



January 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

Our breakfast breads served alongside
a hard-boiled egg and fresh fruit
create a balanced, nutritious start to
the day with grains, protein, and fruit.



Try this combo on
1/16 & 1/30 this
month!

Monday	Tuesday	Wednesday	Thursday	Friday
5 turkey sausage patty veggie breakfast sausage patty* biscuit honey fresh apple slices	6 whole grain toast jelly scrambled eggs orange wedges	7 bagel cream cheese jelly cantaloupe	8 apple spice oatmeal orange wedges	9 croissant scrambled eggs honeydew
12 bagel cream cheese jelly fresh apple slices	13 scrambled eggs english muffin jelly orange wedges	14 whole grain french toast sticks syrup cantaloupe	15 blueberries granola vanilla yogurt	16 apple cinnamon bread hard boiled egg orange wedges
19 no school	20 turkey sausage patty veggie breakfast sausage patty* biscuit honey fresh apple slices	21 whole grain waffles syrup scrambled eggs cantaloupe	22 egg & cheese breakfast burrito orange wedges	23 bagel cream cheese jelly honeydew
26 no school	27 bagel cream cheese jelly fresh apple slices	28 whole grain french toast sticks syrup cantaloupe	29 cinnamon apples granola vanilla yogurt	30 pumpkin bread hard boiled egg orange wedges
2 turkey sausage patty veggie breakfast sausage patty* biscuit honey fresh apple slices	3 whole grain toast jelly scrambled eggs orange wedges	4 bagel cream cheese jelly cantaloupe	5 apple spice oatmeal orange wedges	6 croissant scrambled eggs honeydew



January Breakfast Menu

K-12 BREAKFAST

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FRESH FEATURE

Our breakfast breads served alongside a hard-boiled egg and fresh fruit create a balanced, nutritious start to the day with grains, protein, and fruit.



Try this combo on
1/16 & 1/30 this month!

Monday	Tuesday	Wednesday	Thursday	Friday
5 turkey sausage patty veggie breakfast sausage patty* biscuit honey fresh apple slices honey bunches of oats	6 whole grain toast butter jelly turkey bacon & egg bake scrambled eggs* hot sauce orange wedges honey bunches of oats	7 bagel cream cheese jelly cantaloupe honey bunches of oats	8 apple spice oatmeal turkey sausage patty veggie breakfast sausage patty* orange wedges honey bunches of oats	9 cheesy grits turkey bacon veggie breakfast sausage patty* scrambled eggs hot sauce honeydew honey bunches of oats
12 bagel cream cheese jelly fresh apple slices cinnamon chex	13 scrambled eggs hot sauce english muffin butter jelly orange wedges cinnamon chex	14 whole grain french toast sticks turkey bacon veggie breakfast sausage patty* syrup cantaloupe cinnamon chex	15 blueberries granola vanilla yogurt 100% orange juice cinnamon chex fresh orange	16 apple cinnamon bread hard boiled egg hot sauce orange wedges cinnamon chex
19 no school	20 turkey sausage patty veggie breakfast sausage patty* biscuit honey fresh apple slices honey bunches of oats	21 whole grain waffles syrup turkey bacon & egg bake scrambled eggs* hot sauce cantaloupe honey bunches of oats	22 egg & cheese breakfast burrito hot sauce orange wedges honey bunches of oats	23 bagel cream cheese jelly honeydew honey bunches of oats
26 no school	27 bagel cream cheese jelly fresh apple slices blueberry chex	28 whole grain french toast sticks scrambled eggs syrup cantaloupe blueberry chex	29 cinnamon apples granola vanilla yogurt 100% orange juice blueberry chex fresh orange	30 pumpkin bread hard boiled egg hot sauce orange wedges blueberry chex
2 turkey sausage patty veggie breakfast sausage patty* biscuit honey fresh apple slices honey bunches of oats	3 whole grain toast butter jelly turkey bacon & egg bake scrambled eggs* hot sauce orange wedges honey bunches of oats	4 bagel cream cheese jelly cantaloupe honey bunches of oats	5 apple spice oatmeal turkey sausage patty veggie breakfast sausage patty* orange wedges honey bunches of oats	6 cheesy grits turkey bacon veggie breakfast sausage patty* scrambled eggs hot sauce honeydew honey bunches of oats



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January Breakfast Menu

GRAB N' GO BREAKFAST

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the day with grains, protein, and fruit.



