




March Breakfast Menu

BREAKFAST K-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.

Menu subject to change based on availability

This institution is an equal opportunity provider

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 <ul style="list-style-type: none"> • nonfat yogurt • whole grain granola • fresh apple slices 	5 <ul style="list-style-type: none"> • blueberry chex cereal • graham crackers • fresh pear 	6 <ul style="list-style-type: none"> • pineapple carrot bread • fresh apple slices 	7 <ul style="list-style-type: none"> • whole grain biscuit • turkey sausage patty • veggie breakfast sausage patty  • honey • fresh banana • 100% orange juice 	8 <ul style="list-style-type: none"> • buttermilk pancakes • scrambled eggs • butter • all-natural syrup • fresh cantaloupe
national school breakfast week				
11 <ul style="list-style-type: none"> • whole grain bagel • light cream cheese • jelly • fresh apple slices 	12 <ul style="list-style-type: none"> • brown sugar oatmeal • honey • fresh pear 	13 <ul style="list-style-type: none"> • honey cheerios • graham crackers • fresh orange wedges 	14 <p style="text-align: center;">no school</p>	15 <p style="text-align: center;">no school</p>
18 <ul style="list-style-type: none"> • nonfat yogurt • whole grain granola • fresh apple slices 	19 <ul style="list-style-type: none"> • turkey bacon & egg bake • scrambled eggs  • whole grain english muffin • jelly & butter • fresh pear 	20 <ul style="list-style-type: none"> • blueberry bread • fresh orange wedges 	21 <ul style="list-style-type: none"> • strawberries & cream oatmeal • honey • fresh banana • 100% orange juice 	22 <ul style="list-style-type: none"> • buttermilk pancakes • turkey sausage links • veggie breakfast sausage patty  • butter • all-natural syrup • cantaloupe
25 <ul style="list-style-type: none"> • cinnamon chex cereal • graham crackers • fresh apple slices 	26 <ul style="list-style-type: none"> • cheesy grits  • scrambled eggs • turkey bacon • veggie breakfast sausage patty  • fresh pear 	27 <ul style="list-style-type: none"> • whole grain bagel • light cream cheese • jelly • fresh orange wedges 	28 <ul style="list-style-type: none"> • egg & cheese breakfast burrito • hot sauce • fresh banana • 100% orange juice 	29 <ul style="list-style-type: none"> • emoji waffles • turkey bacon • veggie breakfast sausage patty  • butter • all-natural syrup • cantaloupe
4/1 <ul style="list-style-type: none"> • nonfat yogurt • whole grain granola • fresh apple slices 	4/2 <ul style="list-style-type: none"> • blueberry chex cereal • graham crackers • fresh pear 	4/3 <ul style="list-style-type: none"> • pineapple carrot bread • fresh orange wedges 	4/4 <ul style="list-style-type: none"> • whole grain biscuit • turkey sausage patty • veggie breakfast sausage patty  • honey • fresh banana • 100% orange juice 	4/5 <p style="text-align: center;">no school</p>






March Breakfast Menu

BREAKFAST ECE





What do the colors on the menu mean?

