



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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August & September 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

WELCOME BACK!

We are so excited to welcome all students back to school & most importantly, to the cafeteria!



Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28
			fresh blueberries granola vanilla yogurt	waffles honey honeydew
31	1	2	3	4
blueberry chex fresh apple slices	turkey sausage patty veggie breakfast sausage patty* biscuit orange wedges	bagel cream cheese jelly cantaloupe	brown sugar oatmeal orange wedges	banana bread hard boiled egg honeydew
7	8	9	10	11
no school	cinnamon rice chex fresh apple slices	whole grain french toast sticks cantaloupe	fresh blueberries granola vanilla yogurt	waffles honey honeydew
14	15	16	17	18
blueberry chex fresh apple slices	bagel cream cheese jelly orange wedges	turkey sausage patty veggie breakfast sausage patty* biscuit cantaloupe	sweet peach oatmeal orange wedges	blueberry bread honeydew
21	22	23	24	25
cinnamon rice chex fresh apple slices	whole grain french toast sticks orange wedges	turkey sausage patty veggie breakfast sausage patty* croissant cantaloupe	fresh blueberries granola vanilla yogurt	waffles honey honeydew



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August & September 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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WELCOME BACK!

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Monday	Tuesday	Wednesday	Thursday	Friday
24 buttermilk pancakes honey scrambled eggs fresh apple slices	25 whole grain french toast sticks scrambled eggs orange wedges	26 turkey sausage patty veggie breakfast sausage patty* croissant jelly cantaloupe	27 fresh blueberries granola vanilla yogurt 100% orange juice	28 whole grain waffles honey scrambled eggs honeydew
31 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	1 turkey sausage patty veggie breakfast sausage patty* biscuit hot sauce orange wedges	2 bagel cream cheese jelly cantaloupe	3 brown sugar oatmeal turkey sausage patty veggie breakfast sausage patty* orange wedges	4 banana bread hard boiled egg hot sauce honeydew
7 no school	8 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	9 whole grain french toast sticks scrambled eggs cantaloupe	10 fresh blueberries granola vanilla yogurt 100% orange juice	11 whole grain waffles honey scrambled eggs honeydew
14 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	15 bagel cream cheese jelly orange wedges	16 scrambled eggs hot sauce biscuit jelly cantaloupe	17 sweet peach oatmeal turkey sausage patty veggie breakfast sausage patty* orange wedges	18 blueberry bread hard boiled egg hot sauce honeydew
21 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	22 whole grain french toast sticks scrambled eggs orange wedges	23 turkey sausage patty veggie breakfast sausage patty* croissant jelly cantaloupe	24 fresh blueberries granola vanilla yogurt 100% orange juice	25 whole grain waffles honey scrambled eggs honeydew



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August & September 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

This institution is an equal opportunity provider

WELCOME BACK!

We are so excited to welcome all students back to school & most importantly, to the cafeteria!



Monday	Tuesday	Wednesday	Thursday	Friday
24 buttermilk pancakes honey turkey sausage patty veggie breakfast sausage patty* fresh apple slices	25 whole grain french toast sticks turkey bacon veggie breakfast sausage patty* orange wedges	26 turkey sausage patty veggie breakfast sausage patty* croissant jelly cantaloupe	27 fresh blueberries granola vanilla yogurt 100% orange juice	28 whole grain waffles honey turkey bacon honeydew
31 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	1 turkey sausage patty veggie breakfast sausage patty* biscuit hot sauce orange wedges	2 bagel cream cheese jelly cantaloupe	3 croissant jelly turkey sausage patty veggie breakfast sausage patty* orange wedges	4 banana bread hard boiled egg hot sauce honeydew
7 no school	8 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	9 whole grain french toast sticks turkey bacon cantaloupe	10 fresh blueberries granola vanilla yogurt 100% orange juice	11 whole grain waffles honey turkey sausage patty honeydew
14 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	15 bagel cream cheese jelly orange wedges	16 turkey sausage patty hot sauce biscuit jelly cantaloupe	17 croissant jelly turkey sausage patty veggie breakfast sausage patty* orange wedges	18 blueberry bread hard boiled egg hot sauce honeydew
21 cinnamon chex blueberry chex cinnamon toasters cereal honey bunches of oats fresh apple slices	22 french toast sticks turkey bacon orange wedges	23 turkey sausage patty veggie breakfast sausage patty* croissant jelly cantaloupe	24 fresh blueberries granola vanilla yogurt 100% orange juice	25 whole grain waffles honey turkey sausage patty veggie breakfast sausage patty* honeydew



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August & September 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

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GOT FOOD ALLERGIES? WE ARE HERE TO HELP!