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month!

Monday	Tuesday	Wednesday	Thursday	Friday
5 turkey sausage patty veggie breakfast sausage patty* biscuit honey fresh apple slices honey bunches of oats	6 whole grain toast butter jelly turkey bacon & egg bake veggie breakfast sausage patty* hot sauce orange wedges honey bunches of oats	7 bagel cream cheese jelly cantaloupe honey bunches of oats	8 croissant jelly turkey sausage patty veggie breakfast sausage patty* orange wedges honey bunches of oats	9 biscuit jelly butter turkey bacon veggie breakfast sausage patty* honeydew honey bunches of oats
12 bagel cream cheese jelly fresh apple slices cinnamon chex	13 turkey sausage patty veggie breakfast sausage patty* english muffin butter jelly orange wedges cinnamon chex	14 whole grain french toast sticks turkey bacon veggie breakfast sausage patty* syrup cantaloupe cinnamon chex	15 blueberries granola vanilla yogurt 100% orange juice cinnamon chex fresh orange	16 apple cinnamon bread hard boiled egg hot sauce orange wedges cinnamon chex
19 no school	20 turkey sausage patty veggie breakfast sausage patty* biscuit honey fresh apple slices honey bunches of oats	21 whole grain waffles syrup cantaloupe honey bunches of oats	22 egg & cheese breakfast burrito hot sauce orange wedges honey bunches of oats	23 bagel cream cheese jelly honeydew honey bunches of oats
26 no school	27 bagel cream cheese jelly fresh apple slices blueberry chex	28 whole grain french toast sticks turkey bacon veggie breakfast sausage patty* syrup cantaloupe blueberry chex	29 cinnamon apples granola vanilla yogurt 100% orange juice blueberry chex fresh orange	30 pumpkin bread hard boiled egg hot sauce orange wedges blueberry chex
2 turkey sausage patty veggie breakfast sausage patty* biscuit honey fresh apple slices honey bunches of oats	3 whole grain toast butter jelly turkey bacon & egg bake veggie breakfast sausage patty* hot sauce orange wedges honey bunches of oats	4 bagel cream cheese jelly cantaloupe honey bunches of oats	5 croissant jelly turkey sausage patty veggie breakfast sausage patty* orange wedges honey bunches of oats	6 biscuit jelly butter turkey bacon veggie breakfast sausage patty* honeydew honey bunches of oats



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January Lunch Menu

LUNCH 9-12

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Student's choice of skim or 1% milk
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LOCAL FEATURE

Sweet potatoes are a naturally sweet root vegetable that grow underground and can be enjoyed in many different recipes. This month, we're excited to source them locally from our partners at 4P Foods.

Try local **sweet potatoes** on:

