



# June 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

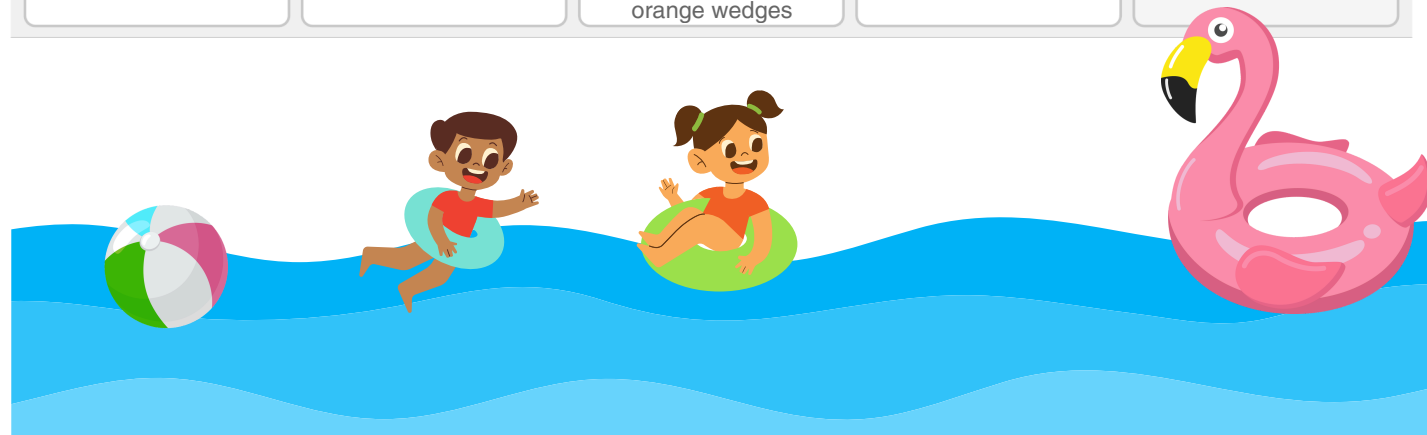
| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| no school <span>25</span>                                | blueberry chex<br>orange wedges <span>26</span>   | turkey sausage patty<br>veggie breakfast<br>sausage patty*<br>biscuit<br>cantaloupe <span>27</span>            | brown sugar oatmeal<br>orange wedges <span>28</span>             | whole grain waffles<br>syrup<br>honeydew <span>29</span>             |
| cinnamon rice chex<br>fresh apple slices <span>1</span>  | whole grain french toast<br>sticks<br>orange wedges <span>2</span>                                    | turkey sausage patty<br>veggie breakfast<br>sausage patty*<br>croissant<br>cantaloupe <span>3</span>           | diced peaches<br>granola<br>vanilla yogurt <span>4</span>        | pineapple carrot bread<br>hard boiled egg<br>honeydew <span>5</span> |
| blueberry chex<br>fresh apple slices <span>8</span>      | turkey sausage patty<br>veggie breakfast<br>sausage patty*<br>biscuit<br>orange wedges <span>9</span> | bagel<br>cream cheese<br>jelly<br>cantaloupe <span>10</span>   | sweet strawberry<br>oatmeal<br>orange wedges <span>11</span>     | whole grain waffles<br>syrup<br>honeydew <span>12</span>             |
| cinnamon rice chex<br>fresh apple slices <span>15</span> | no school <span>16</span>   | turkey bacon & egg<br>bake<br>veggie breakfast<br>sausage patty*<br>croissant<br>orange wedges <span>17</span> | whole grain french toast<br>sticks<br>cantaloupe <span>18</span> | hello<br>SUMMER  |

## BERRIES & GREENS DAY

Celebrate locally grown produce on 6/3. DCKK will feature local fresh strawberries and salad greens for lunch.



### Berries & Greens Day





# June 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

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## BERRIES & GREENS DAY

Celebrate locally grown produce on 6/3. DCKK will feature local fresh strawberries and salad greens for lunch.