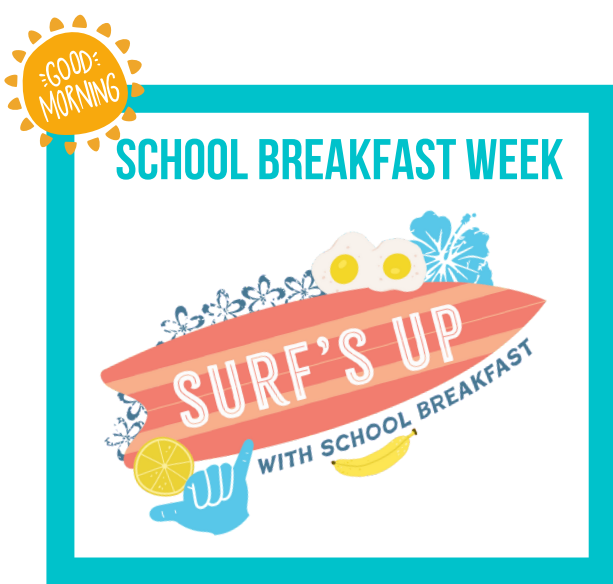
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 <ul style="list-style-type: none"> • nonfat yogurt • fresh apple slices 	5 <ul style="list-style-type: none"> • blueberry chex cereal • chilled pears 	6 <ul style="list-style-type: none"> • pineapple carrot bread • fresh apple slices 	7 <ul style="list-style-type: none"> • whole grain biscuit • turkey sausage patty • veggie breakfast sausage patty  • fresh banana 	8 <ul style="list-style-type: none"> • buttermilk pancakes • all-natural syrup • fresh cantaloupe
national school breakfast week				
11 <ul style="list-style-type: none"> • whole grain bagel • light cream cheese • jelly • fresh apple slices 	12 <ul style="list-style-type: none"> • brown sugar oatmeal • chilled pears 	13 <ul style="list-style-type: none"> • whole grain cheerios • fresh orange wedges 	14 <p style="text-align: center;">no school</p>	15 <p style="text-align: center;">no school</p>
18 <ul style="list-style-type: none"> • nonfat yogurt • fresh apple slices 	19 <ul style="list-style-type: none"> • turkey bacon & egg bake • scrambled eggs  • whole grain toast • chilled pears 	20 <ul style="list-style-type: none"> • blueberry bread • fresh orange wedges 	21 <ul style="list-style-type: none"> • strawberries & cream yogurt • fresh banana 	22 <ul style="list-style-type: none"> • buttermilk pancakes • all-natural syrup • fresh cantaloupe
25 <ul style="list-style-type: none"> • cinnamon chex cereal • fresh apple slices 	26 <ul style="list-style-type: none"> • cheesy grits • scrambled eggs • chilled pears 	27 <ul style="list-style-type: none"> • whole grain bagel • light cream cheese • jelly • fresh orange wedges 	28 <ul style="list-style-type: none"> • egg & cheese breakfast burrito • fresh banana 	29 <ul style="list-style-type: none"> • emoji waffles • all-natural syrup • butter • fresh cantaloupe
4/1 <ul style="list-style-type: none"> • nonfat yogurt • fresh apple slices 	4/2 <ul style="list-style-type: none"> • blueberry chex cereal • chilled pears 	4/3 <ul style="list-style-type: none"> • pineapple carrot bread • fresh orange wedges 	4/4 <ul style="list-style-type: none"> • whole grain biscuit • turkey sausage patty • veggie breakfast sausage patty  • fresh banana 	4/5 <p style="text-align: center;">no school</p>





March 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.

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NATIONAL NUTRITION MONTH

March is National Nutrition Month!

This year we are celebrating by going Beyond the Table and highlighting local menu options.

