SERVING AWARD-WINNING FOOD THAT KIDS LOVE. WWW.DCCENTRALKITCHEN.ORG FOLLOW US ON SOCIAL MEDIA!

November Breakfast

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 FEAUTURE: CINNAMON APPLES

We cook our cinnamon apples from fresh local apples stewed with brown sugar & cinnamon. Try it on Thursdays with brown sugar oatmeal for a hearty warm breakfast!



Monday	Tuesday	Wednesday	Thursday	Friday
2 no school	3 no school	4 turkey sausage patty veggie breakfast sausage patty* biscuit applesauce cup	5 brown sugar oatmeal cinnamon apples	6 pumpkin bread hard boiled egg melon
9 bagel cream cheese jelly applesauce	10 whole grain french toast sticks turkey bacon veggie breakfast sausage patty* orange wedges	11 no school	12 brown sugar oatmeal cinnamon apples	13 waffles honey turkey bacon veggie breakfast sausage patty* melon
16 whole grain french toast sticks turkey bacon veggie breakfast sausage patty* applesauce	17 turkey sausage patty veggie breakfast sausage patty* biscuit orange wedges	18 bagel cream cheese jelly melon	19 brown sugar oatmeal cinnamon apples	20 apple cinnamon bread hard boiled egg melon
23 bagel cream cheese jelly applesauce	24 turkey bacon & egg bak e veggie breakfast sausage patty* croissant orange wedges	25 no school	26 no school	27 no school
30 whole grain french toast sticks turkey bacon veggie breakfast sausage patty* applesauce	1 bagel cream cheese jelly orange wedges	2 turkey sausage patty veggie breakfast sausage patty* biscuit melon	3 brown sugar oatmeal cinnamon apples	4 pumpkin bread hard boiled egg melon

SERVING AWARD-WINNING FOOD THAT KIDS LOVE. WWW.DCCENTRALKITCHEN.ORG FOLLOW US ON SOCIAL MEDIA!

November Breakfast

K-12 BREAKFAST

What do the colors on the menu mean?
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* = 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

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FRESH FEAUTURE: CINNAMON APPLES

We cook our cinnamon apples from fresh local apples stewed with brown sugar & cinnamon. Try it on Thursdays with brown sugar oatmeal for a hearty warm breakfast!



Monday	Tuesday	Wednesday	Thursday	Friday
2 no school	3 no school	4 scrambled eggs hot sauce biscuit jelly fresh apple slices	5 turkey sausage patty veggie breakfast sausage patty* brown sugar oatmeal cinnamon apples 100% orange juice fresh apple	6 pumpkin bread hard boiled egg hot sauce melon
9 bagel cream cheese jelly fresh apple slices	10 whole grain french toast sticks scrambled eggs hot sauce orange wedges	11 no school	12 turkey sausage patty veggie breakfast sausage patty* brown sugar oatmeal cinnamon apples 100% orange juice fresh apple	13 whole grain waffles honey scrambled eggs melon
16 scrambled eggs hot sauce whole grain french toast sticks fresh apple slices	17 turkey sausage patty veggie breakfast sausage patty* biscuit hot sauce orange wedges	18 bagel cream cheese jelly melon	19 turkey sausage patty veggie breakfast sausage patty* brown sugar oatmeal cinnamon apples 100% orange juice fresh apple	20 apple cinnamon bread hard boiled egg hot sauce melon
23 bagel cream cheese jelly fresh apple slices	24 turkey bacon & egg bake veggie breakfast sausage patty* croissant jelly orange wedges	25 no school	26 no school	27 no school
30 scrambled eggs hot sauce whole grain french toast sticks fresh apple slices	1 bagel cream cheese jelly orange wedges	2 scrambled eggs hot sauce biscuit jelly melon	3 turkey sausage patty veggie breakfast sausage patty* brown sugar oatmeal cinnamon apples 100% orange juice fresh apple	4 pumpkin bread hard boiled egg hot sauce melon

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November Breakfast

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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FRESH FEAUTURE: CINNAMON APPLES

We cook our cinnamon apples from fresh local apples stewed with brown sugar & cinnamon. Try it on Thursdays with brown sugar oatmeal for a hearty warm breakfast!



