



# April Breakfast Menu

## ECE BREAKFAST

What do the colors on the menu mean?

GREEN = locally-sourced

\* = vegetarian entree

All grains served are whole grain rich

Skim or 1% milk provided at every meal.

Assorted cereal served daily

Menu subject to change based on availability

This institution is an equal opportunity provider



Monday	Tuesday	Wednesday	Thursday	Friday
30 blueberry chex fresh apple slices	31 bagel cream cheese jelly orange wedges	1 turkey sausage patty veggie breakfast sausage patty* biscuit cantaloupe	2 brown sugar oatmeal orange wedges	3 waffles syrup honeydew
6 no school	7 cinnamon rice chex orange wedges	8 turkey sausage patty veggie breakfast sausage patty* croissant cantaloupe	9 diced peaches granola vanilla yogurt	10 pineapple carrot bread hard boiled egg honeydew
13 no school	14 no school	15 no school	16 no school	17 no school
20 cinnamon rice chex fresh apple slices	21 turkey bacon & egg bake veggie breakfast sausage patty* croissant orange wedges	22 whole grain french toast sticks cantaloupe	23 blueberries granola vanilla yogurt	24 banana bread hard boiled egg honeydew
27 blueberry chex fresh apple slices	28 bagel cream cheese jelly orange wedges	29 turkey sausage patty veggie breakfast sausage patty* biscuit cantaloupe	30 brown sugar oatmeal orange wedges	1 waffles syrup honeydew

## HAPPY EARTH DAY!

Celebrate Earth Day on April 22nd by spending time outside, picking up litter, or preventing food waste. This year's theme is Our Power, Our Planet!





# April 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.

Assorted cereal served daily

Menu subject to change based on availability

This institution is an equal opportunity provider

## HAPPY EARTH DAY!

Celebrate Earth Day on April 22nd by spending time outside, picking up litter, or preventing food waste. This year's theme is Our Power, Our Planet!



Monday	Tuesday	Wednesday	Thursday	Friday
30 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	31 bagel cream cheese jelly orange wedges	1 scrambled eggs hot sauce biscuit jelly butter cantaloupe	2 brown sugar oatmeal turkey sausage patty veggie breakfast sausage patty* orange wedges	3 whole grain waffles butter syrup scrambled eggs honeydew
6 no school	7 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats orange wedges	8 turkey sausage patty veggie breakfast sausage patty* croissant jelly cantaloupe	9 diced peaches granola vanilla yogurt 100% orange juice	10 pineapple carrot bread hard boiled egg hot sauce honeydew
13 no school	14 no school	15 no school	16 no school	17 no school
20 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	21 turkey bacon & egg bake veggie breakfast sausage patty* croissant jelly orange wedges	22 whole grain french toast sticks scrambled eggs cantaloupe	23 blueberries granola vanilla yogurt 100% orange juice	24 banana bread hard boiled egg hot sauce honeydew
27 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	28 bagel cream cheese jelly orange wedges	29 scrambled eggs hot sauce biscuit jelly butter cantaloupe	30 brown sugar oatmeal turkey sausage patty veggie breakfast sausage patty* orange wedges	1 whole grain waffles butter syrup scrambled eggs honeydew



# April Breakfast Menu

## GRAB N' GO BREAKFAST

What do the colors on the menu mean?

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\* = vegetarian entree

All grains served are whole grain rich

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

Assorted cereal served daily

Menu subject to change based on availability

This institution is an equal opportunity provider



Monday	Tuesday	Wednesday	Thursday	Friday
30 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	31 bagel cream cheese jelly orange wedges	1 biscuit jelly butter cantaloupe	2 croissant jelly turkey sausage patty veggie breakfast sausage patty* orange wedges	3 whole grain waffles butter syrup honeydew
6 no school	7 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats orange wedges	8 turkey sausage patty veggie breakfast sausage patty* croissant jelly cantaloupe	9 diced peaches granola vanilla yogurt 100% orange juice	10 pineapple carrot bread hard boiled egg hot sauce honeydew
13 no school	14 no school	15 no school	16 no school	17 no school
20 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	21 turkey bacon & egg bake veggie breakfast sausage patty* croissant jelly orange wedges	22 whole grain french toast sticks cantaloupe	23 blueberries granola vanilla yogurt 100% orange juice	24 banana bread hard boiled egg hot sauce honeydew
27 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	28 bagel cream cheese jelly orange wedges	29 biscuit jelly butter cantaloupe	30 croissant jelly turkey sausage patty veggie breakfast sausage patty* orange wedges	1 whole grain waffles butter syrup honeydew

## HAPPY EARTH DAY!

Celebrate Earth Day on April 22nd by spending time outside, picking up litter, or preventing food waste. This year's theme is Our Power, Our Planet!