If you have a food allergy or other special dietary need, please submit a Dietary Accommodations Form to dietary.forms@k12.dc.gov. We are proud to serve all students safe, nutritious, and delicious meals, regardless of food allergies or other dietary needs.

Our meals are always free from peanuts, tree nuts, shellfish, and pork.



Monday	Tuesday	Wednesday	Thursday	Friday
24	25	26	27	28
			beef bolognese lentil bolognese* whole grain rotini pasta steamed green beans fresh watermelon	orange glazed chicken orange glazed tofu* brown rice steamed broccoli chilled peaches
31	1	2	3	4
baja fish tacos cheese quesadilla* steamed corn chilled pears	beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes fresh apple slices	bbq chicken veggie chik'n nuggets* cornbread muffin roasted summer squash orange wedges	quartered turkey meatballs & sauce lentil bolognese* whole grain rotini pasta roasted broccoli fresh watermelon	diced crispy chicken tender bbq baked beans* mac & cheese braised collard greens chilled peaches
7	8	9	10	11
no school	hot dog sliced lengthwise on a bun veggie burger on a bun* steamed corn ketchup mustard orange wedges	diced crispy chicken tender veggie chik'n nuggets* waffles sweet potato hash syrup orange wedges	turkey sloppy joe on a bun lentil sloppy joe on a bun* roasted red potatoes ketchup fresh watermelon	sweet chili chicken sweet chili tofu* brown rice ginger soy broccoli chilled peaches
14	15	16	17	18
taco beef chili black beans* cheese sauce tortilla chips southwest taco corn chilled pears	cheese pizza* steamed green beans fresh apple slices	peruvian chicken veggie chik'n nuggets* cilantro lime brown rice roasted summer squash orange wedges	crispy catfish sandwich veggie burger on a bun* glazed carrots fresh watermelon	herb roasted chicken veggie chik'n nuggets* penne pasta with alfredo sauce roasted broccoli chilled peaches
21	22	23	24	25
grilled cheese* steamed green peas chilled pears	cheese pizza* steamed broccoli fresh apple slices	pulled bbq chicken sandwich veggie burger on a bun* steamed corn orange wedges	beef bolognese lentil bolognese* whole grain rotini pasta steamed green beans fresh watermelon	orange glazed chicken orange glazed tofu* brown rice steamed broccoli chilled peaches



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August & September 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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Monday	Tuesday	Wednesday	Thursday	Friday
24 turkey meatball sub grilled cheese* lemon garlic kale salad steamed green peas fresh grapes fresh apple	25 cheese pizza* mediterranean chickpea salad mixed greens salad balsamic dressing fresh apple slices	26 pulled bbq chicken sandwich veggie burger on a bun* steamed corn coleslaw orange wedges fresh apple	27 beef bolognese lentil bolognese* whole grain penne pasta garlic breadstick steamed green beans roasted summer squash fresh watermelon fresh apple	28 orange glazed chicken orange glazed tofu* brown rice steamed broccoli steamed carrots fresh peach fresh apple
31 baja fish tacos baja cream sauce cheese quesadilla* steamed corn tangy cilantro-lime slaw fresh grapes fresh apple	1 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes cucumber salad fresh apple slices	2 bbq chicken drum veggie chick'n nuggets* cornbread muffin roasted summer squash sweet potato wedges ketchup orange wedges fresh apple	3 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta garlic breadstick roasted broccoli fresh watermelon fresh apple	4 crispy chicken tender bbq baked beans* mac & cheese glazed carrots braised collard greens fresh peach fresh apple
7 no school	8 beef hot dog on a bun veggie burger on a bun* steamed green beans steamed corn ketchup mustard orange wedges	9 crispy chicken tender veggie chick'n nuggets* whole grain waffles braised collard greens sweet potato hash hot sauce syrup orange wedges fresh apple	10 turkey sloppy joe on a bun lentil sloppy joe on a bun* roasted red potatoes roasted summer squash fresh watermelon fresh apple	11 sweet chili chicken sweet chili tofu* brown rice ginger soy broccoli steamed carrots fresh peach fresh apple
14 taco beef chili black beans* cheese sauce sour cream tortilla chips roasted tomato salsa southwest taco corn fresh grapes fresh apple	15 cheese pizza* lemon garlic kale salad cucumber coins fresh apple slices	16 peruvian chicken drum chili black beans* cilantro lime brown rice cilantro lime dressing mixed greens salad roasted summer squash orange wedges fresh apple	17 crispy catfish veggie chick'n nuggets* whole wheat bun glazed carrots sauteed cabbage fresh watermelon fresh apple	18 herb roasted chicken veggie chick'n nuggets* penne pasta with alfredo sauce roll roasted broccoli roasted sweet potatoes fresh peach fresh apple
21 turkey meatball sub grilled cheese* lemon garlic kale salad steamed green peas fresh grapes fresh apple	22 cheese pizza* mediterranean chickpea salad mixed greens salad balsamic dressing fresh apple slices	23 pulled bbq chicken sandwich veggie burger on a bun* steamed corn coleslaw orange wedges fresh apple	24 beef bolognese lentil bolognese* whole grain penne pasta garlic breadstick steamed green beans roasted summer squash fresh watermelon fresh apple	25 orange glazed chicken orange glazed tofu* brown rice steamed broccoli steamed carrots fresh peach fresh apple



