



SERVING AWARD-WINNING FOOD THAT KIDS LOVE.

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October 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

USDA is an equal opportunity provider, employer,
and lender..

FRESH FEATURE

Did you know that there are over
2,500 different varieties of apples
grown in the United States?

The apples you eat in the cafeteria
are from **Kilmer Farm Market**,
located just 72 miles away from DC
in West Virginia, making them
local, sustainable, and delicious!



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



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October Breakfast Menu

K-12 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

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and lender.

FRESH FEATURE

Did you know that there are over
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grown in the United States?

The apples you eat in the cafeteria
are from **Kilmer Farm Market**,
located just 72 miles away from DC
in West Virginia, making them
local, sustainable, and delicious!



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



October Breakfast Menu

GRAB N' GO BREAKFAST

What do the colors on the menu mean?

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* = vegetarian entree

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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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FRESH FEATURE

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



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October Lunch Menu

LUNCH ECE

What do the colors on the menu mean?

GREEN = locally-sourced

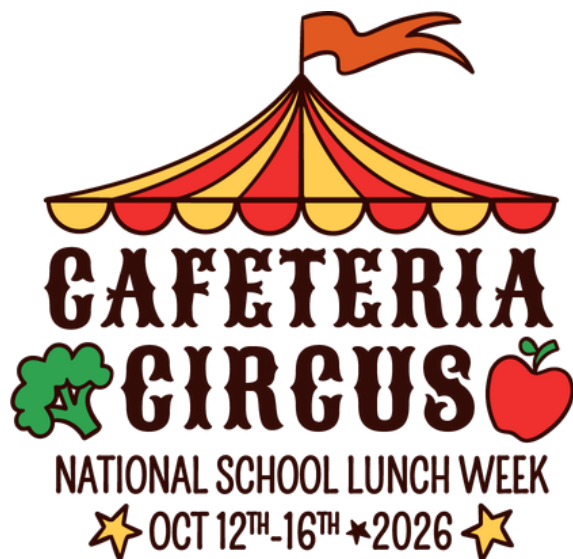
* = vegetarian entree

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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Celebrate all week long with DCCK's lineup of delicious and nutritious lunches!

Monday	Tuesday	Wednesday	Thursday	Friday
28 baja fish tacos cheese quesadilla* steamed corn chilled pears	29 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes fresh apple slices	30 bbq chicken veggie chik'n nuggets* cornbread muffin roasted summer squash orange wedges	1 quartered turkey meatballs & sauce lentil bolognese* whole grain rotini pasta roasted broccoli fresh watermelon	2 diced crispy chicken tender bbq baked beans* mac & cheese braised collard greens chilled peaches
5 taco beef chili black beans* cheese sauce tortilla chips southwest taco corn chilled pears	6 cheese pizza* steamed green beans fresh apple slices	7 diced crispy chicken tender veggie chik'n nuggets* waffles sweet potato hash syrup orange wedges	8 turkey sloppy joe on a bun lentil sloppy joe on a bun* roasted red potatoes ketchup cantaloupe	9 sweet chili chicken sweet chili tofu* brown rice ginger soy broccoli chilled peaches
12 no school	13 no school	14 hot dog sliced lengthwise on a bun veggie burger on a bun* corn ketchup mustard orange wedges	15 turkey & bean chili veg out chili* steamed corn cornbread muffin chilled pears	16 herb roasted chicken veggie chik'n nuggets* penne pasta with alfredo sauce roasted broccoli chilled peaches
19 grilled cheese* steamed green peas chilled pears	20 cheese pizza* steamed broccoli fresh apple slices	21 pulled bbq chicken sandwich veggie burger on a bun* steamed corn orange wedges	22 beef bolognese lentil bolognese* whole grain rotini pasta steamed green beans fresh watermelon	23 orange glazed chicken orange glazed tofu* brown rice steamed broccoli chilled peaches
26 baja fish tacos cheese quesadilla* steamed corn chilled pears	27 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes fresh apple slices	28 bbq chicken veggie chik'n nuggets* cornbread muffin roasted summer squash orange wedges	29 quartered turkey meatballs & sauce lentil bolognese* whole grain rotini pasta roasted broccoli fresh watermelon	30 no school



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October Lunch Menu

LUNCH K-8

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 sandwiches served daily

Menu subject to change based on availability

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Celebrate all week long with DCCK's lineup of delicious and nutritious lunches!

