagel cream cheese jelly cantaloupe	23 sweet strawberry oatmeal fresh banana	24 croissant scrambled eggs honeydew
27 cinnamon rice chex fresh apple slices	28 scrambled eggs biscuit jelly orange wedges	29 buttermilk pancakes syrup cantaloupe	30 banana bread fresh banana	31 blueberries granola vanilla yogurt



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October Breakfast Menu

K-12 BREAKFAST

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Student's choice of skim or 1% milk
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Monday	Tuesday	Wednesday	Thursday	Friday
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 blueberries granola vanilla yogurt honey bunches of oats fresh orange
6 cinnamon chex blueberry chex fresh apple slices	7 sweet peach oatmeal tomato basil frittata hot sauce orange wedges strawberry shredded wheat	8 emoji waffles butter syrup scrambled eggs hot sauce cantaloupe strawberry shredded wheat	9 no school 	10 no school
13 no school	14 strawberry shredded wheat cinnamon chex orange wedges	15 buttermilk pancakes scrambled eggs butter syrup cantaloupe cinnamon chex	16 blueberry bread fresh banana 100% orange juice cinnamon chex	17 vanilla yogurt granola strawberries cinnamon chex fresh orange
20 strawberry shredded wheat blueberry chex fresh apple slices	21 french toast sticks turkey sausage patty veggie breakfast sausage patty* syrup orange wedges blueberry chex	22 bagel cream cheese jelly cantaloupe blueberry chex	23 sweet strawberry oatmeal tomato basil frittata hot sauce fresh banana 100% orange juice honey bunches of oats	24 cheesy grits turkey sausage links veggie breakfast sausage patty* scrambled eggs hot sauce honeydew honey bunches of oats
27 honey bunches of oats strawberry shredded wheat fresh apple slices	28 scrambled eggs hot sauce biscuit butter jelly orange wedges honey bunches of oats	29 buttermilk pancakes turkey bacon veggie breakfast sausage patty* syrup butter cantaloupe honey bunches of oats	30 banana bread fresh banana 100% orange juice honey bunches of oats	31 blueberries granola vanilla yogurt honey bunches of oats fresh orange



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October Breakfast Menu

GRAB N' GO BREAKFAST

What do the colors on the menu mean?

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

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FRESH FEATURE

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Monday	Tuesday	Wednesday	Thursday	Friday
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 blueberries granola vanilla yogurt honey bunches of oats fresh orange
6 cinnamon chex blueberry chex fresh apple slices	7 croissant jelly tomato basil frittata hot sauce orange wedges strawberry shredded wheat	8 emoji waffles butter syrup cantaloupe strawberry shredded wheat	9 no school 	10 no school
13 no school	14 strawberry shredded wheat cinnamon chex orange wedges	15 buttermilk pancakes butter syrup cantaloupe cinnamon chex	16 blueberry bread fresh banana 100% orange juice cinnamon chex	17 vanilla yogurt granola strawberries cinnamon chex fresh orange
20 strawberry shredded wheat blueberry chex fresh apple slices	21 french toast sticks turkey sausage patty veggie breakfast sausage patty* syrup orange wedges blueberry chex	22 bagel cream cheese jelly cantaloupe blueberry chex	23 croissant jelly tomato basil frittata hot sauce fresh banana 100% orange juice honey bunches of oats	24 biscuit jelly butter turkey sausage links veggie breakfast sausage patty* honeydew honey bunches of oats
27 honey bunches of oats strawberry shredded wheat fresh apple slices	28 biscuit butter jelly orange wedges honey bunches of oats	29 buttermilk pancakes turkey bacon veggie breakfast sausage patty* syrup butter cantaloupe honey bunches of oats	30 banana bread fresh banana 100% orange juice honey bunches of oats	31 blueberries granola vanilla yogurt honey bunches of oats fresh orange



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October Lunch Menu

LUNCH 9-12

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GREEN = locally-sourced

* = vegetarian entree

All grains served are whole grain rich

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

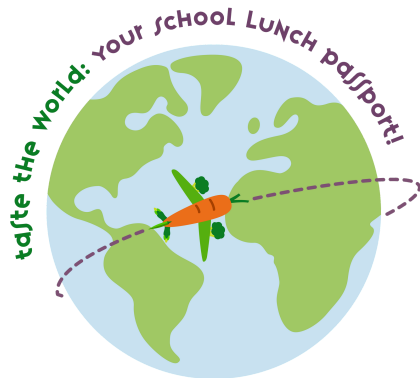
Menu subject to change based on availability

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NATIONAL SCHOOL LUNCH WEEK

October 13th - 17th

Celebrate all week long with DCCK's lineup of delicious and nutritious lunches!



