



May 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

SCHOOL LUNCH HERO DAY

Join us on **May 1st** in celebrating and thanking the school nutrition professionals and food service staff in your life!



Monday	Tuesday	Wednesday	Thursday	Friday
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
4 cinnamon rice chex fresh apple slices	5 whole grain french toast sticks orange wedges	6 turkey sausage patty veggie breakfast sausage patty* croissant cantaloupe	7 diced peaches granola vanilla yogurt	pineapple carrot bread hard boiled egg honeydew
11 blueberry chex fresh apple slices	12 turkey sausage patty veggie breakfast sausage patty* biscuit orange wedges	13 bagel cream cheese jelly cantaloupe	14 sweet strawberry oatmeal orange wedges	15 waffles syrup honeydew
18 cinnamon rice chex fresh apple slices	19 turkey bacon & egg bake veggie breakfast sausage patty* croissant orange wedges	20 whole grain french toast sticks cantaloupe	21 blueberries granola vanilla yogurt	22 banana bread hard boiled egg honeydew
25 no school	26 blueberry chex orange wedges	27 turkey sausage patty veggie breakfast sausage patty* biscuit cantaloupe	28 brown sugar oatmeal orange wedges	29 waffles syrup honeydew



May Breakfast Menu

K-12 BREAKFAST

What do the colors on the menu mean?

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

Assorted cereal served daily

Menu subject to change based on availability

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SCHOOL LUNCH HERO DAY

Join us on **May 1st** in celebrating and thanking the school nutrition professionals and food service staff in your life!



Monday	Tuesday	Wednesday	Thursday	Friday
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
4 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	5 whole grain french toast sticks scrambled eggs orange wedges	6 turkey sausage patty veggie breakfast sausage patty* croissant jelly cantaloupe	7 diced peaches granola vanilla yogurt 100% orange juice	2 pineapple carrot bread hard boiled egg hot sauce honeydew
11 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	12 turkey sausage patty veggie breakfast sausage patty* biscuit honey orange wedges	13 bagel cream cheese jelly cantaloupe	14 sweet strawberry oatmeal turkey sausage patty veggie breakfast sausage patty* orange wedges	15 whole grain waffles butter syrup scrambled eggs honeydew
18 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	19 turkey bacon & egg bake veggie breakfast sausage patty* croissant jelly orange wedges	20 whole grain french toast sticks scrambled eggs cantaloupe	21 blueberries granola vanilla yogurt 100% orange juice	22 banana bread hard boiled egg hot sauce honeydew
25 no school	26 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats orange wedges	27 scrambled eggs hot sauce biscuit jelly butter cantaloupe	28 brown sugar oatmeal turkey sausage patty veggie breakfast sausage patty* orange wedges	29 whole grain waffles butter syrup scrambled eggs honeydew



May Breakfast Menu

GRAB N' GO BREAKFAST

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Assorted cereal served daily

Menu subject to change based on availability

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SCHOOL LUNCH HERO DAY

Join us on **May 1st** in celebrating and thanking the school nutrition professionals and food service staff in your life!



Monday	Tuesday	Wednesday	Thursday	Friday
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
4 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	5 whole grain french toast sticks orange wedges	6 turkey sausage patty veggie breakfast sausage patty* croissant jelly cantaloupe	7 diced peaches granola vanilla yogurt 100% orange juice	pineapple carrot bread hard boiled egg hot sauce honeydew
11 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	12 turkey sausage patty veggie breakfast sausage patty* biscuit honey orange wedges	13 bagel cream cheese jelly cantaloupe	14 croissant jelly turkey sausage patty veggie breakfast sausage patty* orange wedges	15 whole grain waffles butter syrup honeydew
18 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	19 turkey bacon & egg bake veggie breakfast sausage patty* croissant jelly orange wedges	20 whole grain french toast sticks cantaloupe	21 blueberries granola vanilla yogurt 100% orange juice	22 banana bread hard boiled egg hot sauce honeydew
25 no school	26 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats orange wedges	27 biscuit jelly butter cantaloupe	28 croissant jelly turkey sausage patty veggie breakfast sausage patty* orange wedges	29 whole grain waffles butter syrup honeydew



May Lunch Menu

LUNCH ECE

What do the colors on the menu mean?