January 16th, 20th, & 28th



Monday	Tuesday	Wednesday	Thursday	Friday
5 grilled cheese* steamed green beans steamed corn fresh grapes	6 beef burger on a bun veggie burger on a bun* lettuce & tomato ketchup mustard roasted red potatoes cucumber salad fresh apple slices	7 crispy chicken tender veggie chick'n nuggets* ketchup mac & cheese roll butternut squash puree roasted broccoli orange wedges	8 jamaican jerk chicken drum red beans* yellow rice sautéed cabbage oven fried plantains fresh pear	9 crispy catfish bbq baked beans* cornbread muffin buffalo cauliflower roasted carrots cantaloupe
12 cheese pizza* mixed greens salad italian dressing mediterranean chickpea salad fresh grapes	13 turkey & bean chili veg out chili* cornbread muffin steamed corn roasted red potatoes fresh apple slices	14 orange glazed chicken orange glazed tofu* brown rice steamed carrots ginger soy broccoli orange wedges	15 beef bolognese lentil bolognese* whole grain penne pasta garlic breadstick parmesan butternut squash steamed green beans fresh pear	16 crispy chicken tender veggie chick'n nuggets* whole grain waffles braised collard greens sweet potato hash ketchup syrup cantaloupe
19 no school	20 crispy catfish sandwich hot sauce grilled cheese* lettuce & tomato steamed green peas and corn sweet potato wedges ketchup fresh grapes	21 beef hot dog on a bun veggie burger on a bun* ketchup mustard steamed green beans steamed corn orange wedges	22 bbq chicken drum bbq baked beans* cornbread muffin roasted cauliflower steamed broccoli fresh pear	23 chicken yassa black eyed peas* jollof rice roasted butternut squash garlic kale cantaloupe
26 no school	27 beef shepherd's pie lentil shepherd's pie* biscuit steamed green peas mashed potatoes fresh grapes	28 cumin lime chicken chili black beans* tortillas hot sauce steamed corn sweet potato wedges orange wedges	29 pepperoni pizza cheese pizza* roasted broccoli baby carrots ranch dressing fresh pear	30 sweet chili chicken sweet chili tofu* brown rice sautéed cabbage & snap peas steamed carrots cantaloupe
2 grilled cheese* steamed green beans steamed corn fresh grapes	3 beef burger on a bun veggie burger on a bun* lettuce & tomato ketchup mustard roasted red potatoes cucumber salad fresh apple slices	4 crispy chicken tender veggie chick'n nuggets* ketchup mac & cheese roll butternut squash puree roasted broccoli orange wedges	5 jamaican jerk chicken drum red beans* yellow rice sautéed cabbage oven fried plantains fresh pear	6 crispy catfish bbq baked beans* cornbread muffin buffalo cauliflower roasted carrots cantaloupe



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January Lunch Menu

LUNCH K-8

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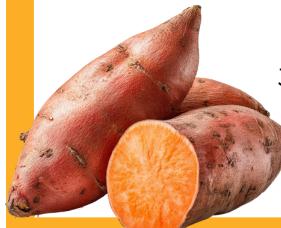


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potatoes** on:

January 16th, 20th, & 28th



Monday	Tuesday	Wednesday	Thursday	Friday
5 grilled cheese* steamed green beans steamed corn fresh grapes	6 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes cucumber salad fresh apple slices	7 crispy chicken tender veggie chick'n nuggets* ketchup mac & cheese butternut squash puree roasted broccoli orange wedges	8 jamaican jerk chicken drum red beans* yellow rice sautéed cabbage oven fried plantains fresh pear	9 crispy catfish bbq baked beans* cornbread muffin buffalo cauliflower roasted carrots cantaloupe
12 cheese pizza* mixed greens salad italian dressing mediterranean chickpea salad fresh grapes	13 turkey & bean chili veg out chili* cornbread muffin steamed corn fresh apple slices	14 orange glazed chicken orange glazed tofu* brown rice steamed carrots ginger soy broccoli orange wedges	15 beef bolognese lentil bolognese* whole grain penne pasta parmesan butternut squash steamed green beans fresh pear	16 crispy chicken tender veggie chick'n nuggets* whole grain waffles braised collard greens sweet potato hash ketchup syrup cantaloupe
19 no school	20 crispy catfish sandwich hot sauce grilled cheese* steamed green peas and corn sweet potato wedges fresh grapes ketchup	21 beef hot dog on a bun veggie burger on a bun* ketchup mustard steamed green beans steamed corn orange wedges	22 bbq chicken drum bbq baked beans* cornbread muffin roasted cauliflower steamed broccoli fresh pear	23 chicken yassa black eyed peas* jollof rice roasted butternut squash garlic kale cantaloupe
26 no school	27 beef shepherd's pie lentil shepherd's pie* biscuit steamed green peas mashed potatoes fresh grapes	28 cumin lime chicken chili black beans* tortillas hot sauce steamed corn sweet potato wedges orange wedges	29 pepperoni pizza cheese pizza* roasted broccoli baby carrots ranch dressing fresh pear	30 sweet chili chicken sweet chili tofu* brown rice sautéed cabbage & snap peas steamed carrots cantaloupe
2 grilled cheese* steamed green beans steamed corn fresh grapes	3 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes cucumber salad fresh apple slices	4 crispy chicken tender veggie chick'n nuggets* ketchup mac & cheese butternut squash puree roasted broccoli orange wedges	5 jamaican jerk chicken drum red beans* yellow rice sautéed cabbage oven fried plantains fresh pear	6 crispy catfish bbq baked beans* cornbread muffin buffalo cauliflower roasted carrots cantaloupe