Monday	Tuesday	Wednesday	Thursday	Friday
2 no school	3 no school	4 turkey sausage patty veggie breakfast sausage patty* biscuit jelly fresh apple	5 yogurt brown sugar oatmeal cinnamon apples 100% orange juice fresh apple	6 pumpkin bread hard boiled egg hot sauce melon
9 bagel cream cheese jelly fresh apple	10 turkey bacon veggie breakfast sausage patty* whole grain french toast sticks fresh orange	11 no school	12 yogurt brown sugar oatmeal cinnamon apples 100% orange juice fresh apple	13 turkey bacon veggie breakfast sausage patty* whole grain waffles honey melon
16 turkey bacon veggie breakfast sausage patty* whole grain french toast sticks fresh apple	17 turkey sausage patty veggie breakfast sausage patty* biscuit hot sauce fresh orange	18 bagel cream cheese jelly melon	19 yogurt brown sugar oatmeal cinnamon apples 100% orange juice fresh apple	20 apple cinnamon bread hard boiled egg hot sauce melon
23 bagel cream cheese jelly fresh apple	24 turkey bacon & egg bak e veggie breakfast sausage patty* croissant jelly fresh orange	25 no school	26 no school	27 no school
30 turkey bacon veggie breakfast sausage patty* whole grain french toast sticks fresh apple	1 bagel cream cheese jelly fresh orange	2 turkey sausage patty veggie breakfast sausage patty* biscuit jelly melon	3 yogurt brown sugar oatmeal cinnamon apples 100% orange juice fresh apple	4 pumpkin bread hard boiled egg hot sauce melon

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November Lunch Menu

LUNCH ECE

What do the colors on the menu mean?
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* = 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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SHARE YOUR THOUGHTS!

Calling all parents & guardians! We want your feedback on school meals. Scan the QR code to take our survey!



Monday	Tuesday	Wednesday	Thursday	Friday
2 no school	3 no school	4 hot dog sliced lengthwise on a bun veggie burger on a bun* ketchup mustard steamed corn orange wedges	5 crispy catfish sandwich grilled cheese* ketchup mustard honey cinnamon sweet potatoes fresh pineapple	6 herb roasted chicken veggie chik'n nuggets* penne pasta with alfredo sauce herb roasted butternut squash chilled pears
9 beef shepherd's pie lentil shepherd's pie* biscuit mashed potatoes chilled peaches	10 cheese pizza* steamed green beans fresh apple slices	11 no school	12 quartered turkey meatballs & sauce lentil bolognese* whole grain rotini pasta honey cinnamon sweet potatoes fresh pineapple	13 orange glazed chicken orange glazed tofu* brown rice steamed broccoli chilled pears
16 turkey sloppy joe on a bun lentil sloppy joe on a bun* steamed corn chilled peaches	17 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes fresh apple slices	18 herb roasted chicken veggie chik'n nuggets* cornbread muffin pea soup orange wedges	19 crispy catfish black eyed peas* brown rice glazed carrots fresh pineapple	20 diced crispy chicken tender bbq baked beans* mac & cheese braised collard greens chilled pears
23 taco beef chili black beans* cheese sauce tortilla chips southwest taco corn chilled peaches	24 diced roasted turkey brown gravy veggie chik'n nuggets* vegetarian brown gravy roll mashed potatoes fresh pineapple	25 no school	26 no school	27 no school
30 turkey & bean chili veg out chili* cornbread muffin roasted broccoli chilled peaches	1 hot dog sliced lengthwise on a bun veggie burger on a bun* roasted red potatoes ketchup mustard fresh apple slices	2 diced jamaican jerk chicken black eyed peas* yellow rice sauteed cabbage orange wedges	3 crispy catfish sandwich veggie burger on a bun* steamed green peas and corn fresh pineapple	4 herb roasted chicken veggie chik'n nuggets* penne pasta with alfredo sauce herb roasted butternut squash chilled pears

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November Lunch Menu

LUNCH K-8

What do the colors on the menu mean?
GREEN = locally-sourced
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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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SHARE YOUR THOUGHTS!

Calling all parents & guardians! We want your feedback on school meals. Scan the QR code to take our survey!