Monday	Tuesday	Wednesday	Thursday	Friday
<div>29</div> cheese pizza* mixed greens salad balsamic dressing mediterranean chickpea salad fresh grapes	<div>30</div> crispy chicken tender veggie chik'n nuggets* ketchup whole grain waffles syrup braised collard greens sweet potato hash fresh apple slices	<div>1</div> turkey sloppy joe on a bun lentil sloppy joe on a bun* baked potato wedges ketchup roasted summer squash orange wedges	<div>2</div> sweet chili chicken sweet chili tofu* brown rice steamed carrots ginger soy broccoli fresh watermelon	<div>3</div> beef & cheese nachos bean & cheese nachos sour cream southwest taco corn tomato salsa fresh peach fresh apple
<div>6</div> cheese ravioli with tomato sauce* garlic breadstick steamed carrots steamed broccoli fresh grapes	<div>7</div> beef hot dog on a bun veggie burger on a bun* ketchup mustard bbq baked beans steamed corn fresh apple slices	<div>8</div> crispy catfish sandwich grilled cheese* red cabbage coleslaw steamed green beans hot sauce orange wedges	<div>9</div> no school	<div>10</div> no school
<div>13</div> no school	<div>14</div> pepperoni pizza cheese pizza* steamed broccoli baby carrots ranch dressing fresh apple slices	<div>15</div> pulled bbq chicken sandwich bbq tofu sandwich* coleslaw steamed corn orange wedges	<div>16</div> beef & cheese tacos sofritas taco* chili black beans tomato salsa fresh pear	<div>17</div> orange glazed chicken orange glazed tofu* whole grain lo mein steamed green peas steamed carrots cantaloupe
<div>20</div> chicken & black bean empanadas cheese quesadilla* oven fried plantains cucumber coins sour cream fresh grapes	<div>21</div> beef burger on a bun veggie burger on a bun* lettuce & tomato ketchup mustard roasted red potatoes cucumber salad fresh apple slices	<div>22</div> crispy chicken tender veggie chik'n nuggets* ketchup mac & cheese roll sweet potato wedges summer squash salad orange wedges	<div>23</div> baja fish veggie chik'n nuggets* brown rice tangy cilantro-lime slaw chipotle pinto beans fresh pear	<div>24</div> buffalo chicken drum buffalo veggie chik'n nuggets* cornbread muffin broccoli florets baby carrots ranch dressing cantaloupe
<div>27</div> cheese pizza* mixed greens salad balsamic dressing mediterranean chickpea salad fresh grapes	<div>28</div> crispy chicken tender veggie chik'n nuggets* ketchup whole grain waffles syrup braised collard greens sweet potato hash fresh apple slices	<div>29</div> turkey sloppy joe on a bun lentil sloppy joe on a bun* baked potato wedges ketchup roasted summer squash orange wedges	<div>30</div> sweet chili chicken sweet chili tofu* brown rice steamed carrots ginger soy broccoli fresh pear	<div>31</div> beef & cheese nachos bean & cheese nachos sour cream southwest taco corn tomato salsa cantaloupe



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October Lunch Menu

LUNCH K-8

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All grains served are whole grain rich

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

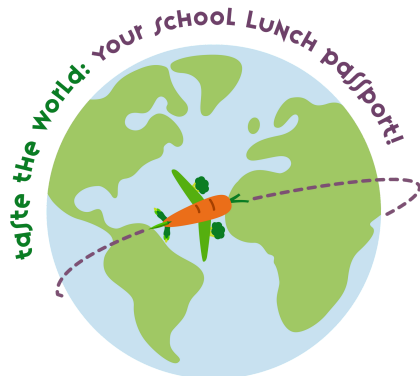
Menu subject to change based on availability