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Skim or 1% milk provided at every meal.

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Monday	Tuesday	Wednesday	Thursday	Friday
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
4 taco beef chili black beans* cheese sauce tortilla chips southwest taco corn chilled peaches	5 pulled bbq chicken sandwich veggie burger on a bun* black eyed peas* fresh apple slices	6 pepperoni pizza cheese pizza* steamed green beans orange wedges	7 herb roasted chicken veggie chik'n nuggets* penne pasta with alfredo sauce herb roasted butternut squash chilled pears	8 orange glazed chicken orange glazed tofu* brown rice steamed green peas cantaloupe
11 crispy catfish sandwich veggie burger on a bun* steamed corn chilled peaches	12 herb roasted chicken veggie chik'n nuggets* cornbread muffin steamed green beans fresh apple slices	13 turkey ham & cheddar melt grilled cheese* sweet potato fries ketchup orange wedges	14 hot dog sliced lengthwise on a bun veggie burger on a bun* roasted red potatoes ketchup mustard fresh apple slices	15 diced crispy chicken tender bbq baked beans* mac & cheese braised collard greens cantaloupe
18 taco beef chipotle pinto beans* shredded cheddar tortillas steamed corn chilled peaches	19 cheese pizza* steamed green beans fresh apple slices	20 diced crispy chicken tender veggie chik'n nuggets* waffles sweet potato hash syrup orange wedges	21 turkey sloppy joe on a bun lentil sloppy joe on a bun* roasted red potatoes ketchup chilled pears	22 sweet chili chicken sweet chili tofu* brown rice steamed carrots cantaloupe
25 no school	26 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes fresh apple slices	27 herb roasted chicken veggie chik'n nuggets* cornbread muffin cinnamon roasted butternut squash orange wedges	28 quartered turkey meatballs & sauce lentil bolognese* whole grain rotini pasta roasted broccoli fresh apple slices	29 crispy catfish red beans* yellow rice steamed green beans cantaloupe

ASIAN AMERICAN, NATIVE HAWAIIAN, AND PACIFIC ISLANDER MONTH!

Celebrate with DCCK by enjoying a tasty, Asian-inspired meal on **May 8th**

ORANGE CHICKEN

Fun Fact: This dish was created by Chef Andy Kao at a Hawaii panada express back in 1987.

Our version is served on chicken or tofu alongside brown rice, carrots, and green peas.





May Lunch Menu

LUNCH K-8

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.

Assorted sandwiches served daily

Menu subject to change based on availability

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ASIAN AMERICAN, NATIVE HAWAIIAN, AND PACIFIC ISLANDER MONTH!

Celebrate with DCK by enjoying a tasty, Asian-inspired meal on **May 8th**

ORANGE CHICKEN

Fun Fact: This dish was created by Chef Andy Kao at a Hawaii panada express back in 1987.

Our version is served on chicken or tofu alongside brown rice, carrots, and green peas.