Monday	Tuesday	Wednesday	Thursday	Friday
2 no school	3 no school	4 beef hot dog on a bun veggie burger on a bun* ketchup mustard steamed corn steamed green beans fresh apple slices	5 crispy catfish sandwich mayo hot sauce grilled cheese* honey cinnamon sweet potatoes steamed green peas fresh pineapple fresh apple	6 herb roasted chicken veggie chik'n nuggets* penne pasta with alfredo sauce herb roasted butternut squash mixed greens salad italian dressing fresh pear fresh apple
9 beef shepherd's pie lentil shepherd's pie* biscuit steamed green peas mashed potatoes fresh grapes fresh apple	10 cheese pizza* shredded carrots mixed greens salad balsamic dressing fresh apple slices	11 no school	12 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta garlic breadstick steamed green beans honey cinnamon sweet potatoes fresh pineapple fresh apple	13 orange glazed chicken orange glazed tofu* brown rice steamed broccoli steamed carrots fresh pear fresh apple
16 turkey sloppy joe on a bun lentil sloppy joe on a bun* steamed corn roasted broccoli fresh grapes fresh apple	17 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes cucumber salad fresh apple slices	18 herb roasted chicken drum veggie chik'n nuggets* ketchup cornbread muffin pea soup honey cinnamon sweet potatoes orange wedges fresh apple	19 crispy catfish black eyed peas* brown rice sauteed cabbage glazed carrots fresh pineapple fresh apple	20 crispy chicken tender bbq baked beans* mac & cheese cinnamon roasted butternut squash braised collard greens fresh pear fresh apple
23 taco beef chili black beans* cheese sauce sour cream tortilla chips roasted tomato salsa southwest taco corn fresh grapes fresh apple	24 roasted turkey brown gravy veggie chik'n nuggets* vegetarian brown gravy cornbread muffin steamed green beans mashed potatoes fresh pineapple	25 no school	26 no school	27 no school
30 turkey & bean chili veg out chili* cornbread muffin steamed corn roasted broccoli fresh grapes fresh apple	1 beef hot dog on a bun veggie burger on a bun* steamed green beans roasted red potatoes ketchup mustard fresh apple slices	2 jamaican jerk chicken drum black eyed peas* yellow rice sauteed cabbage oven fried plantains orange wedges fresh apple	3 crispy catfish veggie chik'n nuggets* whole wheat bun steamed green peas and corn honey cinnamon sweet potatoes fresh pineapple fresh apple	4 herb roasted chicken veggie chik'n nuggets* penne pasta with alfredo sauce herb roasted butternut squash mixed greens salad italian dressing fresh pear fresh apple

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November Lunch Menu

LUNCH 9-12

What do the colors on the menu mean?
GREEN = locally-sourced
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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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SHARE YOUR THOUGHTS!

Calling all parents & guardians! We want your feedback on school meals. Scan the QR code to take our survey!



Monday	Tuesday	Wednesday	Thursday	Friday
2 no school	3 no school	4 beef hot dog on a bun veggie burger on a bun* ketchup mustard steamed corn steamed green beans orange wedges fresh apple	5 crispy catfish sandwich mayo hot sauce grilled cheese* steamed green peas honey cinnamon sweet potatoes fresh pineapple fresh apple	6 herb roasted chicken veggie chik'n nuggets* penne pasta with alfredo sauce roll mixed greens salad italian dressing herb roasted butternut squash fresh pear fresh apple
9 beef shepherd's pie lentil shepherd's pie* biscuit mashed potatoes steamed green peas fresh grapes fresh apple	10 cheese pizza* roasted broccoli shredded carrots mixed greens salad balsamic dressing fresh apple slices	11 no school	12 turkey meatballs & sauce lentil bolognese* whole grain rotini pasta garlic breadstick steamed green beans honey cinnamon sweet potatoes fresh pineapple fresh apple	13 orange glazed chicken orange glazed tofu* brown rice steamed broccoli steamed carrots fresh pear fresh apple
16 turkey sloppy joe on a bun lentil sloppy joe on a bun* steamed corn roasted broccoli fresh grapes fresh apple	17 beef burger on a bun veggie burger on a bun* ketchup mustard roasted red potatoes cucumber salad fresh apple slices	18 herb roasted chicken drum veggie chik'n nuggets* ketchup cornbread muffin pea soup honey cinnamon sweet potatoes orange wedges fresh apple	19 crispy catfish black eyed peas* brown rice sauteed cabbage glazed carrots fresh pineapple fresh apple	20 crispy chicken tender bbq baked beans* mac & cheese roll cinnamon roasted butternut squash braised collard greens fresh pear fresh apple
23 taco beef chili black beans* cheese sauce sour cream corn tortilla chips roasted tomato salsa southwest taco corn fresh grapes fresh apple	24 roasted turkey brown gravy veggie chik'n nuggets* vegetarian brown gravy cornbread muffin steamed green beans mashed potatoes fresh pineapple	25 no school	26 no school	27 no school
30 turkey & bean chili veg out chili* cornbread muffin steamed corn roasted broccoli fresh grapes fresh apple	1 beef hot dog on a bun veggie burger on a bun* steamed green beans roasted red potatoes ketchup mustard fresh apple slices	2 jamaican jerk chicken drum black eyed peas* yellow rice sauteed cabbage oven fried plantains orange wedges fresh apple	3 crispy catfish veggie chik'n nuggets* whole wheat bun steamed green peas and corn honey cinnamon sweet potatoes fresh pineapple fresh apple	4 herb roasted chicken veggie chik'n nuggets* penne pasta with alfredo sauce roll mixed greens salad italian dressing herb roasted butternut squash fresh pear fresh apple