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NATIONAL SCHOOL LUNCH WEEK

October 13th - 17th

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Monday	Tuesday	Wednesday	Thursday	Friday
<div>29</div> cheese pizza* mixed greens salad balsamic dressing mediterranean chickpea salad fresh grapes	<div>30</div> crispy chicken tender veggie chik'n nuggets* whole grain waffles braised collard greens sweet potato hash ketchup syrup fresh apple slices	<div>1</div> turkey sloppy joe on a bun lentil sloppy joe on a bun* baked potato wedges ketchup roasted summer squash orange wedges	<div>2</div> sweet chili chicken sweet chili tofu* brown rice steamed carrots ginger soy broccoli fresh watermelon	<div>3</div> beef & cheese nachos bean & cheese nachos* southwest taco corn tomato salsa sour cream fresh peach
<div>6</div> cheese ravioli with tomato sauce* steamed carrots steamed broccoli fresh grapes	<div>7</div> beef hot dog on a bun veggie burger on a bun* ketchup mustard bbq baked beans steamed corn fresh apple slices	<div>8</div> crispy catfish sandwich grilled cheese* red cabbage coleslaw steamed green beans hot sauce orange wedges	<div>9</div> no school	<div>10</div> no school
<div>13</div> no school	<div>14</div> pepperoni pizza cheese pizza* steamed broccoli baby carrots ranch dressing fresh apple slices	<div>15</div> pulled bbq chicken sandwich bbq tofu sandwich* coleslaw steamed corn orange wedges	<div>16</div> beef & cheese tacos sofritas taco* chili black beans tomato salsa fresh pear	<div>17</div> orange glazed chicken orange glazed tofu* lo mein steamed green peas steamed carrots cantaloupe
<div>20</div> chicken & black bean empanadas cheese quesadilla* oven fried plantains cucumber coins hot sauce fresh grapes	<div>21</div> beef burger on a bun veggie burger on a bun* lettuce & tomato ketchup mustard roasted red potatoes cucumber salad fresh apple slices	<div>22</div> crispy chicken tender veggie chik'n nuggets* ketchup mac & cheese sweet potato wedges summer squash salad orange wedges	<div>23</div> baja fish veggie chik'n nuggets* brown rice tangy cilantro-lime slaw chipotle pinto beans fresh pear	<div>24</div> buffalo chicken drum buffalo veggie chik'n nuggets* cornbread muffin broccoli florets baby carrots ranch dressing cantaloupe
<div>27</div> cheese pizza* mixed greens salad balsamic dressing mediterranean chickpea salad fresh grapes	<div>28</div> crispy chicken tender veggie chik'n nuggets* whole grain waffles braised collard greens sweet potato hash ketchup syrup fresh apple slices	<div>29</div> turkey sloppy joe on a bun lentil sloppy joe on a bun* baked potato wedges ketchup roasted summer squash orange wedges	<div>30</div> sweet chili chicken sweet chili tofu* brown rice steamed carrots ginger soy broccoli fresh pear	<div>31</div> beef & cheese nachos bean & cheese nachos* southwest taco corn tomato salsa sour cream cantaloupe



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October Lunch Menu

LUNCH ECE

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All grains served are whole grain rich

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

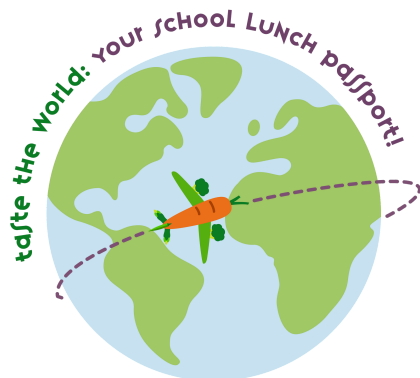
Menu subject to change based on availability

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NATIONAL SCHOOL LUNCH WEEK

October 13th - 17th

Celebrate all week long with DCCK's lineup of delicious and nutritious lunches!