Local options

- CHICKEN DRUMS
- FISH
- CABBAGE
- BROCCOLI
- CAULIFLOWER
- PEARS
- APPLES
- CORN
- SQUASH
- POTATOES
- KALE
- COLLARD GREENS
- GREEN BEANS
- LETTUCE
- GRANOLA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 <ul style="list-style-type: none"> all beef hot dog veggie burger whole grain bun bbq baked beans sauteed cabbage ketchup & mustard fresh pear 	5 <ul style="list-style-type: none"> cajun fish tacos bean & cheese tacos baja cream sauce steamed corn tangy cilantro lime slaw fresh orange wedges 	6 <ul style="list-style-type: none"> herb chicken drum veggie chik'n nuggets ketchup cornbread muffin butternut squash puree roasted cauliflower fresh banana 100% apple juice 	7 <ul style="list-style-type: none"> chicken alfredo veggie chik'n nugget alfredo whole grain penne steamed broccoli steamed carrots fresh cantaloupe 	8 <ul style="list-style-type: none"> grilled cheese sweet potato fries steamed green peas ketchup fresh apple slices
11 <ul style="list-style-type: none"> pepperoni pizza sunbutter & jelly sandwich mixed greens salad cucumber coins ranch dressing fresh pear 	12 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn roasted tomato salsa sour cream fresh orange wedges 	13 <ul style="list-style-type: none"> chicken stir fry super sesame tofu brown rice asian kale slaw steamed carrots fresh banana 100% apple juice 	<p>no school</p>	
18 <ul style="list-style-type: none"> beef burger veggie burger whole grain bun lettuce & tomato buffalo cauliflower ketchup & mustard chilled pears 	19 <ul style="list-style-type: none"> cumin lime chicken tacos cheese quesdilla chili black beans sauteed peppers & onions sour cream fresh orange wedges 	20 <ul style="list-style-type: none"> buffalo chicken drum buffalo veggie chik'n mac & cheese whole grain roll cinnamon roasted butternut squash braised collard greens fresh banana 100% apple juice 	21 <ul style="list-style-type: none"> turkey meatballs tofu bolognese mushroom bolognese whole grain spaghetti whole grain bread stick mixed greens salad italian dressing fresh cantaloupe 	22 <ul style="list-style-type: none"> crispy fish sandwich grilled cheese sauteed green beans potato salad hot sauce fresh apple slices
25 <ul style="list-style-type: none"> pepperoni pizza sunbutter & jelly sandwich roasted broccoli steamed corn fresh pear 	26 <ul style="list-style-type: none"> beef & cheese tacos sofritas tacos chipotle pinto beans roasted tomato salsa fresh orange wedges 	27 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice glazed carrots asian broccoli fresh banana 100% apple juice 	28 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun sweet potato fries garlic kale ketchup fresh cantaloupe 	29 <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets whole grain roll mashed potatoes sauteed green beans ketchup fresh apple slices
4/1 <ul style="list-style-type: none"> all beef hot dog veggie burger whole grain bun bbq baked beans sauteed cabbage ketchup & mustard fresh pear 	4/2 <ul style="list-style-type: none"> cajun fish tacos bean & cheese tacos baja cream sauce steamed corn tangy cilantro lime slaw fresh orange wedges 	4/3 <ul style="list-style-type: none"> herb chicken drum veggie chik'n nuggets ketchup cornbread muffin butternut squash puree roasted cauliflower fresh banana 100% apple juice 	4/4 <ul style="list-style-type: none"> chicken alfredo veggie chik'n nugget alfredo whole grain penne steamed broccoli steamed carrots fresh cantaloupe 	4/5 <p>no school</p>