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January Lunch Menu

LUNCH ECE

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Try local **sweet potatoes** on:
January 16th, 20th, & 28th



Monday	Tuesday	Wednesday	Thursday	Friday
5 grilled cheese* steamed green beans chilled peaches	6 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes fresh apple slices	7 diced crispy chicken tender veggie chick'n nuggets* ketchup mac & cheese roasted broccoli orange wedges	8 diced jamaican jerk chicken red beans* yellow rice sautéed cabbage chilled pears	9 crispy catfish bbq baked beans* cornbread muffin roasted carrots cantaloupe
12 cheese pizza* steamed green peas chilled peaches	13 turkey & bean chili veg out chili* cornbread muffin steamed corn fresh apple slices	14 orange glazed chicken orange glazed tofu* brown rice ginger soy broccoli orange wedges	15 beef bolognese lentil bolognese* whole grain penne pasta steamed green beans chilled pears	16 diced crispy chicken tender veggie chick'n nuggets* waffles sweet potato hash ketchup syrup cantaloupe
19 no school	20 crispy catfish sandwich grilled cheese* sweet potato wedges ketchup chilled peaches	21 hot dog sliced lengthwise on a bun veggie burger on a bun* ketchup mustard steamed corn orange wedges	22 bbq chicken bbq baked beans* cornbread muffin steamed green beans chilled pears	23 chicken yassa black eyed peas* jollof rice roasted butternut squash cantaloupe
26 no school	27 beef shepherd's pie lentil shepherd's pie* biscuit mashed potatoes chilled peaches	28 cumin lime chicken chili black beans* tortillas sweet potato wedges orange wedges	29 cheese pizza* roasted broccoli chilled pears	30 sweet chili chicken sweet chili tofu* brown rice sautéed cabbage & snap peas cantaloupe
2 grilled cheese* steamed green beans chilled peaches	3 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes fresh apple slices	4 diced crispy chicken tender veggie chick'n nuggets* ketchup mac & cheese roasted broccoli orange wedges	5 diced jamaican jerk chicken red beans* yellow rice sautéed cabbage chilled pears	6 crispy catfish bbq baked beans* cornbread muffin roasted carrots cantaloupe



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January Supper Menu

DCPS SUPPER

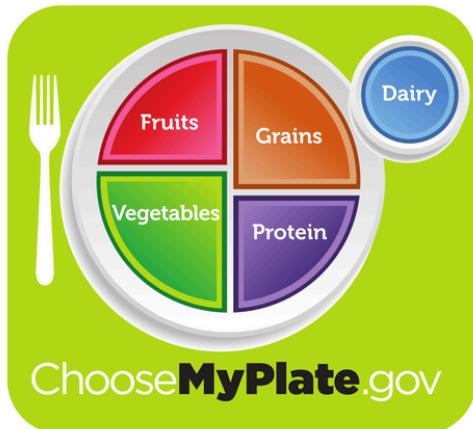
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Healthy Meals for Active Students!
To create a healthy meal, include at least three of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