# April Lunch Menu

## LUNCH ECE

What do the colors on the menu mean?

GREEN = locally-sourced

\* = vegetarian entree

All grains served are whole grain rich  
Skim or 1% milk provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
30 chicken & black bean empanadas cheese quesadilla* honey lime corn chilled peaches	31 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes fresh apple slices	1 herb roasted chicken veggie chik'n nuggets* cornbread muffin cinnamon roasted butternut squash orange wedges	2 quartered turkey meatballs & sauce lentil bolognese* whole grain rotini pasta roasted broccoli fresh apple slices	3 crispy catfish red beans* yellow rice steamed green beans cantaloupe
6 no school	7 pepperoni pizza cheese pizza* steamed green beans fresh apple slices	8 pulled bbq chicken sandwich veggie burger on a bun* steamed green peas orange wedges	9 herb roasted chicken veggie chik'n nuggets* penne pasta with alfredo sauce herb roasted butternut squash chilled pears	10 taco beef chili black beans* cheese sauce tortilla chips southwest taco corn cantaloupe
13 no school	14 no school	15 no school	16 no school	17 no school
20 crispy catfish sandwich veggie burger on a bun* steamed corn orange wedges	21 cheese pizza* steamed green beans fresh apple slices	22 diced crispy chicken tender veggie chik'n nuggets* waffles sweet potato hash syrup chilled peaches	23 turkey sloppy joe on a bun lentil sloppy joe on a bun* roasted red potatoes ketchup chilled pears	24 herb roasted chicken veggie chik'n nuggets* cornbread muffin cinnamon roasted butternut squash cantaloupe
27 crispy catfish red beans* cornbread muffin sauteed cabbage chilled peaches	28 chicken yassa black eyed peas* jollof rice steamed carrots fresh apple slices	29 beef burger on a bun veggie burger on a bun* ketchup mustard steamed corn orange wedges	30 sweet chili chicken sweet chili tofu* brown rice steamed green beans chilled pineapple	1 quartered turkey meatballs & sauce lentil bolognese* whole grain rotini pasta steamed green peas chilled pears

## CELEBRATE THE LANGUAGE LEARNERS FESTIVAL!

Sample flavors from Senegal on

April 28th.



Sample flavors from Taiwan on

April 30th.





# April 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.**

Assorted sandwiches served daily

Menu subject to change based on availability

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## CELEBRATE THE LANGUAGE LEARNERS FESTIVAL!

Sample flavors from **Senegal** on April 28th.



Sample flavors from **Taiwan** on April 30th.



Monday	Tuesday	Wednesday	Thursday	Friday
30 chicken & black bean empanadas cheese quesadilla* roasted tomato salsa honey lime corn fresh grapes	31 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes cucumber salad fresh apple slices	1 hot honey chicken drum hot honey veggie chik'n nuggets* cornbread muffin cinnamon roasted butternut squash roasted cauliflower orange wedges	2 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta garlic breadstick roasted broccoli fresh pear	3 crispy catfish red beans* hot sauce yellow rice steamed green beans sauteed cabbage cantaloupe
6 no school	7 pepperoni pizza cheese pizza* steamed green beans steamed carrots fresh apple slices	8 pulled bbq chicken sandwich veggie burger on a bun* steamed green peas coleslaw orange wedges	9 herb roasted chicken veggie chik'n nuggets* penne pasta with alfredo sauce roll steamed broccoli herb roasted butternut squash fresh pear	10 taco beef chili black beans* cheese sauce sour cream tortilla chips roasted tomato salsa southwest taco corn cantaloupe
13 no school	14 no school	15 no school	16 no school	17 no school
20 crispy catfish sandwich veggie burger on a bun* hot sauce mayo steamed corn steamed green peas orange wedges	21 cheese pizza* mixed greens salad italian dressing cucumber coins fresh apple slices	22 crispy chicken tender veggie chik'n nuggets* whole grain waffles braised collard greens sweet potato hash hot sauce syrup fresh grapes	23 turkey sloppy joe on a bun lentil sloppy joe on a bun* roasted red potatoes ketchup lemon garlic kale salad fresh pear	24 herb roasted chicken drum veggie chik'n nuggets* cornbread muffin cinnamon roasted butternut squash roasted cauliflower cantaloupe
27 crispy catfish red beans* hot sauce cornbread muffin steamed green peas sauteed cabbage fresh grapes	28 chicken yassa black eyed peas* jollof rice steamed carrots steamed broccoli fresh apple slices	29 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes steamed corn orange wedges	30 sweet chili chicken sweet chili tofu* brown rice citrus soy bok choy steamed green beans fresh pineapple	1 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta garlic breadstick garlic kale fresh pear



