



January Breakfast Menu

BREAKFAST K-12

What do the colors on the menu mean?

GREEN = locally-sourced

BLUE = international

ORANGE = Fresh Feature Friday Winner!

= vegetarian entree

All grains served are whole grain rich

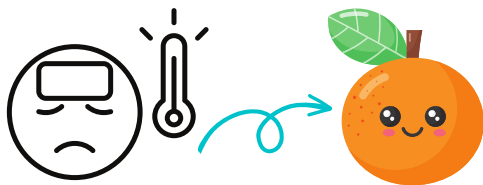
Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

FRESH FEATURE

Eating oranges will help keep you from getting sick this winter! They are full of vitamin C, which helps boost your immune system.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 no school	2 no school	3 <ul style="list-style-type: none"> cinnamon rice chex cereal graham crackers orange wedges 	4 <ul style="list-style-type: none"> pineapple carrot bread fresh banana 100% orange juice 	5 <ul style="list-style-type: none"> buttermilk pancakes scrambled eggs butter all-natural syrup cantaloupe
8 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly fresh apple slices 	9 <ul style="list-style-type: none"> brown sugar oatmeal honey fresh pear 	10 <ul style="list-style-type: none"> scrambled eggs turkey bacon veggie breakfast sausage patty whole grain toast jelly & butter orange wedges 	11 <ul style="list-style-type: none"> apple pie parfait whole grain granola fresh banana 	12 <ul style="list-style-type: none"> emoji waffles turkey sausage patty veggie breakfast sausage patty butter all-natural syrup cantaloupe
15 no school	16 <ul style="list-style-type: none"> frosted mini-wheats cereal cheese stick fresh pear 	17 <ul style="list-style-type: none"> apple cinnamon bread orange wedges 	18 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly fresh banana 100% orange juice 	19 <ul style="list-style-type: none"> buttermilk pancakes scrambled eggs butter all-natural syrup cantaloupe
22 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly fresh apple slices 	23 <ul style="list-style-type: none"> scrambled eggs turkey sausage links veggie breakfast sausage patty whole grain toast jelly & butter fresh pear 	24 <ul style="list-style-type: none"> frosted flakes graham crackers orange wedges 	25 <ul style="list-style-type: none"> bacon, egg & cheese breakfast burrito egg & cheese breakfast burrito hot sauce fresh banana 100% orange juice 	26 no school
29 <ul style="list-style-type: none"> nonfat yogurt whole grain granola fresh apple slices 	30 <ul style="list-style-type: none"> whole grain biscuit turkey sausage patty veggie breakfast sausage patty honey fresh pear 	31 <ul style="list-style-type: none"> pineapple carrot bread orange wedges 	2/1 <ul style="list-style-type: none"> cinnamon rice chex cereal graham crackers fresh banana 100% orange juice 	2/2 <ul style="list-style-type: none"> buttermilk pancakes scrambled eggs butter all-natural syrup fresh cantaloupe



January Breakfast Menu

BREAKFAST ECE

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= vegetarian entree

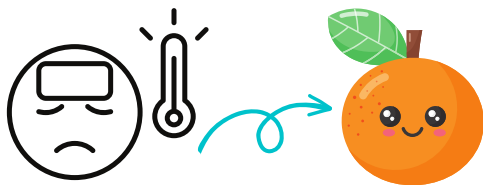
All grains served are whole grain rich
Student's choice of skim or 1% milk provided at every meal.

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8 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly fresh apple slices 	9 <ul style="list-style-type: none"> brown sugar oatmeal chilled pears 	10 <ul style="list-style-type: none"> scrambled eggs whole grain toast jelly orange wedges 	11 <ul style="list-style-type: none"> apple pie parfait whole grain granola fresh banana 	12 <ul style="list-style-type: none"> emoji waffles all-natural syrup fresh cantaloupe
15 no school	16 <ul style="list-style-type: none"> frosted mini-wheats cereal fresh pear 	17 <ul style="list-style-type: none"> apple cinnamon bread orange wedges 	18 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly fresh banana 	19 <ul style="list-style-type: none"> buttermilk pancakes all-natural syrup fresh cantaloupe
22 <ul style="list-style-type: none"> whole grain bagel light cream cheese jelly fresh apple slices 	23 <ul style="list-style-type: none"> scrambled eggs whole grain toast jelly chilled pears 	24 <ul style="list-style-type: none"> frosted flakes cereal orange wedges 	25 <ul style="list-style-type: none"> bacon, egg & cheese breakfast burrito egg & cheese breakfast burrito fresh banana 	26 no school
29 <ul style="list-style-type: none"> nonfat yogurt fresh apple slices 	30 <ul style="list-style-type: none"> whole grain biscuit turkey sausage patty veggie breakfast sausage patty chilled pears 	31 <ul style="list-style-type: none"> pineapple carrot bread orange wedges 	2/1 <ul style="list-style-type: none"> cinnamon rice chex cereal fresh banana 	2/2 <ul style="list-style-type: none"> buttermilk pancakes all-natural syrup fresh cantaloupe