Berries & Greens Day

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|---|---|--|
| no school<br>25   | cinnamon chex<br>blueberry chex<br>cinnamon toasters<br>cereal<br>honey bunches of oats<br>orange wedges<br>26 | scrambled eggs<br>hot sauce<br>biscuit<br>jelly<br>butter<br>cantaloupe<br>27                       | brown sugar oatmeal<br>turkey sausage patty<br>veggie breakfast<br>sausage patty*<br>orange wedges<br>28      | whole grain waffles<br>butter<br>syrup<br>scrambled eggs<br>honeydew<br>29 |
| cinnamon chex<br>blueberry chex<br>cinnamon toasters<br>cereal<br>honey bunches of oats<br>fresh apple slices<br>1  | whole grain french toast sticks<br>scrambled eggs<br>orange wedges<br>2  | turkey sausage patty<br>veggie breakfast<br>sausage patty*<br>croissant<br>jelly<br>cantaloupe<br>3 | diced peaches<br>granola<br>vanilla yogurt<br>100% orange juice<br>4  | pineapple carrot bread<br>hard boiled egg<br>hot sauce<br>honeydew<br>5    |
| cinnamon chex<br>blueberry chex<br>cinnamon toasters<br>cereal<br>honey bunches of oats<br>fresh apple slices<br>8  | turkey sausage patty<br>veggie breakfast<br>sausage patty*<br>biscuit<br>honey<br>orange wedges<br>9           | bagel<br>cream cheese<br>jelly<br>cantaloupe<br>10  | sweet strawberry oatmeal<br>turkey sausage patty<br>veggie breakfast<br>sausage patty*<br>orange wedges<br>11 | whole grain waffles<br>butter<br>syrup<br>scrambled eggs<br>honeydew<br>12 |
| cinnamon chex<br>blueberry chex<br>cinnamon toasters<br>cereal<br>honey bunches of oats<br>fresh apple slices<br>15 | no school<br>16  | turkey bacon & egg bake<br>veggie breakfast<br>sausage patty*<br>croissant<br>orange wedges<br>17   | whole grain french toast sticks<br>scrambled eggs<br>cantaloupe<br>18   | hello SUMMER   |





# June 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.**

Assorted cereal served daily

Menu subject to change based on availability

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## BERRIES & GREENS DAY

Celebrate locally grown produce on **6/3**. DCKK will feature local fresh strawberries and salad greens for lunch.



**Berries & Greens Day**

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
| no school<br>25   | cinnamon chex<br>blueberry chex<br>cinnamon toasters<br>cereal<br>honey bunches of oats<br>orange wedges<br>26 | biscuit<br>jelly<br>butter<br>cantaloupe<br>27   | croissant<br>jelly<br>turkey sausage patty<br>veggie breakfast<br>sausage patty*<br>orange wedges<br>28 | whole grain waffles<br>butter<br>syrup<br>honeydew<br>29                |
| cinnamon chex<br>blueberry chex<br>cinnamon toasters<br>cereal<br>honey bunches of oats<br>fresh apple slices<br>1  | whole grain french toast<br>sticks<br>orange wedges<br>2   | turkey sausage patty<br>veggie breakfast<br>sausage patty*<br>croissant<br>jelly<br>cantaloupe<br>3        | diced peaches<br>granola<br>vanilla yogurt<br>100% orange juice<br>4                                    | pineapple carrot bread<br>hard boiled egg<br>hot sauce<br>honeydew<br>5 |
| cinnamon chex<br>blueberry chex<br>cinnamon toasters<br>cereal<br>honey bunches of oats<br>fresh apple slices<br>8  | turkey sausage patty<br>veggie breakfast<br>sausage patty*<br>biscuit<br>honey<br>orange wedges<br>9           | bagel<br>cream cheese<br>jelly<br>cantaloupe<br>10   | croissant<br>jelly<br>turkey sausage patty<br>veggie breakfast<br>sausage patty*<br>orange wedges<br>11 | whole grain waffles<br>butter<br>syrup<br>honeydew<br>12                |
| cinnamon chex<br>blueberry chex<br>cinnamon toasters<br>cereal<br>honey bunches of oats<br>fresh apple slices<br>15 | no school<br>16  | turkey bacon & egg bake<br>veggie breakfast<br>sausage patty*<br>croissant<br>jelly<br>orange wedges<br>17 | whole grain french toast<br>sticks<br>cantaloupe<br>18  | hello<br>SUMMER   |