Monday	Tuesday	Wednesday	Thursday	Friday
<div>29</div> <p>cheese pizza* mediterranean chickpea salad chilled pears</p>	<div>30</div> <p>diced crispy chicken tender veggie chik'n nuggets* waffles sweet potato hash ketchup syrup fresh apple slices</p>	<div>1</div> <p>turkey sloppy joe on a bun lentil sloppy joe on a bun* roasted summer squash orange wedges</p>	<div>2</div> <p>sweet chili chicken sweet chili tofu* brown rice steamed carrots fresh watermelon</p>	<div>3</div> <p>beef & cheese nachos bean & cheese nachos* southwest taco corn chilled peaches</p>
<div>6</div> <p>cheese ravioli with tomato sauce* steamed broccoli chilled peaches</p>	<div>7</div> <p>hot dog sliced lengthwise on a bun veggie burger on a bun* ketchup mustard bbq baked beans fresh apple slices</p>	<div>8</div> <p>crispy catfish sandwich grilled cheese* steamed green beans orange wedges</p>	<div>9</div> <p>no school</p>	<div>10</div> <p>no school</p>
<div>13</div> <p>no school</p>	<div>14</div> <p>cheese pizza* steamed broccoli fresh apple slices</p>	<div>15</div> <p>pulled bbq chicken sandwich bbq tofu sandwich* steamed corn orange wedges</p>	<div>16</div> <p>beef & cheese tacos sofritas taco* chili black beans chilled pears</p>	<div>17</div> <p>orange glazed chicken orange glazed tofu* lo mein steamed carrots cantaloupe</p>
<div>20</div> <p>chicken & black bean empanadas cheese quesadilla* oven fried plantains chilled peaches</p>	<div>21</div> <p>beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes fresh apple slices</p>	<div>22</div> <p>diced crispy chicken tender veggie chik'n nuggets* ketchup mac & cheese sweet potato wedges orange wedges</p>	<div>23</div> <p>baja fish veggie chik'n nuggets* brown rice chipotle pinto beans chilled pears</p>	<div>24</div> <p>bbq chicken bbq veggie chik'n nuggets cornbread muffin steamed broccoli cantaloupe</p>
<div>27</div> <p>cheese pizza* mediterranean chickpea salad chilled peaches</p>	<div>28</div> <p>diced crispy chicken tender veggie chik'n nuggets* waffles sweet potato hash ketchup syrup fresh apple slices</p>	<div>29</div> <p>turkey sloppy joe on a bun lentil sloppy joe on a bun* roasted summer squash orange wedges</p>	<div>30</div> <p>sweet chili chicken sweet chili tofu* brown rice steamed carrots chilled pears</p>	<div>31</div> <p>beef & cheese nachos bean & cheese nachos* southwest taco corn cantaloupe</p>



October Supper Menu

DCPS SUPPER

What do the colors on the menu mean?

GREEN = locally-sourced

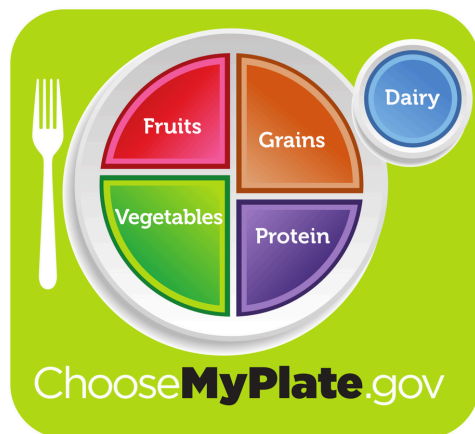
* = vegetarian entree

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



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.

Monday	Tuesday	Wednesday	Thursday	Friday
<div>29</div> <div>southwest chicken wrap baby carrots honey lime dressing orange wedges</div>	<div>30</div> <div>sunbutter & jelly sandwich cheese stick snap peas ranch dressing fresh watermelon</div>	<div>1</div> <div>herb roasted chicken mixed greens salad sliced tomatoes italian dressing cornbread muffin fresh peach</div>	<div>2</div> <div>turkey ham & cheese stackables red pepper strips ranch dressing fresh grapes</div>	<div>3</div> <div>chicken salad sandwich broccoli florets ranch dressing fresh apple</div>
<div>6</div> <div>turkey ham & cheese hoagie mustard mayo corn salad orange wedges</div>	<div>7</div> <div>cumin lime chicken wrap sliced tomatoes sour cream cantaloupe</div>	<div>8</div> <div>diced buffalo chicken mixed greens salad cucumber coins ranch dressing cornbread muffin fresh pear</div>	<div>9</div> <div>no school</div>	<div>10</div> <div>no school</div>
<div>13</div> <div>no school</div>	<div>14</div> <div>buffalo chicken wrap celery sticks ranch dressing cantaloupe</div>	<div>15</div> <div>turkey ham & cheese stackables cucumber coins italian dressing fresh pear</div>	<div>16</div> <div>herb roasted chicken mixed greens salad sliced tomatoes balsamic dressing cornbread muffin fresh grapes</div>	<div>17</div> <div>tuna salad sandwich cucumber salad fresh apple</div>
<div>20</div> <div>whole grain flatbread shredded mozzarella house tomato sauce orange wedges</div>	<div>21</div> <div>egg salad sandwich baby carrots ranch dressing cantaloupe</div>	<div>22</div> <div>turkey & cheese sandwich broccoli florets ranch dressing fresh pear</div>	<div>23</div> <div>sweet chili chicken wrap snap peas fresh grapes</div>	<div>24</div> <div>romaine salad diced turkey ham shredded cheddar cucumber coins honey mustard dressing pretzel goldfish fresh apple</div>
<div>27</div> <div>southwest chicken wrap baby carrots honey lime dressing orange wedges</div>	<div>28</div> <div>sunbutter & jelly sandwich cheese stick snap peas ranch dressing cantaloupe</div>	<div>29</div> <div>herb roasted chicken mixed greens salad sliced tomatoes italian dressing cornbread muffin fresh pear</div>	<div>30</div> <div>turkey ham & cheese stackables red pepper strips ranch dressing fresh grapes</div>	<div>31</div> <div>chicken salad sandwich broccoli florets ranch dressing fresh apple</div>