SERVING AWARD-WINNING FOOD THAT KIDS LOVE. WWW.DCCENTRALKITCHEN.ORG FOLLOW US ON SOCIAL MEDIA!

November Supper Menu

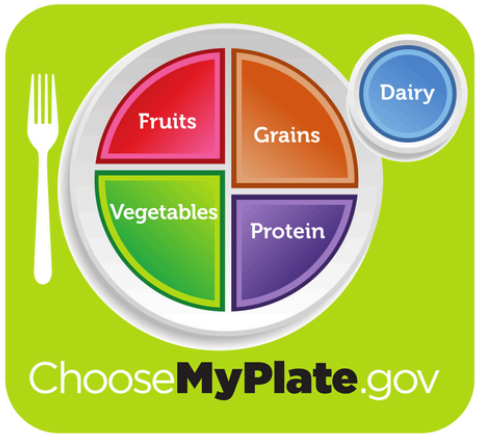
DCPS K-12 SUPPER

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.

Menu subject to change based on availability

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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 diary.

Monday	Tuesday	Wednesday	Thursday	Friday
2 no school	3 no school	4 turkey ham & cheese stackables baby carrots ranch dressing chilled pears	5 Pasta Salad With Chicken & Corn fresh apple	6 tuna salad wheat crackers cucumber coins ranch dressing fruit salad
9 turkey & cheese on a hoagie mayo mustard cucumber coins ranch dressing orange wedges	10 sweet chili chicken whole wheat bun soy citrus kale slaw fresh grapes	11 no school	12 chicken salad croissant baby carrots ranch dressing fresh apple	13 whole grain flatbread shredded mozzarella tomato sauce fruit salad
16 sunbutter & jelly sandwich cheese stick lemon garlic kale salad orange wedges	17 bbq chicken whole wheat bun celery sticks ranch dressing fresh grapes	18 turkey ham & cheese stackables baby carrots ranch dressing fresh pear	19 Pasta Salad with Turkey Ham & Broccoli fresh apple	20 tuna salad wheat crackers cucumber coins ranch dressing fruit salad
23 turkey & cheese on a hoagie mayo mustard baby carrots ranch dressing orange wedges	24 hot honey chicken thigh whole wheat bun lemon parmesan kale fresh grapes	25 no school	26 no school	27 no school
30 sunbutter & jelly sandwich cheese stick cucumber coins ranch dressing orange wedges	1 buffalo chicken whole wheat bun celery sticks ranch dressing fresh grapes	2 turkey ham & cheese stackables lemon garlic kale salad fresh pear	3 Pasta Salad With Chicken & Corn fresh apple	4 tuna salad wheat crackers baby carrots ranch dressing fruit salad

SERVING AWARD-WINNING FOOD THAT KIDS LOVE. WWW.DCCENTRALKITCHEN.ORG FOLLOW US ON SOCIAL MEDIA!

November Supper Menu

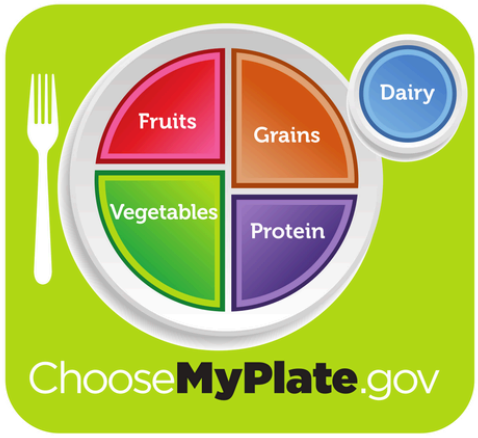
DCPS ECE SUPPER

What do the colors on the menu mean?
GREEN = locally-sourced
* = vegetarian entree

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

Menu subject to change based on availability

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Healthy Meals for Active Students!
All supper meals, include at least three of the five food groups on MyPlate: grains, protein, fruits, vegetables, and diary.