# April Lunch Menu

LUNCH 9-12

What do the colors on the menu mean?

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

Assorted sandwiches served daily

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## CELEBRATE THE LANGUAGE LEARNERS FESTIVAL!

Sample flavors from **Senegal** on April 28th.



Sample flavors from **Taiwan** on April 30th.



Monday	Tuesday	Wednesday	Thursday	Friday
30 chicken & black bean empanadas cheese quesadilla* roasted tomato salsa honey lime corn fresh grapes	31 beef burger on a bun veggie burger on a bun* lettuce & tomato ketchup mustard roasted red potatoes cucumber salad fresh apple slices	1 hot honey chicken drum hot honey veggie chik'n nuggets* cornbread muffin cinnamon roasted butternut squash roasted cauliflower orange wedges	2 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta garlic breadstick steamed carrots roasted broccoli fresh pear	3 crispy catfish hot sauce red beans* yellow rice steamed green beans sauteed cabbage cantaloupe
6 no school	7 pepperoni pizza cheese pizza* steamed green beans steamed carrots fresh apple slices	8 pulled bbq chicken sandwich veggie burger on a bun* steamed green peas coleslaw orange wedges	9 herb roasted chicken veggie chik'n nuggets* penne pasta with alfredo sauce roll steamed broccoli herb roasted butternut squash fresh pear	10 taco beef chili black beans* cheese sauce sour cream corn tortilla chips roasted tomato salsa southwest taco corn cantaloupe
13 no school	14 no school	15 no school	16 no school	17 no school
20 crispy catfish sandwich veggie burger on a bun* mayo hot sauce steamed corn green peas and carrots orange wedges	21 cheese pizza* mixed greens salad italian dressing cucumber coins fresh apple slices	22 crispy chicken tender veggie chik'n nuggets* whole grain waffles braised collard greens sweet potato hash hot sauce syrup fresh grapes	23 turkey sloppy joe on a bun lentil sloppy joe on a bun* roasted red potatoes ketchup lemon garlic kale salad fresh pear	24 herb roasted chicken drums veggie chik'n nuggets* cornbread muffin cinnamon roasted butternut squash roasted cauliflower cantaloupe
27 crispy catfish hot sauce red beans* cornbread muffin steamed green peas sauteed cabbage fresh grapes	28 chicken yassa black eyed peas* joloof rice steamed carrots steamed broccoli fresh apple slices	29 cheeseburger on a bun veggie burger on a bun* lettuce & tomato ketchup mustard roasted red potatoes steamed corn orange wedges	30 sweet chili chicken sweet chili tofu* brown rice citrus soy bok choy steamed green beans fresh pineapple fresh apple	1 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta garlic breadstick steamed carrots garlic kale fresh pear



# April Supper Menu

DCPS SUPPER

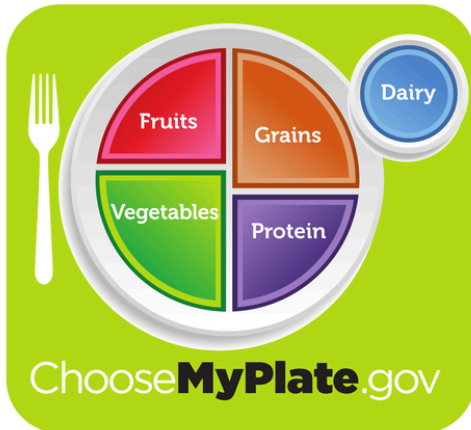
What do the colors on the menu mean?