March Lunch Menu

LUNCH K-8

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- BROCCOLI
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- CORN
- SQUASH
- POTATOES
- KALE
- COLLARD GREENS
- GREEN BEANS
- LETTUCE
- GRANOLA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 <ul style="list-style-type: none"> all beef hot dog veggie burger whole grain bun bbq baked beans sauteed cabbage ketchup & mustard fresh pear 	5 <ul style="list-style-type: none"> cajun fish tacos bean & cheese tacos baja cream sauce steamed corn tangy cilantro lime slaw fresh orange wedges 	6 <ul style="list-style-type: none"> herb roasted chicken drum veggie chik'n nuggets cornbread muffin butternut squash puree roasted cauliflower ketchup fresh banana 	7 <ul style="list-style-type: none"> chicken alfredo veggie chik'n nugget alfredo whole grain penne steamed broccoli steamed carrots fresh cantaloupe 	8 <ul style="list-style-type: none"> grilled cheese sweet potato fries steamed green peas ketchup fresh apple slices
11 <ul style="list-style-type: none"> cheese pizza mixed greens salad cucumber coins ranch dressing fresh pear 	12 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn roasted tomato salsa sour cream fresh orange wedges 	13 <ul style="list-style-type: none"> chicken stir fry super sesame tofu brown rice asian kale slaw steamed carrots fresh banana 	<p>no school</p>	
18 <ul style="list-style-type: none"> beef burger veggie burger whole grain bun lettuce & tomato buffalo cauliflower ketchup & mustard chilled pears 	19 <ul style="list-style-type: none"> cumin lime chicken tacos cheese quesadilla chili black beans sauteed peppers & onions sour cream fresh orange wedges 	20 <ul style="list-style-type: none"> buffalo chicken drum buffalo veggie chik'n mac & cheese whole grain roll cinnamon roasted butternut squash braised collard greens fresh banana 	21 <ul style="list-style-type: none"> turkey meatballs tofu bolognese mushroom bolognese whole grain spaghetti mixed greens salad italian dressing fresh cantaloupe 	22 <ul style="list-style-type: none"> crispy fish sandwich grilled cheese sauteed green beans potato salad hot sauce fresh apple slices
25 <ul style="list-style-type: none"> cheese pizza roasted broccoli steamed corn fresh pear 	26 <ul style="list-style-type: none"> beef & cheese tacos sofritas tacos chipotle pinto beans roasted tomato salsa fresh orange wedges 	27 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice glazed carrots asian broccoli fresh banana 	28 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun sweet potato fries garlic kale ketchup fresh cantaloupe 	29 <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets whole grain roll mashed potatoes sauteed green beans ketchup fresh apple slices
4/1 <ul style="list-style-type: none"> all beef hot dog veggie burger whole grain bun bbq baked beans sauteed cabbage ketchup & mustard fresh pear 	4/2 <ul style="list-style-type: none"> cajun fish tacos bean & cheese tacos baja cream sauce steamed corn tangy cilantro lime slaw fresh orange wedges 	4/3 <ul style="list-style-type: none"> herb roasted chicken drum veggie chik'n nuggets cornbread muffin butternut squash puree roasted cauliflower ketchup fresh banana 	4/4 <ul style="list-style-type: none"> chicken alfredo veggie chik'n nugget alfredo whole grain penne steamed broccoli steamed carrots fresh cantaloupe 	4/5 <p>no school</p>



March Lunch Menu

LUNCH ECE

What do the colors on the menu mean?

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- KALE
- COLLARD GREENS
- GREEN BEANS
- LETTUCE
- GRANOLA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 <ul style="list-style-type: none"> all beef hot dog (sliced lengthwise) veggie burger whole grain bun bbq baked beans ketchup & mustard chilled pears 	5 <ul style="list-style-type: none"> cajun fish tacos bean & cheese tacos baja cream sauce steamed corn fresh orange wedges 	6 <ul style="list-style-type: none"> diced herb chicken drum veggie chik'n nuggets cornbread muffin roasted cauliflower ketchup fresh banana 	7 <ul style="list-style-type: none"> chicken alfredo veggie chik'n nugget alfredo whole grain penne steamed broccoli fresh cantaloupe 	8 <ul style="list-style-type: none"> grilled cheese sweet potato fries ketchup fresh apple slices
11 <ul style="list-style-type: none"> cheese pizza steamed green peas chilled pears 	12 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn sour cream fresh orange wedges 	13 <ul style="list-style-type: none"> chicken stir fry super sesame tofu brown rice steamed carrots fresh banana 	14 <p style="text-align: center;"> no school</p>	15 <p style="text-align: center;"> no school</p>
18 <ul style="list-style-type: none"> beef burger veggie burger whole grain bun roasted cauliflower ketchup & mustard chilled pears 	19 <ul style="list-style-type: none"> cumin lime chicken tacos cheese quesadilla sauteed peppers & onions sour cream fresh orange wedges 	20 <ul style="list-style-type: none"> diced bbq chicken tender bbq veggie chik'n nuggets mac & cheese whole grain roll cinnamon roasted butternut squash fresh banana 	21 <ul style="list-style-type: none"> turkey meatballs tofu bolognese whole grain spaghetti mushroom bolognese fresh cantaloupe 	22 <ul style="list-style-type: none"> crispy fish sandwich grilled cheese sauteed green beans fresh apple slices
25 <ul style="list-style-type: none"> cheese pizza roasted broccoli chilled pears 	26 <ul style="list-style-type: none"> beef & cheese tacos sofritas tacos roasted tomato salsa fresh orange wedges 	27 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice glazed carrots fresh banana 	28 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun sweet potato fries ketchup fresh cantaloupe 	29 <ul style="list-style-type: none"> diced crispy chicken tender veggie chik'n nuggets whole grain roll mashed potatoes ketchup fresh apple slices
4/1 <ul style="list-style-type: none"> all beef hot dog (sliced lengthwise) veggie burger whole grain bun bbq baked beans ketchup & mustard chilled pears 	4/2 <ul style="list-style-type: none"> cajun fish tacos bean & cheese tacos baja cream sauce chili black beans steamed corn fresh orange wedges 	4/3 <ul style="list-style-type: none"> diced herb chicken drum veggie chik'n nuggets cornbread muffin roasted cauliflower ketchup fresh banana 	4/4 <ul style="list-style-type: none"> chicken alfredo veggie chik'n nugget alfredo whole grain penne steamed broccoli fresh cantaloupe 	4/5 <p style="text-align: center;">no school</p>