Monday	Tuesday	Wednesday	Thursday	Friday
5 sweet chili chicken wrap baby carrots ranch dressing orange wedges	6 turkey ham & cheese hoagie mayo mustard celery sticks italian dressing cantaloupe	7 whole grain flatbread shredded mozzarella house tomato sauce fresh pear	8 turkey ham & cheese sandwich broccoli florets ranch dressing fresh grapes	9 mixed greens salad diced turkey ham shredded cheddar diced cucumber honey mustard dressing pretzel goldfish fresh apple
12 southwest chicken wrap southwest taco corn orange wedges	13 chicken salad sandwich snap peas cantaloupe	14 sunbutter & jelly sandwich cheese stick cauliflower florets ranch dressing fresh pear	15 herb roasted chicken mixed greens salad mandarin oranges shredded carrots soy citrus dressing cinnamon goldfish graham fresh grapes	16 turkey ham & cheese stackables cucumber coins ranch dressing fresh apple
19 no school	20 cumin lime chicken wrap broccoli florets ranch dressing cantaloupe	21 mixed greens salad diced turkey ham shredded cheddar shredded carrots honey mustard dressing pretzel goldfish fresh pear	22 turkey ham & cheese hoagie mustard mayo baby carrots italian dressing fresh grapes	23 whole grain flatbread shredded mozzarella house tomato sauce fresh apple
26 no school	27 buffalo chicken wrap celery sticks ranch dressing cantaloupe	28 turkey ham & cheese stackables potato salad fresh pear	29 herb roasted chicken mixed greens salad mandarin oranges shredded carrots soy citrus dressing cinnamon goldfish graham fresh grapes	30 tuna salad wheat crackers cucumber salad fresh apple
2 sweet chili chicken wrap soy citrus kale slaw orange wedges	3 turkey ham & cheese hoagie mayo mustard baby carrots italian dressing cantaloupe	4 whole grain flatbread shredded mozzarella house tomato sauce fresh pear	5 turkey ham & cheese sandwich broccoli florets ranch dressing fresh grapes	6 mixed greens salad diced turkey ham shredded cheddar diced cucumber honey mustard dressing pretzel goldfish fresh apple



January Snack

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Monday	Tuesday	Wednesday	Thursday	Friday
5 wheat crackers cheese stick	6 blueberry lemon crackers yogurt	7 cinnamon goldfish graham apple slices	8 cheese stick pretzel goldfish	9 cheese crackers fresh clementines
12 pretzel goldfish cheese stick	13 hummus multigrain SunChips	14 cinnamon goldfish graham yogurt	15 fresh clementines cheese stick	16 apple slices cheese crackers
19 no school	20 blueberry lemon crackers yogurt	21 cinnamon goldfish graham apple slices	22 cheese stick pretzel goldfish	23 cheese crackers fresh clementines
26 no school	27 hummus multigrain SunChips	28 cinnamon goldfish graham yogurt	29 fresh clementines cheese stick	30 apple slices cheese crackers
2 wheat crackers cheese stick	3 blueberry lemon crackers yogurt	4 cinnamon goldfish graham apple slices	5 cheese stick pretzel goldfish	6 cheese crackers fresh clementines

All grains served are whole grain rich

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January 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.

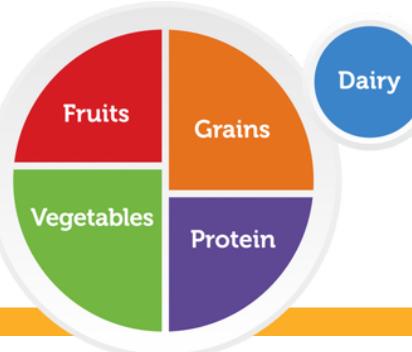
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Fresh fruit is provided with lunch daily.
Mon - grapes; Tues - apple; Wed - orange;
Thurs - pear; Fri - cantaloupe

CREATING A BALANCED MEAL!

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



1/05 - 1/09 &
2/02 - 2/06
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

1/12 - 1/16
TACO SALAD

- + pick your base
 - romaine lettuce
- +pick your protein
 - cumin lime chicken
 - black beans
- +pick your toppings
 - cherry tomatoes
 - corn
 - red onion
 - shredded cheddar cheese
 - corn tortilla chips
 - whole grain roll
- +add your dressing
 - honey lime dressing

1/20 - 1/23
HOT HONEY

- + pick your base
 - romaine lettuce
- +pick your protein
 - hot honey chicken
 - herb roasted chicken
- +pick your toppings
 - kidney beans
 - diced cucumbers
 - shredded carrots
 - corn
 - shredded mozzarella
 - whole grain croutons
 - whole grain roll
- +add your dressing
 - ranch dressing

1/27 - 1/30
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





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January 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.