January Lunch Menu

LUNCH 9-12

What do the colors on the menu mean?

GREEN = locally-sourced

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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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HAVE YOU TRIED OUR CRISPY FISH SANDWICH OR FISH STICKS?

If so, you are eating a TON of omega-3 fatty acids which help your brain develop, hair grow, and skin + nails shine!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>no school</p>	<p>2</p> <p>no school</p>	<p>3</p> <ul style="list-style-type: none"> chicken & cheese quesadilla cheese quesadilla corn tortilla chips chili black beans steamed corn sour cream fresh banana 100% orange juice 	<p>4</p> <ul style="list-style-type: none"> beef sheperd's pie lentil sheperd's pie whole grain biscuit mashed potatoes steamed carrots cantaloupe 	<p>5</p> <ul style="list-style-type: none"> chicken yassa veggie chik'n nuggets jollof rice honey cinnamon sweet potatoes efo spinach fresh apple slices
<p>8</p> <ul style="list-style-type: none"> turkey & bean chili veg out chili whole grain tortilla chips steamed corn red pepper strips ranch dressing fresh pear 	<p>9</p> <ul style="list-style-type: none"> pepperoni pizza sunbutter & jelly sandwich baby spinach salad baby carrots honey mustard dressing orange wedges 	<p>10</p> <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets whole grain waffles braised collard greens sweet potato hash ketchup all-natural syrup fresh banana 100% orange juice 	<p>11</p> <ul style="list-style-type: none"> beef burger veggie burger whole grain bun roasted carrots baked potato fries ketchup & mustard cantaloupe 	<p>12</p> <ul style="list-style-type: none"> jamaican jerk chicken drum jamaican jerk tofu yellow rice red beans sauteed cabbage fresh apple slices
<p>15</p> <p>no school</p>	<p>16</p> <ul style="list-style-type: none"> all beef hot dog veggie burger whole grain bun chipotle pinto beans steamed corn ketchup & mustard fresh pear 	<p>17</p> <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun coleslaw herb roasted sweet potatoes fresh banana 100% orange juice 	<p>18</p> <ul style="list-style-type: none"> beef bolognese tofu bolognese whole grain rotini pasta parmesan butternut squash mixed greens salad ranch dressing cantaloupe 	<p>19</p> <ul style="list-style-type: none"> chicken stir fry super sesame tofu whole grain fried rice sweet chili cauliflower steamed carrots fresh apple slices
<p>22</p> <ul style="list-style-type: none"> turkey ham & cheddar melt grilled cheese glazed carrots black eyed peas fresh pear 	<p>23</p> <ul style="list-style-type: none"> crispy fish sandwich hot sauce sunbutter & jelly sandwich sauteed green beans potato salad orange wedges 	<p>24</p> <ul style="list-style-type: none"> herb chicken drum veggie chik'n nuggets ketchup mac & cheese cinnamon roasted butternut squash braised collard greens fresh banana 100% orange juice 	<p>25</p> <ul style="list-style-type: none"> pepperoni pizza sunbutter & jelly sandwich roasted cauliflower steamed green peas cantaloupe 	<p>26</p> <p>no school</p>
<p>29</p> <ul style="list-style-type: none"> baked fish sticks hot sauce whole grain roll sunbutter & jelly sandwich sauteed green beans steamed corn fresh pear 	<p>30</p> <ul style="list-style-type: none"> turkey meatballs & tomato sauce tofu bolognese whole grain spaghetti whole grain roll mixed greens salad cucumber coins ranch dressing orange wedges 	<p>31</p> <ul style="list-style-type: none"> chicken & cheese quesadilla cheese quesadilla corn tortilla chips chili black beans roasted tomato salsa sour cream fresh banana 100% orange juice 	<p>2/1</p> <ul style="list-style-type: none"> beef sheperd's pie lentil sheperd's pie whole grain biscuit mashed potatoes steamed carrots cantaloupe 	<p>2/2</p> <ul style="list-style-type: none"> chicken yassa veggie chik'n nuggets jollof rice honey cinnamon sweet potatoes efo spinach fresh apple slices