Monday	Tuesday	Wednesday	Thursday	Friday
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
4 taco beef chili black beans* cheese sauce sour cream tortilla chips roasted tomato salsa southwest taco corn fresh grapes	5 pulled bbq chicken sandwich veggie burger on a bun* black eyed peas* coleslaw fresh apple slices	6 pepperoni pizza cheese pizza* mixed greens salad cucumber coins balsamic dressing orange wedges	7 herb roasted chicken veggie chik'n nuggets* penne pasta with alfredo sauce roll roasted broccoli herb roasted butternut squash fresh pear	8 orange glazed chicken orange glazed tofu* brown rice steamed carrots steamed green peas cantaloupe
11 crispy catfish sandwich veggie burger on a bun* hot sauce mayo steamed corn tangy cilantro-lime slaw fresh grapes	12 herb roasted chicken drum veggie chik'n nuggets* cornbread muffin butternut squash puree steamed green beans fresh apple slices	13 turkey ham & cheddar melt grilled cheese* roasted broccoli sweet potato fries ketchup orange wedges	14 beef hot dog on a bun veggie burger on a bun* buffalo cauliflower roasted red potatoes ketchup mustard fresh pear	15 crispy chicken tender bbq baked beans* mac & cheese glazed carrots braised collard greens cantaloupe
18 taco beef shredded cheddar tortillas chipotle pinto beans* roasted tomato salsa shredded lettuce fresh grapes	19 cheese pizza* mixed greens salad italian dressing cucumber coins fresh apple slices	20 crispy chicken tender veggie chik'n nuggets* whole grain waffles braised collard greens sweet potato hash hot sauce syrup orange wedges	21 turkey sloppy joe on a bun lentil sloppy joe on a bun* roasted red potatoes ketchup lemon garlic kale salad fresh pear	22 sweet chili chicken sweet chili tofu* brown rice ginger soy broccoli steamed carrots cantaloupe
25 no school	26 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes steamed green beans fresh apple slices	27 hot honey chicken drum hot honey veggie chik'n nuggets* cornbread muffin cinnamon roasted butternut squash roasted cauliflower orange wedges	28 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta garlic breadstick roasted broccoli fresh pear	29 crispy catfish red beans* hot sauce yellow rice steamed corn sauteed cabbage cantaloupe



May 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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Monday	Tuesday	Wednesday	Thursday	Friday
27 crispy catfish hot sauce red beans* 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 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
4 taco beef chili black beans* cheese sauce sour cream corn tortilla chips roasted tomato salsa southwest taco corn fresh grapes	5 pulled bbq chicken sandwich veggie burger on a bun* black eyed peas* coleslaw fresh apple slices	6 pepperoni pizza cheese pizza* mixed greens salad cucumber coins balsamic dressing orange wedges	7 herb roasted chicken veggie chik'n nuggets* penne pasta with alfredo sauce roll roasted broccoli herb roasted butternut squash fresh pear	orange glazed chicken orange glazed tofu* brown rice steamed carrots steamed green peas cantaloupe
11 crispy catfish sandwich veggie burger on a bun* hot sauce steamed corn tangy cilantro-lime slaw fresh grapes	12 herb roasted chicken drums veggie chik'n nuggets* cornbread muffin butternut squash puree steamed green beans fresh apple slices	13 turkey ham & cheddar melt grilled cheese* roasted broccoli sweet potato fries ketchup orange wedges	14 beef hot dog on a bun veggie burger on a bun* buffalo cauliflower roasted red potatoes ketchup mustard fresh pear	15 crispy chicken tender bbq baked beans* mac & cheese roll glazed carrots braised collard greens cantaloupe
18 taco beef shredded cheddar tortillas chipotle pinto beans* roasted tomato salsa shredded lettuce fresh grapes	19 cheese pizza* mixed greens salad italian dressing cucumber coins fresh apple slices	20 crispy chicken tender veggie chik'n nuggets* whole grain waffles braised collard greens sweet potato hash hot sauce syrup orange wedges	21 turkey sloppy joe on a bun lentil sloppy joe on a bun* roasted red potatoes ketchup lemon garlic kale salad fresh pear	22 sweet chili chicken sweet chili tofu* brown rice ginger soy broccoli steamed carrots cantaloupe
25 no school	26 beef burger on a bun veggie burger on a bun* lettuce & tomato ketchup mustard roasted red potatoes cucumber salad fresh apple slices	27 hot honey chicken drum hot honey veggie chik'n nuggets* cornbread muffin cinnamon roasted butternut squash roasted cauliflower orange wedges	28 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta garlic breadstick steamed carrots roasted broccoli fresh pear	29 crispy catfish hot sauce red beans* yellow rice steamed corn sauteed cabbage cantaloupe