# June 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   |
|--|---|---|---|--|
| 25<br>no school  | 26<br>beef burger on a bun<br>veggie burger on a bun*<br>ketchup<br>mustard<br>roasted red potatoes<br>fresh apple slices | 27<br>herb roasted chicken<br>veggie chik'n nuggets*<br>cornbread muffin<br>cinnamon roasted<br>butternut squash<br>orange wedges | 28<br>quartered turkey<br>meatballs & sauce<br>lentil bolognese*<br>whole grain rotini pasta<br>roasted broccoli<br>fresh apple slices        | 29<br>crispy catfish<br>red beans*<br>yellow rice<br>steamed green beans<br>cantaloupe                           |
| 1<br>taco beef<br>chili black beans*<br>cheese sauce<br>tortilla chips<br>southwest taco corn<br>chilled peaches | 2<br>pulled bbq chicken<br>sandwich<br>veggie burger on a bun*<br>black eyed peas*<br>fresh apple slices                  | 3<br>pepperoni pizza<br>cheese pizza*<br>steamed green beans<br>fresh strawberries  | 4<br>herb roasted chicken<br>veggie chik'n nuggets*<br>penne pasta with<br>alfredo sauce<br>herb roasted butternut<br>squash<br>chilled pears | 5<br>orange glazed chicken<br>orange glazed tofu*<br>brown rice<br>steamed green peas<br>cantaloupe              |
| 8<br>crispy catfish sandwich<br>veggie burger on a bun*<br>steamed corn<br>chilled peaches                       | 9<br>herb roasted chicken<br>veggie chik'n nuggets*<br>cornbread muffin<br>steamed green beans<br>fresh apple slices      | 10<br>turkey ham & cheddar<br>melt<br>grilled cheese*<br>sweet potato fries<br>orange wedges                                      | 11<br>hot dog sliced<br>lengthwise on a bun<br>veggie burger on a bun*<br>steamed corn<br>ketchup<br>mustard<br>fresh watermelon              | 12<br>diced crispy<br>chicken tender<br>bbq baked beans*<br>mac & cheese<br>braised collard greens<br>cantaloupe |
| 15<br>taco beef<br>chipotle pinto beans*<br>shredded cheddar<br>tortillas<br>steamed corn<br>chilled peaches     | 16<br>no school   | 17<br>cheese pizza*<br>steamed green beans<br>fresh apple slices  | 18<br>diced crispy<br>chicken tender<br>veggie chik'n nuggets*<br>waffles<br>sweet potato hash<br>syrup<br>orange wedges                      |  |

## SUMMER KICKOFF MEAL

DC Central Kitchen invites students to enjoy a special meal on **6/11** to celebrate the end of the school year!

### MENU

hotdog  
or veggie burger  
ketchup & mustard  
steamed corn  
roasted red potatoes  
watermelon





# June 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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## SUMMER KICKOFF MEAL

DC Central Kitchen invites students to enjoy a special meal on **6/11** to celebrate the end of the school year!

### MENU

hotdog  
or veggie burger  
ketchup & mustard  
**steamed corn**  
roasted red potatoes  
**watermelon**



| Monday  | Tuesday   | Wednesday   | Thursday   | Friday   |
|---|---|---|--|--|
| no school <span>25</span>   | <b>beef burger</b> on a bun<br>veggie burger on a bun*<br>ketchup<br>mustard<br>roasted red potatoes<br><b>steamed green beans</b><br><b>fresh apple slices</b> <span>26</span>           | <b>hot honey chicken drum</b><br>hot honey veggie chik'n nuggets*<br>cornbread muffin<br><b>cinnamon roasted butternut squash</b><br>roasted summer squash<br>orange wedges <span>27</span> | turkey meatballs & sauce<br>lentil bolognese*<br>whole grain rotini pasta<br>garlic breadstick<br>roasted broccoli<br><b>fresh pear</b> <span>28</span>                                    | <b>crispy catfish</b><br>red beans*<br>hot sauce<br>yellow rice<br><b>steamed corn</b><br>sauteed cabbage<br>cantaloupe <span>29</span>    |
| <b>taco beef</b><br>chili black beans*<br>cheese sauce<br>sour cream<br>tortilla chips<br>roasted tomato salsa<br><b>southwest taco corn</b><br>fresh grapes <span>1</span> | pulled bbq chicken sandwich<br>veggie burger on a bun*<br>black eyed peas*<br>coleslaw<br><b>fresh apple slices</b> <span>2</span>  | pepperoni pizza<br>cheese pizza*<br><b>mixed greens salad</b><br>cucumber coins<br>balsamic dressing<br><b>fresh strawberries</b> <span>3</span>  | herb roasted chicken<br>veggie chik'n nuggets*<br>penne pasta with alfredo sauce<br>roll<br>roasted broccoli<br><b>herb roasted butternut squash</b><br><b>fresh pear</b> <span>4</span>   | orange glazed chicken<br>orange glazed tofu*<br>brown rice<br>steamed carrots<br><b>steamed green peas</b><br>cantaloupe <span>5</span>    |
| <b>crispy catfish sandwich</b><br>veggie burger on a bun*<br>hot sauce<br>mayo<br><b>steamed green peas</b><br>tangy cilantro-lime slaw<br>fresh grapes <span>8</span>      | <b>herb roasted chicken drum</b><br>veggie chik'n nuggets*<br>cornbread muffin<br><b>butternut squash puree</b><br><b>steamed green beans</b><br><b>fresh apple slices</b> <span>9</span> | turkey ham & cheddar melt<br>grilled cheese*<br>roasted broccoli<br><b>sweet potato fries</b><br>ketchup<br>orange wedges <span>10</span>   | beef hot dog on a bun<br>veggie burger on a bun*<br><b>steamed corn</b><br>roasted red potatoes<br>ketchup<br>mustard<br>fresh watermelon <span>11</span>                                  | crispy chicken tender<br>bbq baked beans*<br>mac & cheese<br>glazed carrots<br><b>braised collard greens</b><br>cantaloupe <span>12</span> |
| <b>taco beef</b><br>shredded cheddar<br>tortillas<br>chipotle pinto beans*<br>roasted tomato salsa<br>shredded lettuce<br>fresh grapes <span>15</span>                      | no school <span>16</span>   | cheese pizza*<br><b>mixed greens salad</b><br>italian dressing<br>cucumber coins<br><b>fresh apple slices</b> <span>17</span>   | 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>hot sauce<br>syrup<br>orange wedges <span>18</span> |  |