Monday	Tuesday	Wednesday	Thursday	Friday
2 no school	3 no school	4 turkey ham & cheese stackables baby carrots ranch dressing chilled pears	5 Pasta Salad With Chicken & Corn applesauce	6 tuna salad wheat crackers cucumber coins ranch dressing fruit salad
9 turkey & cheese on a hoagie mayo mustard cucumber coins ranch dressing orange wedges	10 sweet chili chicken whole wheat bun soy citrus kale slaw chilled peaches	11 no school	12 chicken salad croissant ranch dressing cucumber coins applesauce	13 whole grain flatbread shredded mozzarella tomato sauce fruit salad
16 sunbutter & jelly sandwich cheese stick lemon garlic kale salad orange wedges	17 bbq chicken whole wheat bun ranch dressing chilled peaches cucumber coins	18 turkey ham & cheese stackables baby carrots ranch dressing cucumber coins chilled pears	19 Pasta Salad with Turkey Ham & Broccoli applesauce	20 tuna salad wheat crackers cucumber coins ranch dressing fruit salad
23 turkey & cheese on a hoagie mayo mustard ranch dressing orange wedges cucumber coins	24 hot honey chicken thigh whole wheat bun lemon parmesan kale chilled peaches	25 no school	26 no school	27 no school
30 sunbutter & jelly sandwich cheese stick cucumber coins ranch dressing orange wedges	1 buffalo chicken whole wheat bun ranch dressing chilled peaches cucumber coins	2 turkey ham & cheese stackables lemon garlic kale salad chilled pears	3 Pasta Salad With Chicken & Corn applesauce	4 tuna salad wheat crackers ranch dressing fruit salad cucumber coins

November Snack

Monday	Tuesday	Wednesday	Thursday	Friday
2 no school	3 no school	4 cinnamon goldfish graham yogurt	5 wheat crackers cheese stick	6 blueberry lemon crackers yogurt
9 pretzel goldfish cheese stick	10 beef salami slices cheese crackers	11 no school	12 wheat crackers cheese stick	13 cinnamon goldfish graham yogurt
16 pretzel goldfish cheese stick	17 hummus multigrain SunChips	18 cinnamon goldfish graham yogurt	19 wheat crackers cheese stick	20 blueberry lemon crackers yogurt
23 pretzel goldfish cheese stick	24 beef salami slices cheese crackers	25 no school	26 no school	27 no school
30 pretzel goldfish cheese stick	1 hummus multigrain SunChips	2 cinnamon goldfish graham yogurt	3 wheat crackers cheese stick	4 blueberry lemon crackers yogurt

All grains served are whole grain rich

Menu subject to change based on availability

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November 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

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

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

11/4 - 11/6 & 11/30 - 12/4 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

11/9 - 11/13 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

11/16 - 11/20 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

11/23 & 11/24 TACO SALAD

+ pick your base
- romaine lettuce

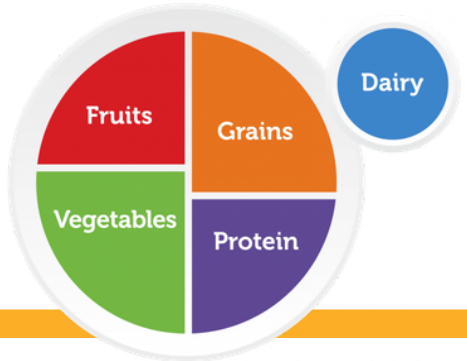
+pick your protein
- cumin lime chicken
- black beans

+pick your toppings
- cherry tomatoes
- corn
- red onion
- shredded cheddar cheese
- corn tortilla chips
- whole grain roll

+add your dressing
- honey lime dressing

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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November 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

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

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

11/4 - 11/6 & 11/30 - 12/4 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

11/9 - 11/13 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

11/16 - 11/20 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

11/23 & 11/24 TACO SALAD

+ pick your base
- romaine lettuce

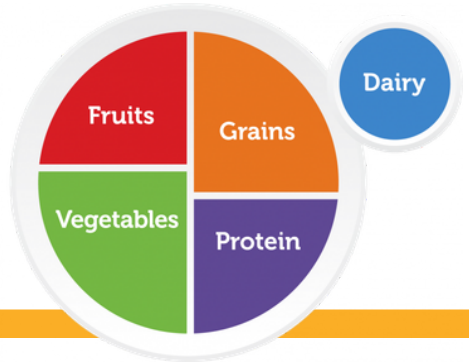
+pick your protein
- cumin lime chicken
- black beans