Monday	Tuesday	Wednesday	Thursday	Friday
28 baja fish tacos baja cream sauce cheese quesadilla* steamed corn tangy cilantro-lime slaw fresh grapes fresh apple	29 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes cucumber salad fresh apple slices	30 bbq chicken drum veggie chik'n nuggets* cornbread muffin roasted summer squash sweet potato wedges ketchup orange wedges fresh apple	1 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta garlic breadstick roasted broccoli fresh watermelon fresh apple	2 crispy chicken tender bbq baked beans* mac & cheese glazed carrots braised collard greens fresh pear fresh apple
5 taco beef chili black beans* cheese sauce sour cream tortilla chips roasted tomato salsa southwest taco corn fresh grapes fresh apple	6 cheese pizza* mixed greens salad italian dressing cucumber coins fresh apple slices	7 crispy chicken tender veggie chik'n nuggets* whole grain waffles braised collard greens sweet potato hash hot sauce syrup orange wedges fresh apple	8 turkey sloppy joe on a bun lentil sloppy joe on a bun* roasted red potatoes roasted summer squash fresh watermelon fresh apple	9 sweet chili chicken sweet chili tofu* brown rice ginger soy broccoli steamed carrots fresh pear fresh apple
12 no school	13 no school	14 beef hot dog on a bun veggie burger on a bun* steamed green beans steamed corn ketchup mustard orange wedges fresh apple	15 turkey & bean chili veg out chili* cornbread muffin ranch dressing mixed greens salad roasted red potatoes fresh watermelon fresh apple	16 herb roasted chicken veggie chik'n nuggets* penne pasta with alfredo sauce roll roasted broccoli roasted sweet potatoes fresh pear fresh apple
19 turkey meatball sub grilled cheese* lemon garlic kale salad steamed green peas fresh grapes fresh apple	20 cheese pizza* mediterranean chickpea salad mixed greens salad balsamic dressing fresh apple slices	21 pulled bbq chicken sandwich veggie burger on a bun* steamed corn coleslaw orange wedges fresh apple	22 beef bolognese lentil bolognese* whole grain penne pasta garlic breadstick steamed green beans roasted summer squash fresh watermelon fresh apple	23 orange glazed chicken orange glazed tofu* brown rice steamed broccoli steamed carrots fresh pear fresh apple
26 baja fish tacos baja cream sauce cheese quesadilla* steamed corn tangy cilantro-lime slaw fresh grapes fresh apple	27 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes cucumber salad fresh apple slices	28 bbq chicken drum veggie chik'n nuggets* cornbread muffin roasted summer squash sweet potato wedges ketchup orange wedges fresh apple	29 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta garlic breadstick roasted broccoli fresh watermelon fresh apple	30 no school



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October Lunch Menu

LUNCH 9-12

What do the colors on the menu mean?

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* = vegetarian entree

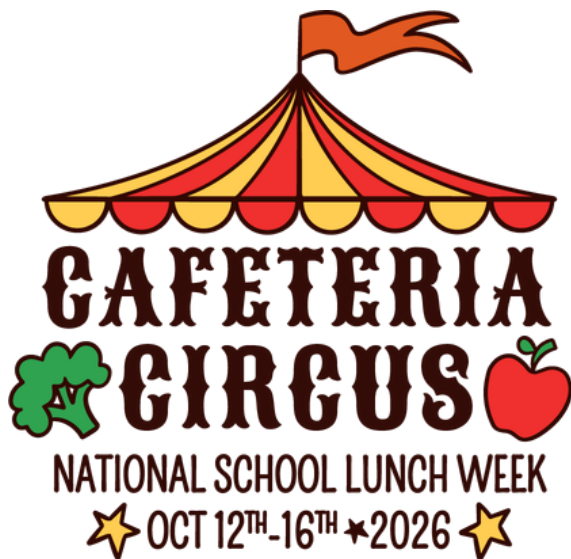
All grains served are whole grain rich

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

Assorted sandwiches served daily

Menu subject to change based on availability

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Celebrate all week long with DCCK's lineup of delicious and nutritious lunches!