January Lunch Menu

LUNCH K-8

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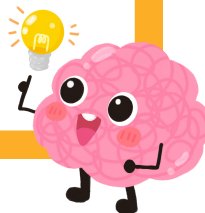
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8 <ul style="list-style-type: none"> turkey & bean chili veg out chili whole grain tortilla chips steamed corn red pepper strips ranch dressing fresh pear 	9 <ul style="list-style-type: none"> cheese pizza baby spinach salad baby carrots honey mustard dressing orange wedges 	10 <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets whole grain waffles braised collard greens sweet potato hash ketchup all-natural syrup fresh banana 	11 <ul style="list-style-type: none"> beef burger veggie burger whole grain bun roasted carrots baked potato fries ketchup & mustard cantaloupe 	12 <ul style="list-style-type: none"> jamaican jerk chicken drum jamaican jerk tofu yellow rice red beans sauteed cabbage fresh apple slices
15 no school	16 <ul style="list-style-type: none"> all beef hot dog veggie burger whole grain bun chipotle pinto beans steamed corn ketchup & mustard fresh pear 	17 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun coleslaw herb roasted sweet potatoes fresh banana 	18 <ul style="list-style-type: none"> beef bolognese tofu bolognese whole grain rotini pasta parmesan butternut squash mixed greens salad ranch dressing cantaloupe 	19 <ul style="list-style-type: none"> chicken stir fry super sesame tofu whole grain fried rice sweet chili cauliflower steamed carrots fresh apple slices
22 <ul style="list-style-type: none"> turkey ham & cheddar melt grilled cheese glazed carrots black eyed peas fresh pear 	23 <ul style="list-style-type: none"> crispy fish sandwich sunbutter & jelly sandwich sauteed green beans potato salad hot sauce orange wedges 	24 <ul style="list-style-type: none"> herb roasted chicken drum veggie chik'n nuggets ketchup mac & cheese cinnamon roasted butternut squash braised collard greens fresh banana 	25 <ul style="list-style-type: none"> cheese pizza roasted cauliflower steamed green peas cantaloupe 	26 no school
29 <ul style="list-style-type: none"> baked fish sticks hot sauce whole grain roll sunbutter & jelly sandwich sauteed green beans steamed corn fresh pear 	30 <ul style="list-style-type: none"> turkey meatballs & tomato sauce tofu bolognese whole grain spaghetti mixed greens salad cucumber coins ranch dressing orange wedges 	31 <ul style="list-style-type: none"> chicken & cheese quesadilla cheese quesadilla corn tortilla chips chili black beans roasted tomato salsa sour cream fresh banana 	2/1 <ul style="list-style-type: none"> beef sheperd's pie lentil sheperd's pie whole grain biscuit mashed potatoes steamed carrots cantaloupe 	2/2 <ul style="list-style-type: none"> chicken yassa veggie chik'n nuggets jollof rice honey cinnamon sweet potatoes efo spinach fresh apple slices



January Lunch Menu

LUNCH ECE

What do the colors on the menu mean?

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All grains served are whole grain rich