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August & September 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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Our meals are always free from peanuts, tree nuts, shellfish, and pork.



Monday	Tuesday	Wednesday	Thursday	Friday
24 turkey meatball sub grilled cheese* lemon garlic kale salad steamed green peas fresh grapes fresh apple	25 cheese pizza* mediterranean chickpea salad mixed greens salad tomato balsamic dressing orange wedges fresh apple	26 pulled bbq chicken sandwich veggie burger on a bun* steamed corn coleslaw fresh apple slices	27 beef bolognese lentil bolognese* whole grain penne pasta garlic breadstick steamed green beans roasted summer squash fresh watermelon fresh apple	28 orange glazed chicken orange glazed tofu* brown rice steamed broccoli steamed carrots fresh peach fresh apple
31 baja fish tacos baja cream sauce cheese quesadilla* steamed corn tangy cilantro-lime slaw fresh grapes fresh apple	1 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes cucumber salad fresh apple slices	2 bbq chicken drum veggie chick'n nuggets* cornbread muffin roasted summer squash sweet potato wedges ketchup orange wedges fresh apple	3 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta garlic breadstick roasted broccoli steamed green peas fresh watermelon fresh apple	4 crispy chicken tender bbq baked beans* mac & cheese roll glazed carrots braised collard greens fresh peach fresh apple
7 no school	8 beef hot dog on a bun veggie burger on a bun* steamed green beans steamed corn ketchup mustard fresh apple slices	9 crispy chicken tender veggie chick'n nuggets* whole grain waffles braised collard greens sweet potato hash hot sauce syrup orange wedges fresh apple	10 turkey sloppy joe on a bun lentil sloppy joe on a bun* roasted red potatoes steamed green peas fresh watermelon fresh apple	11 sweet chili chicken sweet chili tofu* brown rice ginger soy broccoli steamed carrots fresh peach fresh apple
14 taco beef chili black beans* cheese sauce sour cream corn tortilla chips roasted tomato salsa southwest taco corn fresh grapes fresh apple	15 cheese pizza* lemon garlic kale salad cucumber coins apple slices	16 peruvian chicken drums chili black beans* cilantro-lime brown rice cilantro lime dressing mixed greens salad roasted summer squash fresh watermelon fresh apple	17 crispy catfish veggie chick'n nuggets* whole wheat bun glazed carrots sauteed cabbage orange wedges fresh apple	18 herb roasted chicken veggie chick'n nuggets* penne pasta with alfredo sauce roll roasted broccoli roasted sweet potatoes fresh peach fresh apple
21 turkey meatball sub grilled cheese* lemon garlic kale salad steamed green peas fresh grapes fresh apple	22 cheese pizza* mediterranean chickpea salad mixed greens salad tomato balsamic dressing orange wedges fresh apple	23 pulled bbq chicken sandwich veggie burger on a bun* steamed corn coleslaw fresh apple slices	24 beef bolognese lentil bolognese* whole grain penne pasta garlic breadstick steamed green beans roasted summer squash fresh watermelon fresh apple	25 orange glazed chicken orange glazed tofu* brown rice steamed broccoli steamed carrots fresh peach fresh apple



August & September Supper Menu

DCPS SUPPER

What do the colors on the menu mean?