Monday	Tuesday	Wednesday	Thursday	Friday
28 baja fish tacos baja cream sauce cheese quesadilla* steamed corn tangy cilantro-lime slaw fresh grapes fresh apple	29 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes cucumber salad fresh apple slices	30 bbq chicken drum veggie chik'n nuggets* cornbread muffin roasted summer squash sweet potato wedges ketchup orange wedges fresh apple	1 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta garlic breadstick roasted broccoli steamed corn fresh watermelon fresh apple	2 crispy chicken tender bbq baked beans* mac & cheese roll glazed carrots braised collard greens fresh pear fresh apple
5 taco beef chili black beans* cheese sauce sour cream corn tortilla chips roasted tomato salsa southwest taco corn fresh grapes fresh apple	6 cheese pizza* mixed greens salad italian dressing cucumber coins fresh apple slices	7 crispy chicken tender veggie chik'n nuggets* whole grain waffles braised collard greens sweet potato hash hot sauce syrup orange wedges fresh apple	8 turkey sloppy joe on a bun lentil sloppy joe on a bun* roasted red potatoes roasted summer squash fresh watermelon fresh apple	9 sweet chili chicken sweet chili tofu* brown rice ginger soy broccoli steamed carrots fresh pear fresh apple
12 no school	13 no school	14 beef hot dog on a bun veggie burger on a bun* steamed green beans steamed corn ketchup mustard fresh apple slices	15 turkey & bean chili veg out chili* cornbread muffin roasted red potatoes mixed greens salad ranch dressing fresh grapes fresh apple	16 herb roasted chicken veggie chik'n nuggets* penne pasta with alfredo sauce roll roasted broccoli roasted sweet potatoes fresh pear fresh apple
19 turkey meatball sub grilled cheese* lemon garlic kale salad steamed green peas fresh grapes fresh apple	20 cheese pizza* mediterranean chickpea salad mixed greens salad tomato balsamic dressing fresh apple slices	21 pulled bbq chicken sandwich veggie burger on a bun* steamed corn coleslaw orange wedges fresh apple slices	22 beef bolognese lentil bolognese* whole grain penne pasta garlic breadstick steamed green beans roasted summer squash fresh watermelon fresh apple	23 orange glazed chicken orange glazed tofu* brown rice steamed broccoli steamed carrots fresh pear fresh apple
26 baja fish tacos baja cream sauce cheese quesadilla* steamed corn tangy cilantro-lime slaw fresh grapes fresh apple	27 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes cucumber salad fresh apple slices	28 bbq chicken drum veggie chik'n nuggets* cornbread muffin roasted summer squash sweet potato wedges ketchup orange wedges fresh apple	29 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta garlic breadstick roasted broccoli steamed corn fresh watermelon fresh apple	30 no school



October Supper Menu

DCPS SUPPER

What do the colors on the menu mean?

GREEN = locally-sourced

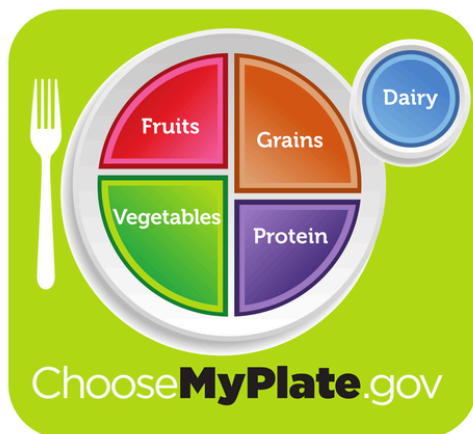
* = vegetarian entree

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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and lender.



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
28 corn tortilla chips black bean & corn salsa cheese stick orange wedges	29 sweet chili chicken whole wheat bun snap peas fresh watermelon	30 whole grain flatbread shredded mozzarella house tomato sauce fresh pear	1 mixed greens salad cumin lime chicken black beans cheddar cheese tomato corn ranch dressing multigrain SunChips fresh grapes	2 tuna salad wheat crackers cucumber coins ranch dressing fresh apple
5 sunbutter & jelly sandwich hummus cucumber coins orange wedges	6 pesto pasta salad herb roasted chicken red pepper strips italian dressing fresh watermelon	7 mixed greens salad diced turkey ham mozzarella cheese cucumber coins tomato italian dressing blueberry lemon crackers fresh pear	8 chicken salad croissant corn salad fresh grapes	9 turkey ham & cheese stackables lemon garlic kale salad fresh apple
12 no school	13 no school	14 whole grain flatbread shredded mozzarella house tomato sauce fresh pear	15 buffalo chicken whole wheat bun ranch dressing celery sticks fresh grapes	16 tuna salad wheat crackers baby carrots ranch dressing fresh apple
19 sunbutter & jelly sandwich hummus red pepper strips orange wedges	20 pesto pasta salad herb roasted chicken cucumber & tomato salad fresh watermelon	21 mixed greens salad diced turkey ham mozzarella cheese cucumber coins tomato chickpeas italian dressing blueberry lemon crackers fresh pear	22 chicken salad croissant baby carrots ranch dressing fresh grapes	23 turkey ham & cheese stackables corn salad fresh apple
26 corn tortilla chips black bean & corn salsa cheese stick orange wedges	27 sweet chili chicken whole wheat bun snap peas fresh watermelon	28 tuna salad wheat crackers cucumber coins fresh apple	29 taco salad multigrain SunChips fresh grapes	30 no school