+pick your toppings
- cherry tomatoes
- corn
- red onion
- shredded cheddar cheese
- corn tortilla chips
- whole grain roll

+add your dressing
- honey lime dressing

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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November 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

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

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

11/4-11/6 & 11/30 - 12/4 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

11/9 - 11/13 JAMAICAN BOWL

+ pick your base
- yellow rice

+pick your protein
- jamaican jerk chicken
- jamaican jerk tofu
- red beans

+pick your toppings
- sauteed cabbage
- plantains
- carrots
- braised collards

+add your sauce
- yogurt lime dressing

11/16 - 11/20 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

11/23 & 11/24 KOREAN BOWL

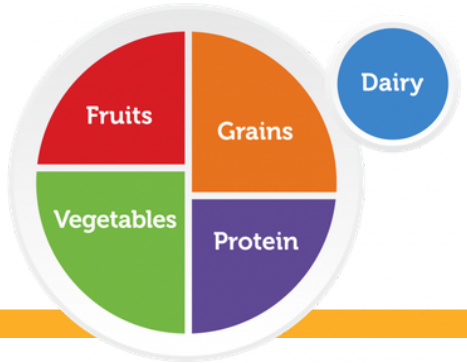
+ pick your base
- jasmine rice

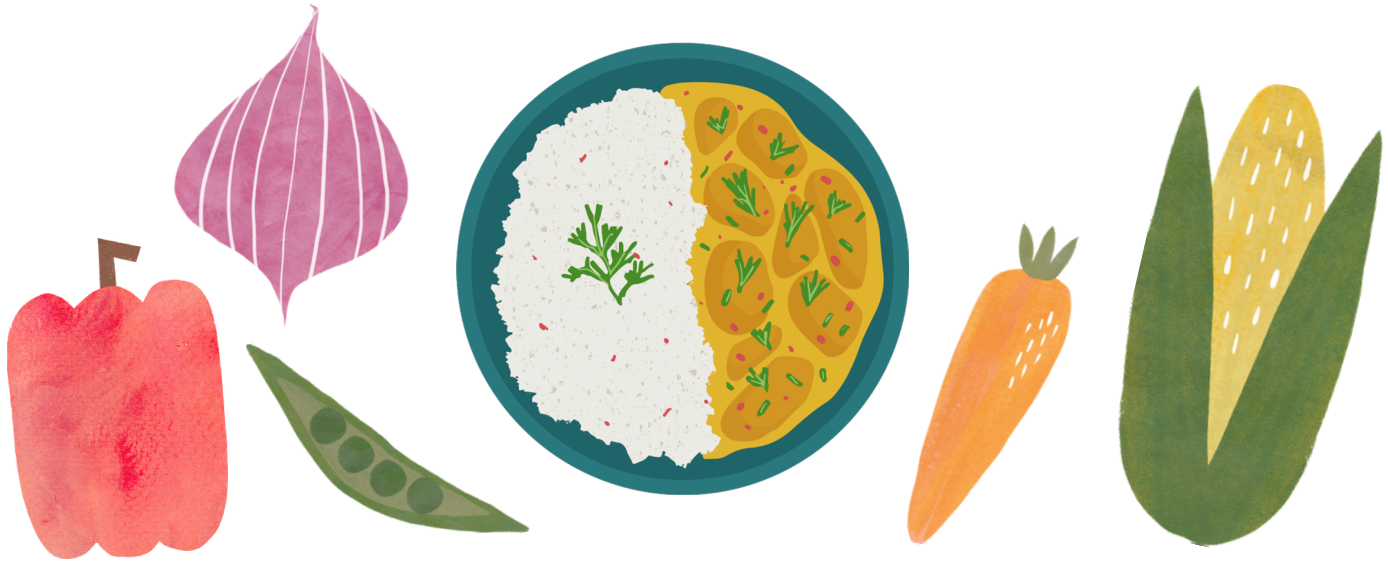
+pick your protein
- chicken bulgogi
- beef bulgogi
- edamame

+pick your toppings
- soy citrus kale slaw
- korean cauliflower
- glazed carrots
- steamed green peas

CREATING A BALANCED MEAL!

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





November 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

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

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

11/4 - 11/6 & 11/30 - 12/4 TURKEY CLUB

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

11/9 - 11/13 CHEESEBURGER

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

11/16 - 11/20 GRILLED CHEESE

grilled cheese
- provolone cheese
- sandwich bread

11/23 & 11/24 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!