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<p>8</p> <ul style="list-style-type: none"> turkey & bean chili veg out chili whole grain tortilla chips steamed corn chilled pears 	<p>9</p> <ul style="list-style-type: none"> cheese pizza steamed carrots orange wedges 	<p>10</p> <ul style="list-style-type: none"> diced crispy chicken tender veggie chik'n nuggets whole grain waffles sweet potato hash ketchup all-natural syrup fresh banana 	<p>11</p> <ul style="list-style-type: none"> beef burger veggie burger whole grain bun baked potato fries ketchup & mustard cantaloupe 	<p>12</p> <ul style="list-style-type: none"> jamaican jerk chicken drum jamaican jerk tofu yellow rice red beans fresh apple slices
<p>15</p> <p>no school</p>	<p>16</p> <ul style="list-style-type: none"> hot dog (sliced lengthwise) veggie burger whole grain bun steamed corn ketchup & mustard chilled pears 	<p>17</p> <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun coleslaw fresh banana 	<p>18</p> <ul style="list-style-type: none"> beef bolognese tofu bolognese rotini pasta parmesan butternut squash cantaloupe 	<p>19</p> <ul style="list-style-type: none"> chicken stir fry super sesame tofu whole grain fried rice sweet chili cauliflower fresh apple slices
<p>22</p> <ul style="list-style-type: none"> turkey ham & cheddar melt grilled cheese glazed carrots chilled pears 	<p>23</p> <ul style="list-style-type: none"> crispy fish sandwich sunbutter & jelly sandwich sauteed green beans orange wedges 	<p>24</p> <ul style="list-style-type: none"> diced herb roasted chicken drum veggie chik'n nuggets mac & cheese braised collard greens fresh banana 	<p>25</p> <ul style="list-style-type: none"> cheese pizza roasted cauliflower cantaloupe 	<p>26</p> <p>no school</p>
<p>29</p> <ul style="list-style-type: none"> baked fish sticks whole grain roll sunbutter & jelly sandwich sauteed green beans chilled pear 	<p>30</p> <ul style="list-style-type: none"> turkey meatballs & tomato sauce tofu bolognese whole grain spaghetti cucumber coins ranch dressing orange wedges 	<p>31</p> <ul style="list-style-type: none"> chicken & cheese quesadilla cheese quesadilla roasted tomato salsa sour cream fresh banana 	<p>2/1</p> <ul style="list-style-type: none"> beef sheperd's pie lentil sheperd's pie whole grain biscuit mashed potatoes cantaloupe 	<p>2/2</p> <ul style="list-style-type: none"> chicken yassa veggie chik'n nuggets jollof rice honey cinnamon sweet potatoes fresh apple slices



January Snack Menu

SNACK

What do the colors on the menu mean?

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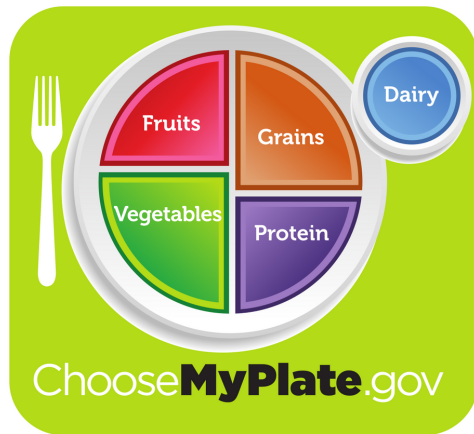
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All grains served are whole grain rich

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Healthy Snacks for Active Students!
To create a healthy snack, include at least two of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 no school	2 no school	3 • muffin top • applesauce	4 • cheese stick • red pepper strips • ranch dressing	5 • cheez-its • chilled pineapple
8 • nonfat yogurt • whole grain granola	9 • cinnamon goldfish graham • chilled peaches	10 • cheez-its • apple sauce	11 • cheese stick • cucumber coins • ranch dressing	12 • muffin top • chilled pears
15 no school	16 • nonfat yogurt • cinnamon goldfish graham	17 • muffin top • applesauce	18 • cheese stick • red pepper strips • ranch dressing	19 • cheez-its • chilled pineapple
22 • nonfat yogurt • whole grain granola	23 • cinnamon goldfish graham • chilled peaches	24 • cheez-its • apple sauce	25 • cheese stick • cucumber coins • ranch dressing	26 no school
29 • cornbread muffin • cheese stick	30 • nonfat yogurt • cinnamon goldfish graham	31 • muffin top • applesauce	2/1 • cheese stick • red pepper strips • ranch dressing	2/2 • cheez-its • chilled pineapple



January Supper Menu

DCPS SUPPER

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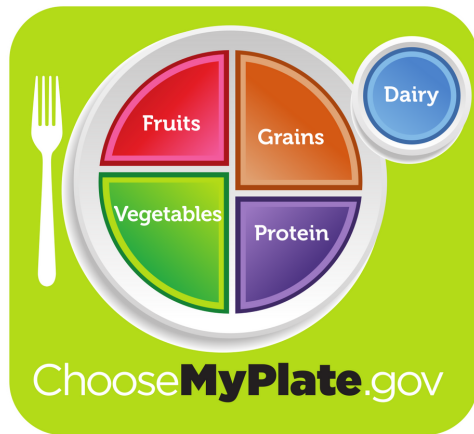
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Menu subject to change based on availability