October Snack



Monday	Tuesday	Wednesday	Thursday	Friday
pretzel goldfish cheese stick 28	hummus multigrain SunChips 29	cinnamon goldfish graham yogurt 30	wheat crackers cheese stick 1	blueberry lemon crackers yogurt 2
pretzel goldfish cheese stick 5	beef salami slices cheese crackers 6	blueberry lemon crackers yogurt 7	wheat crackers cheese stick 8	cinnamon goldfish graham yogurt 9
no school 12	no school 13	cinnamon goldfish graham yogurt 14	wheat crackers cheese stick 15	blueberry lemon crackers yogurt 16
pretzel goldfish cheese stick 19	beef salami slices cheese crackers 20	blueberry lemon crackers yogurt 21	wheat crackers cheese stick 22	cinnamon goldfish graham yogurt 23
pretzel goldfish cheese stick 26	hummus multigrain SunChips 27	cinnamon goldfish graham yogurt 28	wheat crackers cheese stick 29	no school 30

All grains served are whole grain rich

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October 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

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

9/28 - 10/02 &
10/26 & 10/30
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

10/05 - 10/09
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

10/14 - 10/16
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

10/19 - 10/23
BBQ SALAD

+ pick your base

- romaine

+pick your protein

- bbq chicken
- chickpeas

+pick your toppings

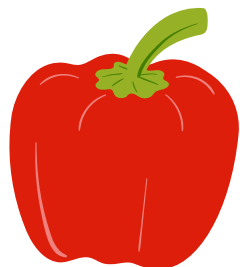
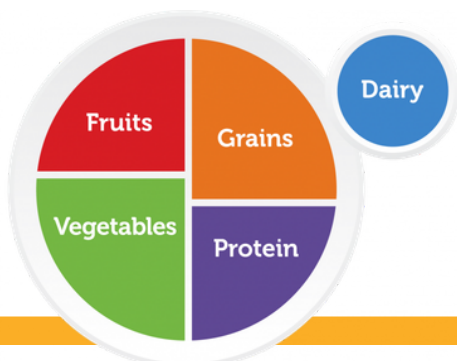
- red onion
- red pepper strips
- corn
- shredded cheddar cheese
- whole grain croutons

+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!





October 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

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

9/28 - 10/02 &
10/26 & 10/30
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

10/05 - 10/09
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

10/14 - 10/16
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

10/19 - 10/23
BBQ SALAD

+ pick your base

- romaine

+pick your protein

- bbq chicken
- chickpeas

+pick your toppings

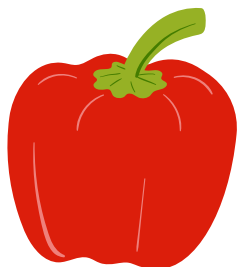
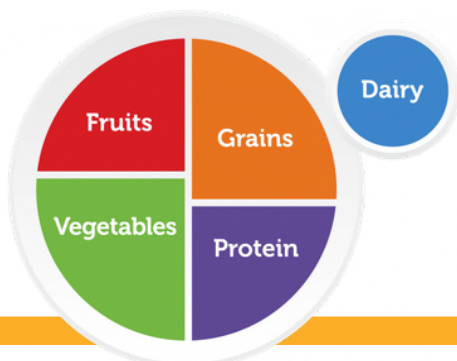
- red onion
- red pepper strips
- corn
- shredded cheddar cheese
- whole grain croutons

+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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October 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

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

9/28 - 10/02 & 10/28 - 10/02 KOREAN BOWL

- + pick your base**
 - jasmine rice
- +pick your protein**
 - chicken bulgogi
 - beef bulgogi
 - edamame
- +pick your toppings**
 - soy citrus kale slaw
 - korean cauliflower
 - glazed carrots
 - steamed green peas

10/05 - 10/09 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

10/14 - 10/16 INDIAN BOWL

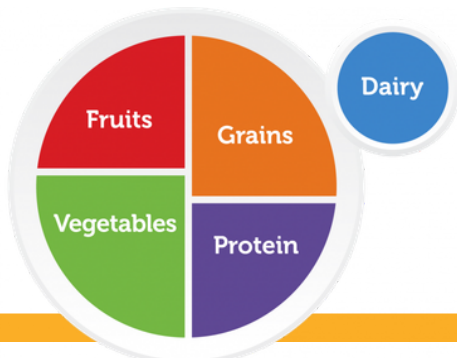
- + pick your base**
 - brown basmati rice
 - baby spinach
- +pick your protein**
 - curried chicken
 - curried chickpeas
- +pick your toppings**
 - potato samosa
 - roasted carrots
 - sauteed cabbage
- +add your sauce**
 - yogurt lime dressing

10/19 - 10/23 TACO BOWL

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

CREATING A BALANCED MEAL!

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





October 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.

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Mon - grapes; Tues - apple; Wed - orange;
Thurs - pear; Fri - cantaloupe

9/28 - 10/02 & 10/26 - 10/30 TURKEY CLUB

turkey club

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

10/05 - 10/09 MEATBALL SUB

meatball sub

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

10/14 - 10/16 CHEESEBURGER

cheeseburger

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

10/14 - 10/16 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!