October Snack

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Monday	Tuesday	Wednesday	Thursday	Friday
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
6 cinnamon goldfish graham yogurt	7 cheese stick wheat crackers	8 hummus cucumber coins	9 no school	10 no school
13 no school	14 beef salami slices cheese crackers	15 cheese stick wheat crackers	16 yogurt apple slices	17 pretzel goldfish fresh clementines
20 cinnamon goldfish graham yogurt	21 cheese stick wheat crackers	22 hummus cucumber coins	23 apple slices cinnamon goldfish graham	24 cheese crackers fresh clementines
27 cinnamon goldfish graham sunbutter cup	28 beef salami slices cheese crackers	29 cheese stick wheat crackers	30 yogurt apple slices	31 pretzel goldfish fresh clementines

All grains served are whole grain rich

Menu subject to change based on availability

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October 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 - grapes; Tues - apple; Wed - orange;
Thurs - pear; Fri - cantaloupe

9/29 - 10/03 & 10/27- 10/31 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
 - sauteed spinach
 - parmesan cheese
 - mozzarella cheese
- +add your sauce**
 - tomato sauce
 - alfredo sauce

10/06 - 10/10 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

10/14 - 10/17 INDIAN BOWL

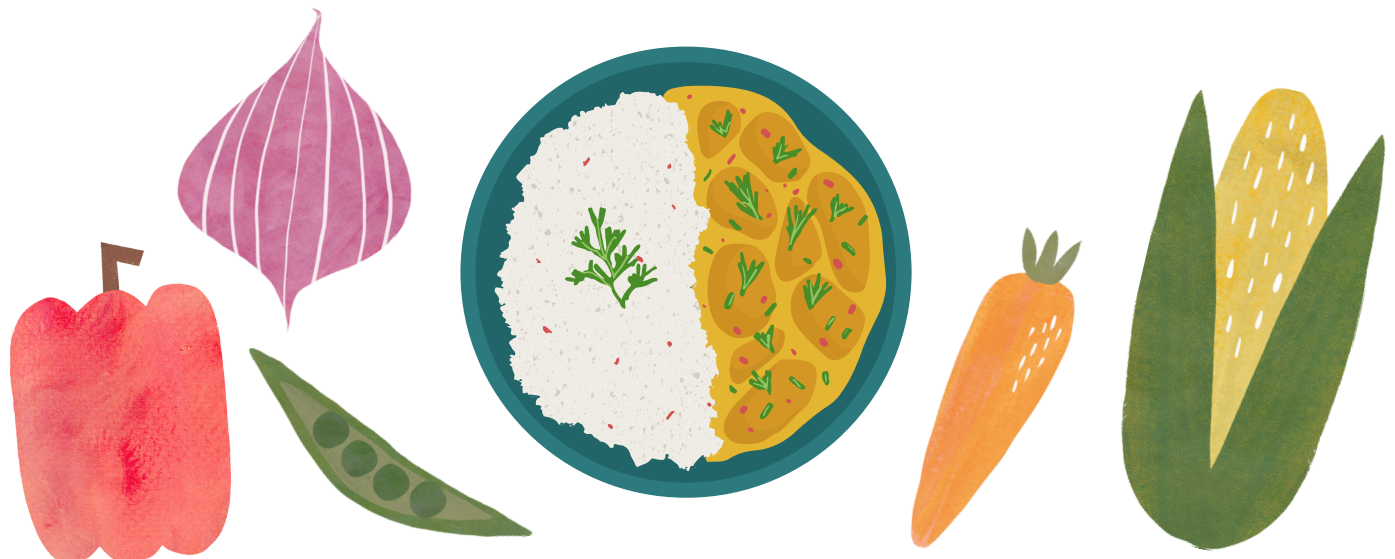
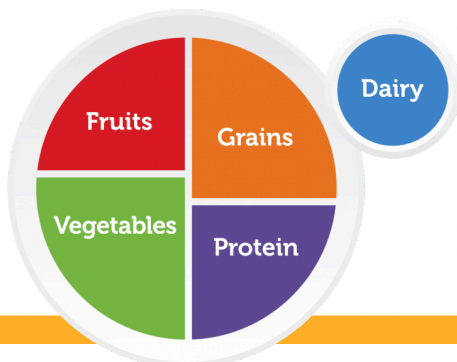
- + pick your base**
 - brown basmati rice
- +pick your protein**
 - curried chicken
 - curried chickpeas
- +pick your toppings**
 - potato samosa
 - roasted carrots
 - sautéed cabbage
 - baby spinach
- +add your dressing**
 - yogurt lime dressing

