



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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



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# January 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

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



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# January Breakfast Menu

GRAB N' GO 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

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



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# January Lunch Menu

LUNCH 9-12

What do the colors on the menu mean?

**GREEN** = locally-sourced

\* = vegetarian entree

All grains served are whole grain rich

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

Menu subject to change based on availability

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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 16<sup>th</sup>, 20<sup>th</sup>, & 28<sup>th</sup>



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



# January Lunch Menu

LUNCH K-8

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



## 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 16<sup>th</sup>, 20<sup>th</sup>, & 28<sup>th</sup>



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





# January Lunch Menu

## LUNCH ECE

What do the colors on the menu mean?

GREEN = locally-sourced

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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 16<sup>th</sup>, 20<sup>th</sup>, & 28<sup>th</sup>



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



# January Supper Menu

## DCPS SUPPER

What do the colors on the menu mean?

**GREEN** = locally-sourced

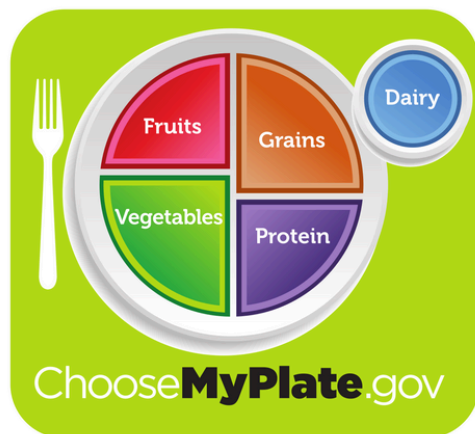
\* = vegetarian entree

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



# January Snack

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

All grains served are whole grain rich

Menu subject to change based on availability

This institution is an equal opportunity provider





# 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.

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

## 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

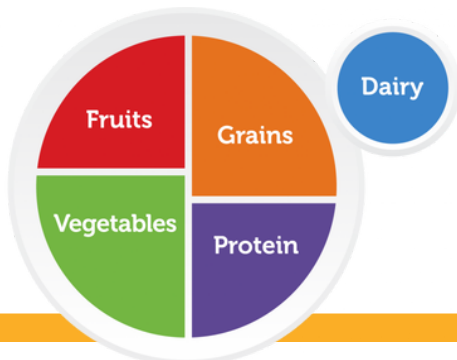
- + pick your base**
  - romaine lettuce
- +pick your protein**
  - hot honey chicken
  - herb roasted chicken
- +pick your toppings**
  - kidney beans
  - diced cucumbers
  - shredded carrots
  - corn
  - shredded mozzarella
  - whole grain croutons
  - whole grain roll
- +add your dressing**
  - ranch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

## CREATING A BALANCED MEAL!

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





# 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.

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

## 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

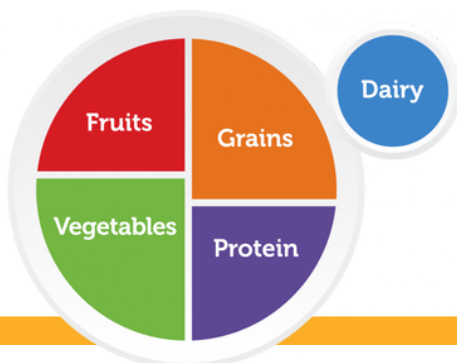
- + pick your base**
  - romaine lettuce
- +pick your protein**
  - hot honey chicken
  - herb roasted chicken
- +pick your toppings**
  - kidney beans
  - diced cucumbers
  - shredded carrots
  - corn
  - shredded mozzarella
  - whole grain croutons
  - whole grain roll
- +add your dressing**
  - ranch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

## 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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# 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.

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

## 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
  - sauteed cabbage
- +add your sauce**
  - yogurt lime dressing

## 1/20 - 1/23 TACO BOWL

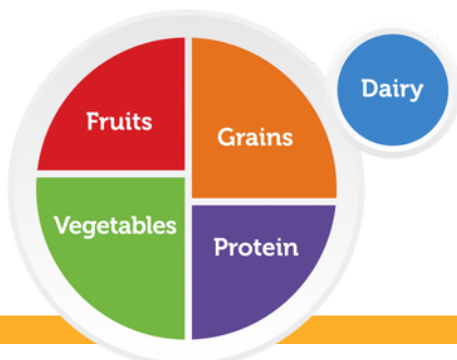
- + pick your base**
  - cilantro lime rice
  - whole grain corn tortilla chips
- +pick your protein**
  - cumin lime chicken
  - cheddar cheese
  - black beans
- +pick your toppings**
  - shredded romaine lettuce
  - tomato salsa
  - sauteed peppers & onions
  - corn

## 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
  - sauteed cabbage
  - oven fried plantains
  - steamed carrots
  - braised collards greens
- +add your sauce**
  - 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!





# 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.

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

## 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

## CREATING A BALANCED MEAL!

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