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Healthy Snacks for Active Students!
To create a healthy snack, include at least two of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 no school	2 no school	3 <ul style="list-style-type: none"> herb roasted chicken tender local lettuce salad whole grain roll honey mustard dressing chilled applesauce 	4 <ul style="list-style-type: none"> turkey club with lettuce & tomato red pepper strips ranch dressing mayo orange wedges 	5 <ul style="list-style-type: none"> tuna salad on whole grain bread lemon parmesan kale fresh banana
8 <ul style="list-style-type: none"> buffalo chicken wrap cucumber coins ranch dressing fresh cantaloupe 	9 <ul style="list-style-type: none"> egg salad on a whole grain bun cauliflower florets italian dressing 100% orange juice 	10 <ul style="list-style-type: none"> pasta salad with parmesan & chickpeas baby spinach salad balsamic dressing chilled applesauce 	11 <ul style="list-style-type: none"> chicken salad on whole grain bun baby carrots italian dressing orange wedges 	12 <ul style="list-style-type: none"> tuna & macaroni salad whole grain roll broccoli florets asian dressing fresh banana
15 no school	16 <ul style="list-style-type: none"> sunbutter & jelly sandwich cucumber coins balsamic dressing 100% orange juice 	17 <ul style="list-style-type: none"> cheesy mexican bean dip whole grain corn tortilla chips roasted tomato salsa chilled applesauce 	18 <ul style="list-style-type: none"> chicken caesar wrap snap peas parmesan cream dressing orange wedges 	19 <ul style="list-style-type: none"> cobb salad w/ diced turkey ham whole grain roll italian dressing fresh banana
22 build your own pizza <ul style="list-style-type: none"> whole grain flatbread shredded mozzarella cheese house tomato sauce fresh cantaloupe 	23 <ul style="list-style-type: none"> teriyaki chicken cold asian noodle salad with veggies 100% orange juice 	24 <ul style="list-style-type: none"> turkey & cheese on a whole grain bun baby carrots ranch dressing chilled applesauce 	25 <ul style="list-style-type: none"> hummus dip whole grain flatbread squares cucumber coins orange wedges 	26 no school
29 <ul style="list-style-type: none"> southwest chicken wrap cucumber coins honey lime dressing fresh cantaloupe 	30 <ul style="list-style-type: none"> turkey ham & cheese on a whole grain bun mustard & mayo baby carrots Italian dressing 100% orange juice 	31 <ul style="list-style-type: none"> herb roasted chicken tender local lettuce salad whole grain roll honey mustard dressing chilled applesauce 	2/1 <ul style="list-style-type: none"> turkey club w/ lettuce & tomato red pepper strips ranch dressing mayo orange wedges 	2/2 <ul style="list-style-type: none"> tuna salad on whole grain bread lemon parmesan kale banana



January 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 - pear; Tues - orange; Wed - banana;
Thurs - cantaloupe; Fri - apple

01/03 - 01/05 & 01/29 - 02/02 TACO BOWL

- + pick your base**
 - cilantro lime rice
 - whole grain corn tortilla chips

- +pick your protein**
 - cumin lime chicken
 - cheddar cheese

- +pick your toppings**
 - shredded romaine lettuce
 - tomato salsa
 - sautéed peppers & onions
 - corn
 - black beans

- +add your dressing**
 - honey lime dressing

01/08 - 01/12 KOREAN BOWL

- + pick your base**
 - jasmine brown rice with scallions

- +pick your protein**
 - beef bulgogi (wednesday only)
 - chicken bulgogi

- +pick your toppings**
 - asian kale salad
 - korean cauliflower
 - glazed carrots
 - steamed peas
 - edamame

- +add your dressing**
 - asian dressing

01/15 - 01/19 INDIAN BOWL

- + pick your base**
 - brown basmati rice

- +pick your protein**
 - curried chicken
 - curried chickpeas

- +pick your toppings**
 - potato samosa
 - roasted carrots
 - sautéed cabbage
 - baby spinach

- +add your dressing**
 - yogurt lime dressing

01/22 - 01/26 PASTA BOWL

- + pick your base**
 - whole grain rotini

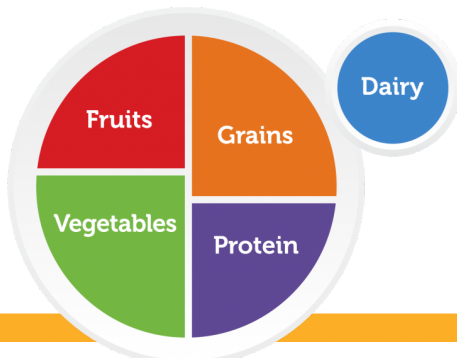
- +pick your protein**
 - herb roasted chicken tender
 - chickpeas

- +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

CREATING A BALANCED MEAL!