May Supper Menu

DCPS SUPPER

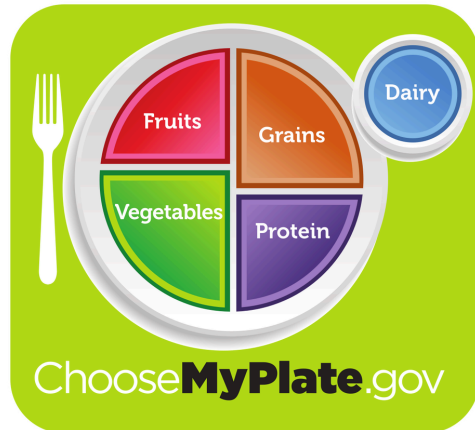
What do the colors on the menu mean?

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

Menu subject to change based on availability

This institution is an equal opportunity provider



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
27 corn tortilla chips black bean & corn salsa cheese stick orange wedges	28 whole grain flatbread shredded mozzarella house tomato sauce cantaloupe	29 herb roasted chicken mixed greens salad diced cucumber soy citrus dressing cinnamon goldfish graham fresh pear	30 turkey ham & cheese hoagie mustard mayo baby carrots ranch dressing fresh grapes	1 chicken salad sandwich snap peas fresh apple
4 sunbutter & jelly sandwich hummus baby carrots orange wedges	5 turkey ham & cheese stackables broccoli florets italian dressing cantaloupe	6 buffalo chicken wrap celery sticks ranch dressing fresh pear	7 mixed greens salad diced turkey ham shredded cheddar diced cucumber honey mustard dressing multigrain SunChips fresh grapes	8 tuna salad wheat crackers cucumber coins fresh apple
11 corn tortilla chips black bean & corn salsa cheese stick orange wedges	12 whole grain flatbread shredded mozzarella house tomato sauce cantaloupe	13 herb roasted chicken mixed greens salad diced cucumber soy citrus dressing cinnamon goldfish graham fresh pear	14 chicken salad sandwich baby carrots ranch dressing fresh grapes	15 turkey ham & cheese hoagie mustard mayo broccoli florets italian dressing fresh apple
18 sunbutter & jelly sandwich hummus cucumber coins orange wedges	19 sweet chili chicken wrap soy citrus kale slaw cantaloupe	20 turkey ham & cheese stackables baby carrots ranch dressing fresh pear	21 tuna salad wheat crackers celery sticks fresh grapes	22 mixed greens salad diced turkey ham shredded cheddar diced cucumber honey mustard dressing multigrain SunChips fresh apple
25 no school	26 turkey ham & cheese hoagie mustard mayo baby carrots ranch dressing cantaloupe	27 whole grain flatbread shredded mozzarella house tomato sauce fresh pear	28 herb roasted chicken mixed greens salad diced cucumber soy citrus dressing cinnamon goldfish graham fresh grapes	29 chicken salad sandwich snap peas fresh apple



May Snack

WWW.DCCENTRALKITCHEN.ORG

FOLLOW US ON SOCIAL MEDIA!



Monday	Tuesday	Wednesday	Thursday	Friday
pretzel goldfish cheese stick 27	hummus multigrain SunChips 28	cinnamon goldfish graham yogurt 29	fresh clementines cheese stick 30	apple slices cheese crackers 1
wheat crackers cheese stick 4	blueberry lemon crackers yogurt 5	cinnamon goldfish graham apple slices 6	cheese stick pretzel goldfish 7	cheese crackers fresh clementines 8
pretzel goldfish cheese stick 11	hummus multigrain SunChips 12	cinnamon goldfish graham yogurt 13	fresh clementines cheese stick 14	apple slices cheese crackers 15
wheat crackers cheese stick 18	blueberry lemon crackers yogurt 19	cinnamon goldfish graham apple slices 20	cheese stick pretzel goldfish 21	cheese crackers fresh clementines 22
no school 25	hummus multigrain SunChips 26	cinnamon goldfish graham yogurt 27	fresh clementines cheese stick 28	apple slices cheese crackers 29

