



MAY 2012 LUNCH MENU



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beef & Macaroni Bake Whole Wheat Roll Romaine Salad Orange Wedges 1% or Skim Milk <u>VA:</u> Pasta w/ Cheese	2 Whole Grain French Toast Turkey Sausage Hash Brown Potato Fresh Local Apple 1% or Skim Milk <u>VA:</u> "CLT" Wrap	3 Chicken Quesadilla on a Whole Wheat Tortilla Black Bean Salsa Fresh Cantaloupe 1% or Skim Milk <u>VA:</u> Cheese Quesadilla	4 Turkey & Cheddar on a Whole Wheat Bun Baby Carrots Fresh Banana 1% or Skim Milk <u>VA:</u> Cheddar Hoagie
7 All Beef Hot Dog on a Whole Wheat Bun BBQ Baked Beans 100% Grape Juice 1% or Skim Milk <u>VA:</u> "CLT" Wrap	8 BBQ Baked Chicken Drum Brown Rice Local Sweet Potatoes Orange Wedges 1% or Skim Milk <u>VA:</u> Rice & Beans	9 Mac & Cheese Whole Wheat Roll Local Collard Greens Fresh Apple 1% or Skim Milk	10 Turkey Sloppy Joe on a Whole Wheat Bun Mixed Green Salad Fresh Pear 1% or Skim Milk <u>VA:</u> Caesar Salad w/ Egg	11 "Arrow con Pollo" Panamanian Chicken over Brown Rice Traditional Potato Salad Sweet Plantains 1% or Skim Milk <u>VA:</u> Cheddar Hoagie
14 Local Beef Burger on a Whole Wheat Bun Baked Potato Fries 100% Grape Juice 1% or Skim Milk <u>VA:</u> Veggie Burger	15 Crispy Fish Sandwich on a Whole Wheat Bun Tangy Cole Slaw Cantaloupe Wedge 1% or Skim Milk <u>VA:</u> Cheddar Hoagie	16 Chicken Teriyaki over Brown Rice Steamed Broccoli Fresh Banana 1% or Skim Milk <u>VA:</u> Caesar Salad w/ Egg	17 Whole Grain French Bread Pizza Spinach Salad Fresh Banana 1% or Skim Milk	18 Chicken Salad on a Whole Wheat Wrap Tomato & White Bean Salad Fresh Local Apple <u>VA:</u> "CLT" Wrap
21 Parent Conference Day School Closed	22 Local Beef Taco Black Beans & Brown Rice Mexican Style Corn 100% Grape Juice 1% or Skim Milk <u>VA:</u> Rice & Beans	23 Buffalo Chicken Tenders Whole Wheat Roll Romaine Salad Fresh Strawberries 1% or Skim Milk <u>VA:</u> Cheddar Hoagie	24 Turkey Bolognaise over Pasta Whole Wheat Roll Glazed Carrots Fresh Pear 1% or Skim Milk <u>VA:</u> Pasta w/ Cheese	25 Grilled Chicken over Spinach Salad Whole Wheat Roll Fresh Local Apple 1% or Skim Milk <u>VA:</u> Caesar Salad w/ Egg
28 Memorial Day School Closed	29 Baked Ziti with Mozzarella Cheese Whole Wheat Roll Mixed Green Salad 100% Grape Juice 1% or Skim Milk	30 Corn Crusted Catfish Whole Wheat Roll Roasted Sweet Potatoes Fresh Cantaloupe Wedge 1% or Skim Milk <u>VA:</u> Caesar Salad w/ Egg	31 Steak & Cheese on a Whole Wheat Roll Steamed Broccoli Fresh Banana 1% or Skim Milk <u>VA:</u> Cheddar Hoagie	

For more information on the DC
Central Kitchen, please visit our website:
www.dccentralkitchen.org

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