# June 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.

Assorted sandwiches served daily

Menu subject to change based on availability

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## SUMMER KICKOFF MEAL

DC Central Kitchen invites students to enjoy a special meal on 6/11 to celebrate the end of the school year!

### MENU

hotdog  
or veggie burger  
ketchup & mustard  
steamed corn  
roasted red potatoes  
watermelon



| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
| no school <sup>25</sup>  | beef burger on a bun<br>veggie burger on a bun*<br>lettuce & tomato<br>ketchup<br>mustard<br>roasted red potatoes<br>cucumber salad<br>fresh apple slices <sup>26</sup> | hot honey chicken drum<br>hot honey veggie chik'n<br>nuggets*<br>cornbread muffin<br>cinnamon roasted<br>butternut squash<br>roasted summer squash<br>orange wedges <sup>27</sup> | turkey meatballs &<br>sauce<br>lentil bolognese*<br>whole grain rotini pasta<br>garlic breadstick<br>steamed carrots<br>roasted broccoli<br>fresh pear <sup>28</sup>           | crispy catfish<br>hot sauce<br>red beans*<br>yellow rice<br>steamed corn<br>sauteed cabbage<br>cantaloupe <sup>29</sup>                   |
| taco beef <sup>1</sup><br>chili black beans*<br>cheese sauce<br>sour cream<br>corn tortilla chips<br>roasted tomato salsa<br>southwest taco corn<br>fresh grapes | pulled bbq chicken<br>sandwich<br>veggie burger on a bun*<br>black eyed peas*<br>coleslaw<br>fresh apple slices <sup>2</sup>  | pepperoni pizza<br>cheese pizza*<br>mixed greens salad<br>cucumber coins<br>balsamic dressing<br>fresh strawberries<br>fresh apple <sup>3</sup>                                   | herb roasted chicken<br>veggie chik'n nuggets*<br>penne pasta with<br>alfredo sauce<br>roll<br>roasted broccoli<br>herb roasted butternut<br>squash<br>fresh pear <sup>4</sup> | orange glazed chicken<br>orange glazed tofu*<br>brown rice<br>steamed carrots<br>steamed green peas<br>cantaloupe <sup>5</sup>            |
| crispy catfish sandwich<br>veggie burger on a bun*<br>hot sauce<br>steamed green peas<br>tangy cilantro-lime slaw<br>fresh grapes <sup>8</sup>                   | herb roasted chicken<br>drums<br>veggie chik'n nuggets*<br>cornbread muffin<br>butternut squash puree<br>steamed green beans<br>fresh apple slices <sup>9</sup>         | turkey ham & cheddar<br>melt<br>grilled cheese*<br>roasted broccoli<br>sweet potato fries<br>ketchup<br>orange wedges <sup>10</sup>   | beef hot dog on a bun<br>veggie burger on a bun*<br>steamed corn<br>roasted red potatoes<br>ketchup<br>mustard<br>fresh watermelon <sup>11</sup>                               | crispy chicken tender<br>bbq baked beans*<br>mac & cheese<br>roll<br>glazed carrots<br>braised collard greens<br>cantaloupe <sup>12</sup> |
| taco beef <sup>15</sup><br>shredded cheddar<br>tortillas<br>chipotle pinto beans*<br>roasted tomato salsa<br>shredded lettuce<br>fresh grapes                    | no school <sup>16</sup>   | cheese pizza*<br>mixed greens salad<br>italian dressing<br>cucumber coins<br>fresh apple slices <sup>17</sup>   | crispy chicken tender<br>veggie chik'n nuggets*<br>whole grain waffles<br>braised collard greens<br>sweet potato hash<br>hot sauce<br>syrup<br>orange wedges <sup>18</sup>     |   |



