



# DISTRICT OF COLUMBIA PUBLIC SCHOOLS

## TRADITIONAL YEAR HIGH SCHOOL AUGUST LUNCH MENU

Did you know—If you see a menu item in **green**, it's **local**, if you see it in **blue**, the meal has **international influence** and if you see it in **orange** it is a **Fresh Feature Friday** winner!



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
<b>22</b> Local Beef Burger Whole Wheat Bun BBQ Baked Beans Local Baked Potato Fries Fresh Local Peach 100% Grape Juice Skim or 1% Milk Ketchup & Mustard	<b>23</b> Chicken Teriyaki Brown Rice Local Glazed Carrots Local Asian Broccoli Fresh Orange Wedges Skim or 1% Milk 	<b>24</b> Whole Wheat Mac & Cheese Local Sautéed Green Beans Local Pizza Style Yellow Squash Fresh Local Apple Skim or 1% Milk 	<b>25</b> Local Oven Fried Chicken Whole Wheat Rolls Local Braised Collard Greens Local Steamed Corn Fresh Banana Fresh Local Honeydew Skim or 1% Milk	<b>26</b> Turkey & Cheddar on a Whole Wheat Bun Local Romaine Lettuce with Local Tomatoes Fresh Local Watermelon Skim or 1% Milk Light Mayonnaise, Mustard & Italian Dressing
<b>29</b> Whole Grain Waffle Sticks Turkey Sausage Local Hash Brown Potatoes Sautéed Peppers & Onions Fresh Local Peach 100% Grape Juice Skim or 1% Milk All Natural Syrup & Ketchup	<b>30</b> Crispy Fish Sandwich on a Whole Wheat Bun Local Savory Sautéed Kale Local Mashed Sweet Potatoes Fresh Orange Wedges Skim or 1% Milk Hot Sauce 	<b>31</b> Local Peruvian Chicken Drum Spanish Rice Red Beans Local Steamed Broccoli Fresh Local Apple Skim or 1% Milk		



### Welcome Back Students!

This school year **DC Central Kitchen** will be providing healthy and delicious meals in your cafeteria!  
Check out some of the fresh, local fruit we are featuring this month such as **watermelon, cantaloupe** and **peaches**.



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## TRADITIONAL YEAR HIGH SCHOOL AUGUST VEGETARIAN LUNCH MENU

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Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22 Veggie Burger on a Whole Wheat Bun	23 Stir Fried Brown Rice with Egg	24 Powered Up Pasta with Chickpeas	25 Caesar Salad with Mozzarella Cheese Whole Wheat Rolls Parmesan Cream Dressing	26 Gilled Cheese on Whole Wheat Bread
29 Whole Grain Waffle Sticks Veggie Breakfast Sausage	30 Sunbutter & Jelly Sandwich on Whole Wheat Bread	31 Sofritas Tofu Spanish Rice		



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## TRADITIONAL YEAR AUGUST SALAD MENU

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Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22 Chicken Caesar Salad over Romaine Lettuce Whole Wheat Roll Parmesan Cream Dressing	23 Chef Salad with Cheddar over Mixed Greens Whole Wheat Roll Honey Mustard Dressing	24 Diced Turkey Ham over Spinach Whole Wheat Roll Mandarin Dressing	25 Buffalo Chicken Salad over Romaine Lettuce Whole Wheat Roll House Ranch Dressing	26 Turkey Cobb Salad over Mixed Greens Whole Wheat Roll Italian Dressing
29 Chicken Caesar Salad over Romaine Lettuce Whole Wheat Roll Parmesan Cream Dressing	30 Chef Salad with Cheddar over Mixed Greens Whole Wheat Roll Honey Mustard Dressing	31 Diced Turkey Ham over Spinach Whole Wheat Roll Mandarin Dressing		



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## TRADITIONAL YEAR AUGUST SANDWICH MENU

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Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22 Tuna Salad on Whole Wheat Bun	23 Turkey Ham & Cheddar Melt on Whole Wheat Bread	24 Egg Salad on a Whole Wheat Bun	25 Grilled Cheese on Whole Wheat Bread	26 Chicken Salad on a Whole Wheat Bun
29 Tuna Salad on Whole Wheat Bun	30 Turkey Ham & Cheddar Melt on Whole Wheat Bread	31 Egg Salad on a Whole Wheat Bun		



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