GREEN = locally-sourced

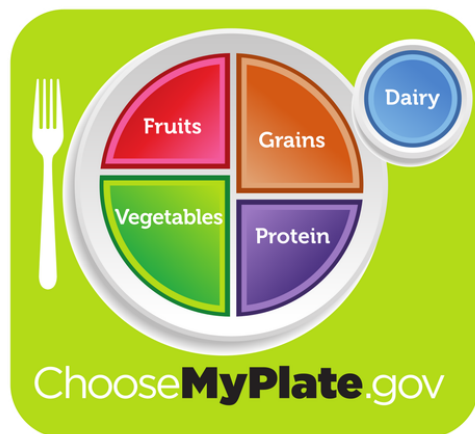
* = vegetarian entree

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!

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
24 sunbutter & jelly sandwich cheese stick red pepper strips orange wedges	25 turkey & cheese sandwich mustard mayo baby carrots ranch dressing fresh watermelon	26 mixed greens salad diced turkey ham mozzarella cheese cucumber coins tomato italian dressing blueberry lemon crackers fresh peach	27 whole grain flatbread shredded mozzarella tomato sauce fresh grapes	28 turkey ham & cheese stackables corn salad fresh apple
31 corn tortilla chips black bean & corn salsa cheese stick orange wedges	1 sweet chili chicken whole wheat bun snap peas fresh watermelon	2 whole grain flatbread shredded mozzarella house tomato sauce fresh peach	3 mixed greens salad cumin lime chicken shredded cheddar tomato corn ranch dressing multigrain SunChips fresh grapes	4 tuna salad wheat crackers cucumber coins ranch dressing fresh apple
7 no school	8 sunbutter & jelly sandwich hummus cucumber coins orange wedges	9 mixed greens salad diced turkey ham mozzarella cheese cucumber coins tomato chickpeas italian dressing blueberry lemon crackers fresh peach	10 chicken salad croissant corn salad fresh grapes	11 turkey ham & cheese stackables lemon garlic kale salad fresh apple
14 corn tortilla chips black bean & corn salsa cheese stick orange wedges	15 buffalo chicken whole wheat bun ranch dressing celery sticks fresh watermelon	16 whole grain flatbread shredded mozzarella house tomato sauce fresh peach	17 mixed greens salad cumin lime chicken shredded cheddar tomato corn honey lime dressing multigrain SunChips fresh grapes	18 tuna salad wheat crackers baby carrots ranch dressing fresh apple
21 sunbutter & jelly sandwich hummus red pepper strips orange wedges	22 pesto pasta salad herb roasted chicken cucumber & tomato salad fresh watermelon	23 mixed greens salad diced turkey ham mozzarella cheese cucumber coins tomato italian dressing blueberry lemon crackers fresh peach	24 chicken salad croissant baby carrots ranch dressing fresh grapes	25 turkey ham & cheese stackables corn salad fresh apple



August & September Snack



Monday	Tuesday	Wednesday	Thursday	Friday
pretzel goldfish cheese stick 24	beef salami slices cheese crackers 25	blueberry lemon crackers yogurt 26	wheat crackers cheese stick 27	cinnamon goldfish graham yogurt 28
pretzel goldfish cheese stick 31	hummus multigrain SunChips 1	cinnamon goldfish graham yogurt 2	wheat crackers cheese stick 3	blueberry lemon crackers yogurt 4
no school 7	beef salami slices cheese crackers 8	blueberry lemon crackers yogurt 9	wheat crackers cheese stick 10	cinnamon goldfish graham yogurt 11
pretzel goldfish cheese stick 14	hummus multigrain SunChips 15	cinnamon goldfish graham yogurt 16	wheat crackers cheese stick 17	blueberry lemon crackers yogurt 18
pretzel goldfish cheese stick 21	beef salami slices cheese crackers 22	blueberry lemon crackers yogurt 23	wheat crackers cheese stick 24	cinnamon goldfish graham yogurt 25