**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

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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
<p>30</p> <p>corn tortilla chips <b>black bean &amp; corn salsa</b> cheese stick orange wedges</p>	<p>31</p> <p>whole grain flatbread shredded mozzarella house tomato sauce cantaloupe</p>	<p>1</p> <p>turkey ham &amp; cheese hoagie mustard mayo baby carrots ranch dressing <b>fresh pear</b></p>	<p>2</p> <p>herb roasted chicken <b>mixed greens salad</b> diced cucumber soy citrus dressing cinnamon goldfish graham fresh grapes</p>	<p>3</p> <p>chicken salad sandwich snap peas <b>fresh apple</b></p>
<p>6</p> <p>no school</p>	<p>7</p> <p>buffalo chicken wrap celery sticks ranch dressing cantaloupe</p>	<p>8</p> <p>turkey ham &amp; cheese stackables broccoli florets italian dressing <b>fresh pear</b></p>	<p>9</p> <p><b>mixed greens salad</b> diced turkey ham shredded cheddar diced cucumber honey mustard dressing multigrain SunChips fresh grapes</p>	<p>10</p> <p>tuna salad wheat crackers cucumber coins <b>fresh apple</b></p>
<p>13</p> <p>no school</p>	<p>14</p> <p>no school</p>	<p>15</p> <p>no school</p>	<p>16</p> <p>no school</p>	<p>17</p> <p>no school</p>
<p>20</p> <p>turkey ham &amp; cheese stackables baby carrots ranch dressing chilled peaches</p>	<p>21</p> <p>sweet chili chicken wrap <b>soy citrus kale slaw</b> chilled pears</p>	<p>22</p> <p>sunbutter &amp; jelly sandwich hummus cucumber coins orange wedges</p>	<p>23</p> <p>tuna salad wheat crackers celery sticks fresh grapes</p>	<p>24</p> <p><b>mixed greens salad</b> diced turkey ham shredded cheddar diced cucumber honey mustard dressing multigrain SunChips fresh apple</p>
<p>27</p> <p>corn tortilla chips <b>black bean &amp; corn salsa</b> cheese stick orange wedges</p>	<p>28</p> <p>whole grain flatbread shredded mozzarella house tomato sauce cantaloupe</p>	<p>29</p> <p>herb roasted chicken <b>mixed greens salad</b> diced cucumber soy citrus dressing cinnamon goldfish graham <b>fresh pear</b></p>	<p>30</p> <p>turkey ham &amp; cheese hoagie mustard mayo baby carrots ranch dressing fresh grapes</p>	<p>1</p> <p>chicken salad sandwich snap peas <b>fresh apple</b></p>



# April Snack

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Monday	Tuesday	Wednesday	Thursday	Friday
pretzel goldfish cheese stick <span>30</span>	hummus multigrain SunChips <span>31</span>	cinnamon goldfish graham yogurt <span>1</span>	fresh clementines cheese stick <span>2</span>	apple slices cheese crackers <span>3</span>
no school <span>6</span>	blueberry lemon crackers yogurt <span>7</span>	cheese stick pretzel goldfish <span>8</span>	cinnamon goldfish graham apple slices <span>9</span>	cheese crackers fresh clementines <span>10</span>
no school <span>13</span>	no school <span>14</span>	no school <span>15</span>	no school <span>16</span>	no school <span>17</span>
wheat crackers cheese stick <span>20</span>	blueberry lemon crackers yogurt <span>21</span>	cinnamon goldfish graham apple slices <span>22</span>	cheese stick pretzel goldfish <span>23</span>	cheese crackers fresh clementines <span>24</span>
pretzel goldfish cheese stick <span>27</span>	hummus multigrain SunChips <span>28</span>	cinnamon goldfish graham yogurt <span>29</span>	fresh clementines cheese stick <span>30</span>	apple slices cheese crackers <span>1</span>