March Snack Menu

SNACK

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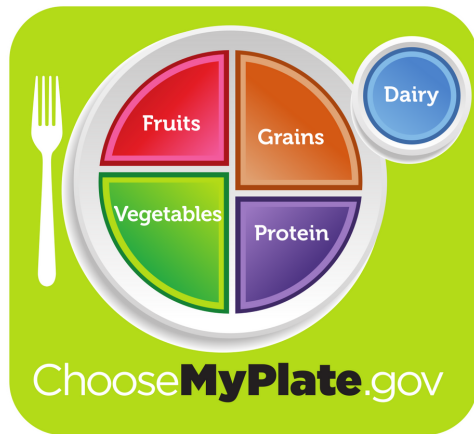
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Healthy Snacks for Active Students!
 To create a healthy snack, include at least two of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 <ul style="list-style-type: none"> cheez-its cheese stick 	5 <ul style="list-style-type: none"> nonfat yogurt whole grain granola 	6 <ul style="list-style-type: none"> cinnamon goldfish graham applesauce 	7 <ul style="list-style-type: none"> cheese stick cucumber coins ranch dressing 	8 <ul style="list-style-type: none"> cornbread muffin chilled pineapple
11 <ul style="list-style-type: none"> nonfat yogurt whole grain granola 	12 <ul style="list-style-type: none"> muffin top cheese stick 	13 <ul style="list-style-type: none"> cinnamon goldfish graham chilled pears 	14 no school 	15 no school
18 <ul style="list-style-type: none"> cheez-its cheese stick 	19 <ul style="list-style-type: none"> nonfat yogurt whole grain granola 	20 <ul style="list-style-type: none"> cinnamon goldfish graham applesauce 	21 <ul style="list-style-type: none"> cheese stick cucumber coins ranch dressing 	22 <ul style="list-style-type: none"> cornbread muffin chilled pineapple
25 <ul style="list-style-type: none"> nonfat yogurt whole grain granola 	26 <ul style="list-style-type: none"> muffin top cheese stick 	27 <ul style="list-style-type: none"> cinnamon goldfish graham chilled pears 	28 <ul style="list-style-type: none"> red pepper slices ranch dressing cheez-its 	29 <ul style="list-style-type: none"> pretzel goldfish canned peaches
4/1 <ul style="list-style-type: none"> cheez-its cheese stick 	4/2 <ul style="list-style-type: none"> nonfat yogurt whole grain granola 	4/3 <ul style="list-style-type: none"> cinnamon goldfish graham applesauce 	4/4 <ul style="list-style-type: none"> cheese stick cucumber coins ranch dressing 	4/5 no school



March Supper Menu

DCPS SUPPER

What do the colors on the menu mean?