All grains served are whole grain rich

Menu subject to change based on availability

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August & September 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 - watermelon; Fri - peach

8/24 - 8/28 & 9/21 - 9/25 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
- +add your dressing**
 - ranch dressing

8/31 - 9/04 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

9/08 - 9/11 SWEET CHILI

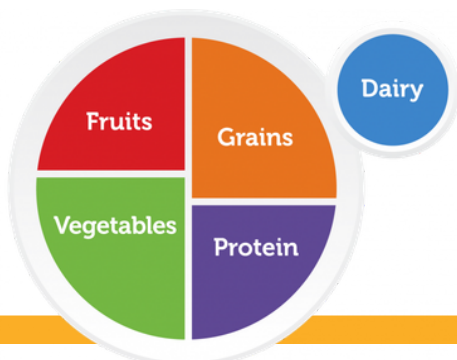
- + pick your base**
 - mixed greens salad
- +pick your protein**
 - sweet chili chicken
 - sweet chili tofu
- +pick your toppings**
 - edamame
 - diced cucumbers
 - shredded carrots
 - corn
 - shredded purple cabbage
 - whole grain roll
- +add your dressing**
 - soy citrus dressing

9/14 - 9/18 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!





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August & September 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 - watermelon; Fri - peach

8/31 - 9/04 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

9/08 - 9/11 SWEET CHILI

- + pick your base**
 - mixed greens salad
- +pick your protein**
 - sweet chili chicken
 - sweet chili tofu
- +pick your toppings**
 - edamame
 - diced cucumbers
 - shredded carrots
 - corn
 - shredded purple cabbage
 - whole grain roll
- +add your dressing**
 - soy citrus dressing

9/14 - 9/18 CHEF SALAD

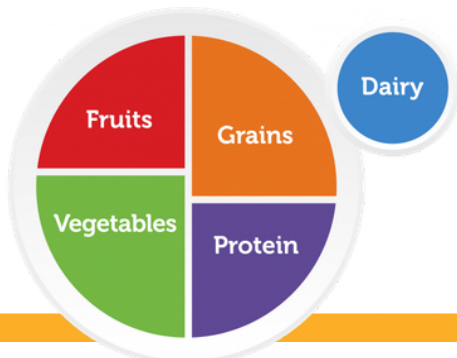
- + pick your base**
 - mixed greens salad
- +pick your protein**
 - diced turkey ham
 - hard-boiled egg
 - chickpeas
- +pick your toppings**
 - sliced tomatoes
 - cucumber coins
 - corn
 - shredded cheddar cheese
 - whole grain croutons
 - whole grain roll
- +add your dressing**
 - honey mustard dressing

9/21 - 9/25 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
- +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!





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August & September 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 - watermelon; Fri - peach

9/08 - 9/11 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

9/14 - 9/18 INDIAN BOWL

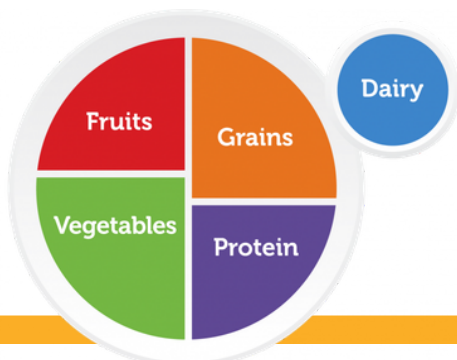
- + pick your base**
 - brown basmati rice
 - baby spinach
- +pick your protein**
 - curried chicken
 - curried chickpeas
- +pick your toppings**
 - potato samosa
 - roasted carrots
 - sauteed cabbage
- +add your sauce**
 - yogurt lime dressing

9/21 - 9/25 TACO BOWL

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

CREATING A BALANCED MEAL!

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





August & September 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 - watermelon; Fri - peach

8/31 - 9/04 TURKEY CLUB

turkey club

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

9/08 - 9/11 CHEESEBURGER

cheeseburger

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

9/14 - 9/18 MEATBALL SUB

meatball sub

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

9/21 - 9/25 HOT HONEY CHICKEN

hot honey chicken

- whole grain bun
- chicken thigh
- hot honey sauce

CREATING A BALANCED MEAL!

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