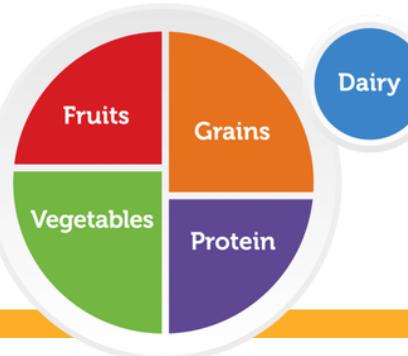
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CREATING A BALANCED MEAL!

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



1/05 - 1/09 &
2/02 - 2/06
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

1/12 - 1/16
TACO SALAD

- + pick your base
 - romaine lettuce
- +pick your protein
 - cumin lime chicken
 - black beans
- +pick your toppings
 - cherry tomatoes
 - corn
 - red onion
 - shredded cheddar cheese
 - corn tortilla chips
 - whole grain roll
- +add your dressing
 - honey lime dressing

1/20 - 1/23
HOT HONEY

- + pick your base
 - romaine lettuce
- +pick your protein
 - hot honey chicken
 - herb roasted chicken
- +pick your toppings
 - kidney beans
 - diced cucumbers
 - shredded carrots
 - corn
 - shredded mozzarella
 - whole grain croutons
 - whole grain roll
- +add your dressing
 - ranch dressing

1/27 - 1/30
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





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January 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.

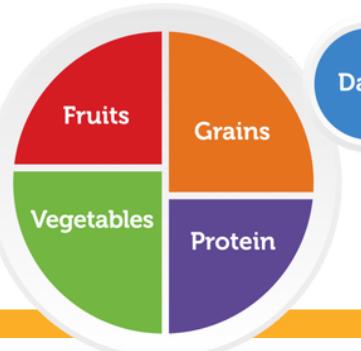
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Fresh fruit is provided with lunch daily.
Mon - grapes; Tues - apple; Wed - orange;
Thurs - pear; Fri - cantaloupe

CREATING A BALANCED MEAL!

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



1/05 - 1/09 &
2/02 - 2/06
PASTA BOWL

+ pick your base

- whole grain rotini

+pick your protein

- herb roasted chicken
- chickpeas

+pick your toppings

- steamed broccoli
- roasted red bell peppers
- roasted red potatoes
- roasted zucchini
- parmesan cheese
- mozzarella cheese

+add your sauce

- tomato sauce
- alfredo sauce

1/12 - 1/16
INDIAN BOWL

+ pick your base

- brown basmati rice
- baby spinach

+pick your protein

- curried chicken
- curried chickpeas

+pick your toppings

- potato samosa
- roasted carrots
- sautéed cabbage

+add your sauce

- yogurt lime dressing

1/20 - 1/23
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
- sautéed peppers & onions
- corn

1/27 - 1/30
JAMAICAN BOWL

+ pick your base

- yellow rice

+pick your protein

- jamaican jerk chicken
- jamaican jerk tofu

+pick your toppings

- red beans
- sautéed cabbage
- oven fried plantains
- steamed carrots
- braised collards greens

+add your sauce

- caribbean lime dressing





January 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.

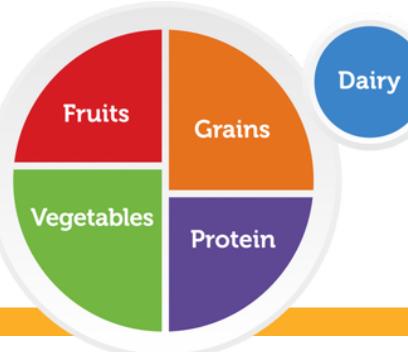
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Mon - grapes; Tues - apple; Wed - orange;
Thurs - pear; Fri - cantaloupe

CREATING A BALANCED MEAL!

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



1/05 - 1/09 &
2/02 - 2/06
TURKEY CLUB

turkey club

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

1/12 - 1/16
CHEESEBURGER

cheeseburger

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

1/20 - 1/23
MEATBALL SUB

meatball sub

- whole grain hoagie
- turkey meatballs
- house tomato sauce
- provolone cheese

1/27 - 1/30
GRILLED CHEESE

grilled cheese

- whole grain bread
- cheddar cheese