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





January Salad Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

All grains served are whole grain rich

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

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

01/03 - 01/05 & 01/29 - 02/02 BUFFALO CHICKEN

- + pick your base**
 - mixed greens salad
- +pick your protein**
 - buffalo chicken strips
 - herb roasted chicken
- +pick your toppings**
 - diced cucumber
 - shredded carrots
 - corn
 - kidney beans
 - sunflower seeds
 - shredded mozzarella cheese
 - whole grain croutons
 - whole grain roll
- +add your dressing**
 - ranch dressing

01/08 - 01/12 CHEF SALAD

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

01/15 - 01/19 BBQ CHICKEN

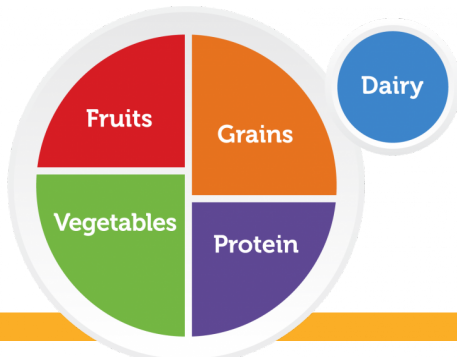
- + pick your base**
 - romaine
- +pick your protein**
 - bbq chicken
 - chickpeas
- +pick your toppings**
 - red onion
 - red pepper strips
 - corn
 - shredded cheddar cheese
 - whole grain croutons
 - whole grain roll
- +add your dressing**
 - honey mustard dressing

01/22 - 01/26 SOUTHWEST TACO

- + pick your base**
 - romaine
- +pick your protein**
 - cumin line chicken
 - black beans
- +pick your toppings**
 - cherry tomatoes
 - corn
 - red onion
 - shredded cheddar cheese
 - whole grain 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!





January Salad Bar Lunch Menu

DC PUBLIC SCHOOLS | 6-8

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

01/03 - 01/05 & 01/29 - 02/02 BUFFALO CHICKEN

- + pick your base**
 - mixed greens salad
- +pick your protein**
 - buffalo chicken strips
 - herb roasted chicken
- +pick your toppings**
 - diced cucumber
 - shredded carrots
 - corn
 - kidney beans
 - sunflower seeds
 - shredded mozzarella cheese
 - whole grain croutons
 - whole grain roll
- +add your dressing**
 - ranch dressing

01/08 - 01/12 CHEF SALAD

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

01/15 - 01/19 BBQ CHICKEN

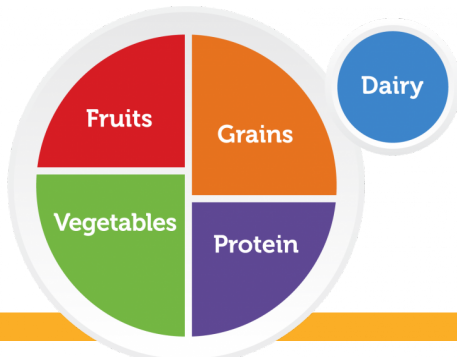
- + pick your base**
 - romaine
- +pick your protein**
 - bbq chicken
 - chickpeas
- +pick your toppings**
 - red onion
 - red pepper strips
 - corn
 - shredded cheddar cheese
 - whole grain croutons
 - whole grain roll
- +add your dressing**
 - honey mustard dressing

01/22 - 01/26 SOUTHWEST TACO

- + pick your base**
 - romaine
- +pick your protein**
 - cumin line chicken
 - black beans
- +pick your toppings**
 - cherry tomatoes
 - corn
 - red onion
 - shredded cheddar cheese
 - whole grain 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!





January Sandwich Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

All grains served are whole grain rich

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

Menu subject to change based on availability

This institution is an equal opportunity provider

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

01/03 - 01/05 & 01/29 - 02/02 TURKEY CLUB

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

01/08 - 01/12 GRILLED CHEESE

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

01/15 - 01/19 CHEESEBURGER

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

01/22 - 01/26 TURKEY MEATBALL SUB

- turkey meatball sub**
- whole grain hoagie roll
 - 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!