All grains served are whole grain rich

Menu subject to change based on availability

This institution is an equal opportunity provider



# April 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

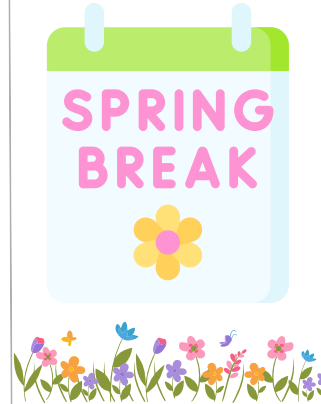
## 3/30 - 4/03 & 4/27 - 5/01 CHEF SALAD

- + 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

## 4/7 - 4/10 BBQ SALAD

- + 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

## 4/13 - 4/17 NO SCHOOL

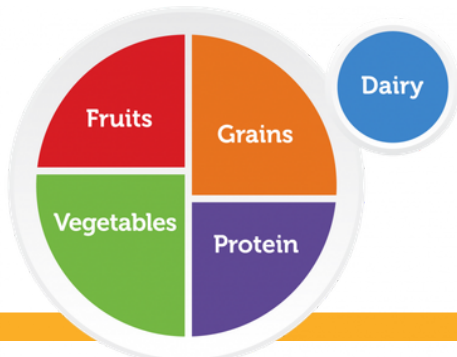


## 4/20 - 4/24 HOT HONEY

- + 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

## CREATING A BALANCED MEAL!

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





# April 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

## 3/30 - 4/03 & 4/27 - 5/01 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

## 4/7 - 4/10 BBQ SALAD

- + 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

## 4/13 - 4/17 NO SCHOOL

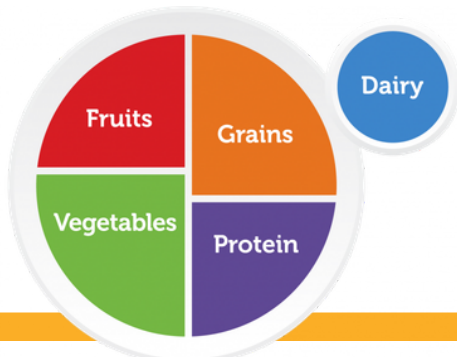


## 4/20 - 4/24 HOT HONEY

- + 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

## CREATING A BALANCED MEAL!

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





# April 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

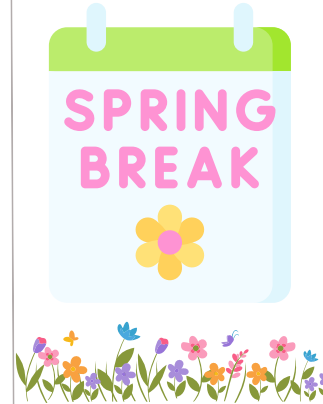
## 3/30 - 4/03 & 4/27 - 5/01 PASTA BOWL

- + 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

## 4/7 - 4/10 FAJITA BOWL

- + pick your base**
  - cilantro lime brown rice
  - whole grain tortilla
- +pick your protein**
  - cumin lime chicken
  - black beans
- +pick your toppings**
  - sauteed peppers & onions
  - shredded lettuce
  - southwest taco corn
  - tomato salsa
  - shredded cheddar
- +add your sauce**
  - sour cream

## 4/13 - 4/17 NO SCHOOL

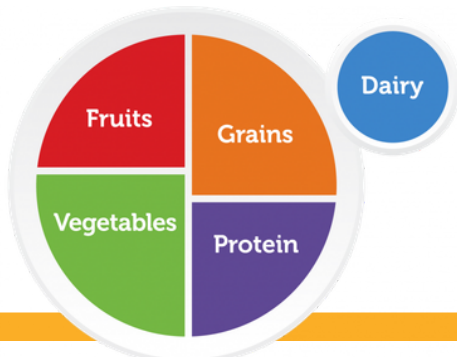


## 4/20 - 4/24 TACO BOWL

- + 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!





# April 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

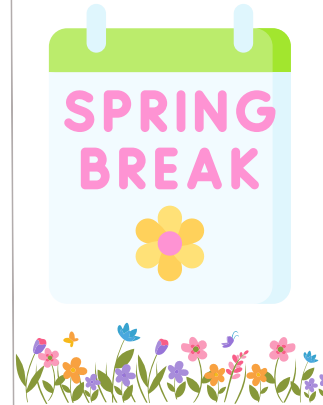
3/30 - 4/03 &  
 4/27 - 5/01  
**GRILLED CHEESE**

- grilled cheese**
- whole grain bread
  - cheddar cheese

4/7 - 4/10  
**TURKEY CLUB**

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

4/13 - 4/17  
**NO SCHOOL**



4/20 - 4/24  
**CHEESEBURGER**

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

## CREATING A BALANCED MEAL!

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