10/20 - 10/24 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

CREATING A BALANCED MEAL!

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





October 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

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Fresh fruit is provided with lunch daily.
Mon - grapes; Tues - apple; Wed - orange;
Thurs - pear; Fri - cantaloupe

9/29 - 10/03 & 10/27 - 10/31 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

10/06 - 10/10 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

10/13 - 10/17 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

10/20 - 10/24 BBQ CHICKEN

+ pick your base

- romaine

+pick your protein

- bbq chicken
- chickpeas

+pick your toppings

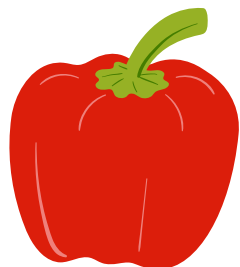
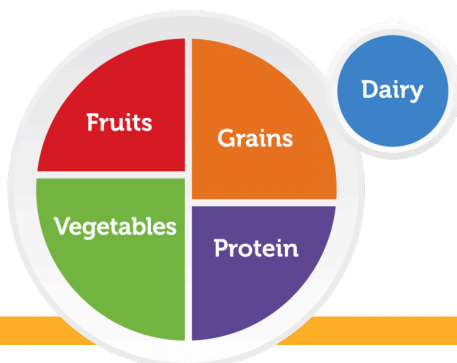
- red onion
- red pepper strips
- corn
- shredded cheddar cheese
- whole grain croutons
- whole grain roll

+add your dressing

- honey mustard dressing

CREATING A BALANCED MEAL!

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





October 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 - grapes; Tues - apple; Wed - orange;
Thurs - pear; Fri - cantaloupe

9/29 - 10/03 & 10/27 - 10/31 SOUTHWEST TACO

+ pick your base

- romaine

+pick your protein

- cumin lime chicken
- black beans

+pick your toppings

- cherry tomatoes
- corn
- red onion
- whole grain tortilla chips
- whole grain roll

+add your dressing

- honey lime dressing

10/06 - 10/10 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

10/13 - 10/17 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

10/20 - 10/24 BBQ CHICKEN

+ pick your base

- romaine

+pick your protein

- bbq chicken
- chickpeas

+pick your toppings

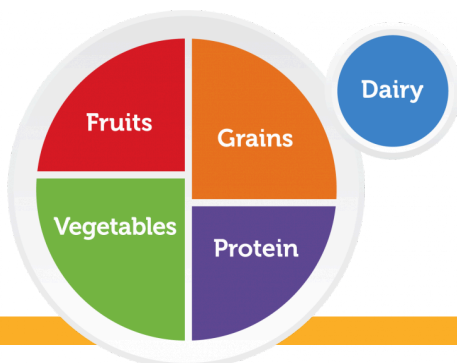
- red onion
- red pepper strips
- corn
- shredded cheddar cheese
- whole grain croutons
- whole grain roll

+add your dressing

- honey mustard dressing

CREATING A BALANCED MEAL!

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





October 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

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Fresh fruit is provided with lunch daily.
Mon - grapes; Tues - apple; Wed - orange;
Thurs - pear; Fri - cantaloupe

9/29 - 10/03 & 10/27 - 10/31 CHEESEBURGER

cheeseburger

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

10/06 - 10/10 TURKEY CLUB

turkey club

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

10/13 - 10/17 BUFFALO CHICKEN

buffalo chicken sandwich

- whole grain bun
- buffalo sauce
- breaded chicken patty

10/20 - 10/24 GRILLED CHEESE

grilled cheese

- whole grain bread
- cheddar cheese

CREATING A BALANCED MEAL!

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