# June Supper Menu

## DCPS SUPPER

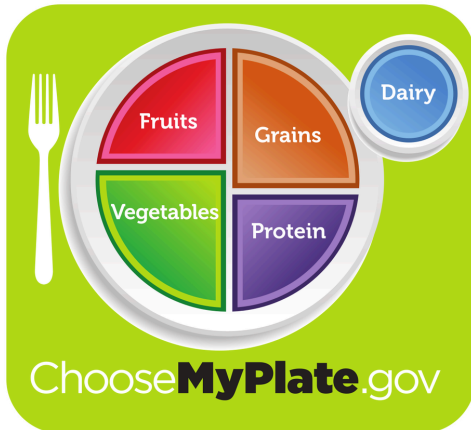
What do the colors on the menu mean?

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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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### Healthy Meals for Active Students!

All supper meals, include at least three of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
| 25<br>no school  | 26<br>turkey ham & cheese hoagie<br>mustard mayo<br>baby carrots<br>ranch dressing<br>cantaloupe | 27<br>whole grain flatbread<br>shredded mozzarella<br>house tomato sauce<br>fresh pear   | 28<br>herb roasted chicken<br>mixed greens salad<br>diced cucumber<br>soy citrus dressing<br>cinnamon goldfish<br>graham<br>fresh grapes           | 29<br>chicken salad sandwich<br>snap peas<br>fresh apple  |
| 1<br>sunbutter & jelly sandwich<br>hummus<br>baby carrots<br>orange wedges           | 2<br>turkey ham & cheese stackables<br>broccoli florets<br>italian dressing<br>cantaloupe        | 3<br>buffalo chicken wrap<br>celery sticks<br>ranch dressing<br>fresh pear   | 4<br>mixed greens salad<br>diced turkey ham<br>shredded cheddar<br>diced cucumber<br>honey mustard dressing<br>multigrain SunChips<br>fresh grapes | 5<br>tuna salad<br>wheat crackers<br>cucumber coins<br>fresh apple                                      |
| 8<br>corn tortilla chips<br>black bean & corn salsa<br>cheese stick<br>orange wedges | 9<br>whole grain flatbread<br>shredded mozzarella<br>house tomato sauce<br>cantaloupe            | 10<br>herb roasted chicken<br>mixed greens salad<br>diced cucumber<br>soy citrus dressing<br>cinnamon goldfish<br>graham<br>fresh pear | 11<br>chicken salad sandwich<br>baby carrots<br>ranch dressing<br>fresh grapes   | 12<br>turkey ham & cheese hoagie<br>mustard mayo<br>broccoli florets<br>italian dressing<br>fresh apple |
| 15<br>sunbutter & jelly sandwich<br>hummus<br>cucumber coins<br>orange wedges        | 16<br>no school  | 17<br>sweet chili chicken wrap<br>soy citrus kale slaw<br>cantaloupe   | 18<br>turkey ham & cheese stackables<br>baby carrots<br>ranch dressing<br>fresh pear   |   |



# June Snack

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FOLLOW US ON SOCIAL MEDIA!



| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|
| no school <span>25</span>                       | hummus<br>multigrain SunChips <span>26</span>        | cinnamon goldfish<br>graham<br>yogurt <span>27</span>       | fresh clementines<br>cheese stick <span>28</span> | apple slices<br>cheese crackers <span>29</span>     |
| wheat crackers<br>cheese stick <span>1</span>   | blueberry lemon<br>crackers<br>yogurt <span>2</span> | cinnamon goldfish<br>graham<br>apple slices <span>3</span>  | cheese stick<br>pretzel goldfish <span>4</span>   | cheese crackers<br>fresh clementines <span>5</span> |
| pretzel goldfish<br>cheese stick <span>8</span> | hummus<br>multigrain SunChips <span>9</span>         | cinnamon goldfish<br>graham<br>yogurt <span>10</span>       | fresh clementines<br>cheese stick <span>11</span> | apple slices<br>cheese crackers <span>12</span>     |
| wheat crackers<br>cheese stick <span>15</span>  | no school <span>16</span>                            | cinnamon goldfish<br>graham<br>apple slices <span>17</span> | cheese stick<br>pretzel goldfish <span>18</span>  |   |

All grains served are whole grain rich

Menu subject to change based on availability

This institution is an equal opportunity provider



# June 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

## 5/26 - 5/29 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

## 6/01 - 6/05 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

## 6/08 - 6/12 TACO SALAD

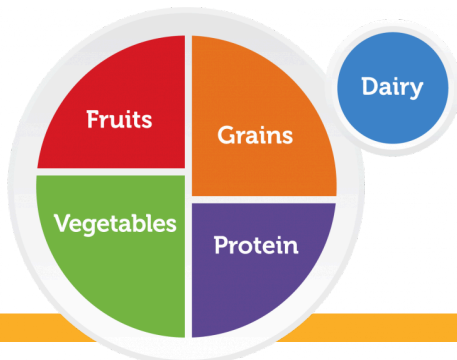
- + pick your base**
  - romaine lettuce
- +pick your protein**
  - cumin lime chicken
  - black beans
- +pick your toppings**
  - cherry tomatoes
  - corn
  - red onion
  - shredded cheddar cheese
  - corn tortilla chips
  - whole grain roll
- +add your dressing**
  - honey lime dressing

## 6/15 - 6/18 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!





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

## 5/26 - 5/29 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

## 6/01 - 6/05 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

## 6/08 - 6/12 TACO SALAD

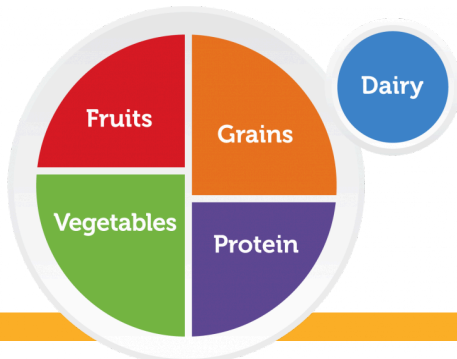
- + pick your base**
  - romaine lettuce
- +pick your protein**
  - cumin lime chicken
  - black beans
- +pick your toppings**
  - cherry tomatoes
  - corn
  - red onion
  - shredded cheddar cheese
  - corn tortilla chips
  - whole grain roll
- +add your dressing**
  - honey lime dressing

## 6/15 - 6/18 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!





# June 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

## 5/26 - 5/29 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

## 6/01 - 6/05 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

## 6/08 - 6/12 INDIAN BOWL

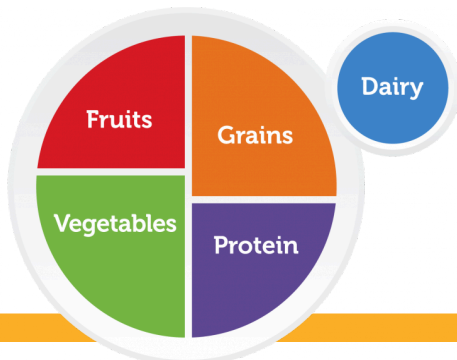
- + pick your base**
  - brown basmati rice
  - baby spinach
- +pick your protein**
  - curried chicken
  - curried chickpeas
- +pick your toppings**
  - potato samosa
  - roasted carrots
  - sauteed cabbage
- +add your sauce**
  - yogurt lime dressing

## 6/15 - 6/18 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!





# June 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

## 5/26 - 5/29 GRILLED CHEESE

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

## 6/01 - 6/05 TURKEY CLUB

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

## 6/08 - 6/12 CHEESEBURGER

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

## 6/15 - 6/18 MEATBALL SUB

- meatball sub**
- whole grain hoagie
  - turkey meatballs
  - house tomato sauce
  - provolone cheese

## CREATING A BALANCED MEAL!

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