All grains served are whole grain rich

Menu subject to change based on availability

This institution is an equal opportunity provider



May 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

4/27 - 5/01 & 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

5/04 - 5/08 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

5/11 - 5/15 TACO SALAD

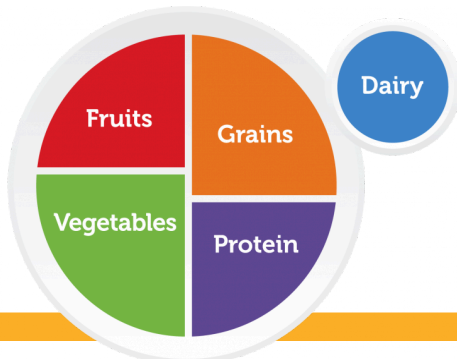
- + pick your base**
 - romaine lettuce
- +pick your protein**
 - cumin lime chicken
 - black beans
- +pick your toppings**
 - cherry tomatoes
 - corn
 - red onion
 - shredded cheddar cheese
 - corn tortilla chips
 - whole grain roll
- +add your dressing**
 - honey lime dressing

5/18 - 5/22 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!





May 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

4/27 - 5/01 & 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

5/04 - 5/08 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

5/11 - 5/15 TACO SALAD

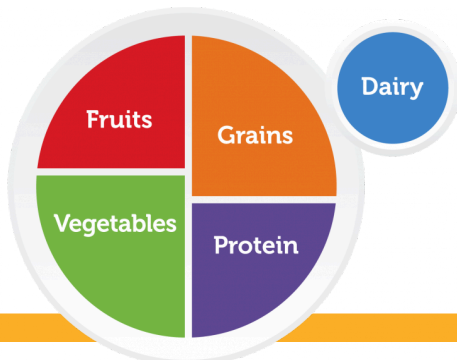
- + pick your base**
 - romaine lettuce
- +pick your protein**
 - cumin lime chicken
 - black beans
- +pick your toppings**
 - cherry tomatoes
 - corn
 - red onion
 - shredded cheddar cheese
 - corn tortilla chips
 - whole grain roll
- +add your dressing**
 - honey lime dressing

5/18 - 5/22 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!





May 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

4/27 - 5/01 & 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

5/04 - 5/08 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

5/11 - 5/15 INDIAN BOWL

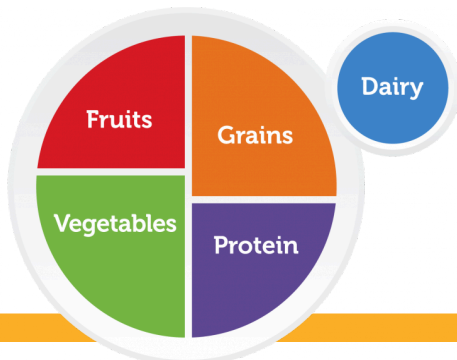
- + pick your base**
 - brown basmati rice
 - baby spinach
- +pick your protein**
 - curried chicken
 - curried chickpeas
- +pick your toppings**
 - potato samosa
 - roasted carrots
 - sauteed cabbage
- +add your sauce**
 - yogurt lime dressing

5/18 - 5/22 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!





May Sandwich Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

All grains served are whole grain rich

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

Menu subject to change based on availability

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

4/27 - 5/01 & 5/26 - 5/29 GRILLED CHEESE

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

5/04 - 5/08 TURKEY CLUB

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

5/11 - 5/15 CHEESEBURGER

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

5/18 - 5/22 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!