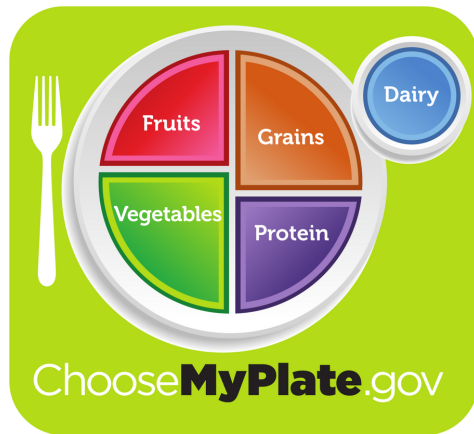
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 To create a healthy snack, include at least two of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 <ul style="list-style-type: none"> • southwest chicken wrap • cucumber coins • honey lime dressing • fresh cantaloupe 	5 <ul style="list-style-type: none"> • chicken salad on whole grain bun • broccoli florets • ranch dressing • 100% apple juice 	6 <ul style="list-style-type: none"> • pasta salad with parmesan & chickpeas • baby spinach salad • balsamic dressing • applesauce 	7 <ul style="list-style-type: none"> • hummus dip • whole grain flatbread squares • cucumber coins • fresh orange wedges 	8 <ul style="list-style-type: none"> • cumin lime chicken wrap • shredded romaine salad • sour cream • fresh banana
11 <ul style="list-style-type: none"> • herb roasted chicken wrap • snap peas • parmesan cream dressing • fresh cantaloupe 	12 <ul style="list-style-type: none"> • turkey club with lettuce & tomato on a whole grain hoagie • red pepper strips • ranch dressing • mayo • 100% apple juice 	13 <ul style="list-style-type: none"> • egg salad on whole grain bun • cucumber coins • balsamic dressing • applesauce 	14 no school 	15 no school
18 <ul style="list-style-type: none"> • turkey ham & cheese sandwich • fresh cantaloupe 	19 build your own pizza <ul style="list-style-type: none"> • whole grain flatbread • shredded mozzarella cheese • house tomato sauce • 100% apple juice 	20 <ul style="list-style-type: none"> • cheesy mexican bean dip • whole grain corn tortilla chips • roasted tomato salsa • applesauce 	21 <ul style="list-style-type: none"> • herb roasted chicken tender • whole grain roll • lettuce salad • italian dressing • fresh orange wedges 	22 <ul style="list-style-type: none"> • curried chicken salad on a bun • asian kale slaw • fresh banana
25 <ul style="list-style-type: none"> • turkey ham & cheese hoagie • baby carrots • ranch dressing • fresh cantaloupe 	26 <ul style="list-style-type: none"> • cobb salad w/ diced turkey ham • whole grain roll • italian dressing • 100% apple juice 	27 <ul style="list-style-type: none"> • sunbutter & jelly sandwich • cucumber coins • honey mustard dressing • applesauce 	28 <ul style="list-style-type: none"> • buffalo chicken wrap • baby carrots • ranch dressing • fresh orange wedges 	29 <ul style="list-style-type: none"> • tuna salad on whole grain bun • lemon parmesan kale • fresh banana
4/1 <ul style="list-style-type: none"> • southwest chicken wrap • cucumber coins • honey lime dressing • fresh cantaloupe 	4/2 <ul style="list-style-type: none"> • chicken salad on whole grain bun • broccoli florets • ranch dressing • 100% apple juice 	4/3 <ul style="list-style-type: none"> • pasta salad with parmesan & chickpeas • baby spinach salad • balsamic dressing • applesauce 	4/4 <ul style="list-style-type: none"> • hummus dip • whole grain flatbread squares • cucumber coins • fresh orange wedges 	4/5 no school



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

03/04 - 03/08 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

03/11 - 03/15 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

03/18- 03/22 PASTA BOWL

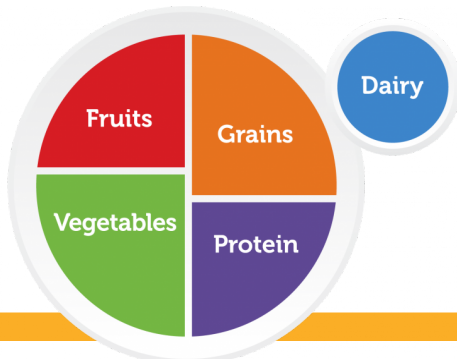
- + pick your base**
 - whole grain rotini
- +pick your protein**
 - herb roasted chicken tender
 - chickpeas
- +pick your toppings**
 - steamed broccoli
 - roasted red bell peppers
 - roasted red potatoes
 - roasted zucchini
 - parmesan cheese
 - mozzarella cheese
- +add your sauce**
 - tomato sauce
 - alfredo sauce

03/25 - 03/29 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

CREATING A BALANCED MEAL!

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





March Salad Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

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Thurs - cantaloupe; Fri - apple

03/04 - 03/08 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

03/11 - 03/15 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

03/18 - 03/22 SOUTHWEST TACO

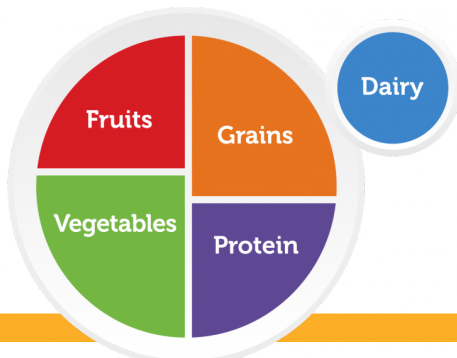
- + pick your base**
 - romaine
- +pick your protein**
 - cumin line chicken
 - black beans
- +pick your toppings**
 - cherry tomatoes
 - corn
 - red onion
 - shredded cheddar cheese
 - whole grain tortilla chips
 - whole grain roll
- +add your dressing**
 - honey lime dressing

03/25 - 03/29 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

CREATING A BALANCED MEAL!

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





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

03/04 - 03/08 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

03/11 - 03/15 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

03/18- 03/22 SOUTHWEST TACO

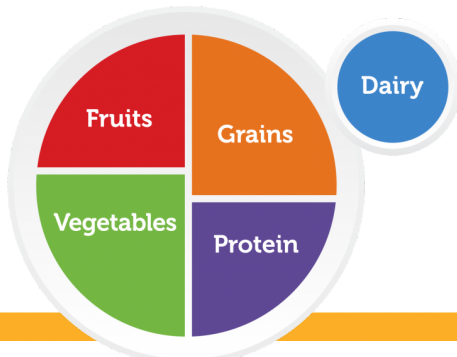
- + pick your base**
 - romaine
- +pick your protein**
 - cumin line chicken
 - black beans
- +pick your toppings**
 - cherry tomatoes
 - corn
 - red onion
 - shredded cheddar cheese
 - whole grain tortilla chips
 - whole grain roll
- +add your dressing**
 - honey lime dressing

03/25 - 03/29 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

CREATING A BALANCED MEAL!

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





March 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

03/04 - 03/08 BUFFALO CHICKEN SANDWICH

buffalo chicken sandwich

- whole grain bun
- buffalo chicken patty

03/11 - 03/15 GRILLED CHEESE

grilled cheese

- whole grain bread
- cheddar cheese

03/18 - 03/22 CHEESEBURGER

cheeseburger

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

03/25 - 03/29 TURKEY CLUB

turkey club

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

CREATING A BALANCED MEAL!

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

