



DISTRICT OF COLUMBIA  
PUBLIC SCHOOLS

OCTOBER WORKFORCE LUNCH MENU  
Traditional Year

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
<p><b>3</b></p> <p>Buffalo Chicken on a Whole Wheat Wrap Whole Wheat Ranch Crackers Celery Sticks 100% Grape Juice Skim or 1% Milk House Ranch Dressing</p>	<p><b>4</b></p> <p>Whole Wheat Pasta Salad with Mozzarella Whole Wheat Roll Cucumber &amp; Tomato Salad Fresh Cantaloupe Wedge Skim or 1% Milk</p>	<p><b>5</b></p> <p>Turkey &amp; Cheddar on a Whole Wheat Bun Cauliflower Florets Fresh Orange Wedges Skim or 1% Milk Mustard &amp; Light Mayonnaise Honey Mustard Dressing</p>	<p><b>6</b></p> <p>Egg Salad on a Whole Wheat Bun Baby Carrots Chilled Applesauce Skim or 1% Milk House Ranch Dressing</p>	<p><b>7</b></p> <p>Herb Roasted Chicken over Mixed Greens Whole Wheat Roll Whole Grain Cheese Garlic Croutons Fresh Banana Skim or 1% Milk Italian Dressing</p>
<p><b>10</b></p> <p><b>Columbus Day</b></p> <p><b>No School</b></p>	<p><b>11</b></p> <p>Sunbutter Cup Whole Grain Animal Crackers Snap Peas Fresh Cantaloupe Wedge Skim or 1% Milk House Ranch Dressing</p>	<p><b>12</b></p> <p>Chicken Salad on a Whole Wheat Bun Broccoli Crowns Fresh Orange Wedges Skim or 1% Milk Honey Mustard Dressing</p>	<p><b>13</b></p> <p>Turkey Club On Whole Wheat Bread Cole Slaw Chilled Applesauce Skim or 1% Milk Mustard &amp; Light Mayonnaise</p>	<p><b>14</b></p> <p>Caesar Salad with Mozzarella Cheese over Romaine Lettuce Whole Wheat Roll Whole Grain Cheese Garlic Croutons Fresh Banana Skim or 1% Milk Parmesan Cream Dressing</p>
<p><b>17</b></p> <p>Turkey Club on Whole Wheat Bread Cucumber Salad 100% Grape Juice Skim or 1% Milk Mustard &amp; Light Mayonnaise</p>	<p><b>18</b></p> <p>Cobb Salad with Chopped Egg over Romaine Lettuce Whole Wheat Roll Whole Grain Cheese Garlic Croutons Fresh Cantaloupe Wedge Skim or 1% Milk Honey Mustard Dressing</p>	<p><b>19</b></p> <p>Southwest Chicken Tender on a Whole Wheat Wrap Whole Grain Corn Tortilla Chips Black Bean &amp; Corn Salad Fresh Orange Wedges Skim or 1% Milk</p>	<p><b>20</b></p> <p>Tuna &amp; Macaroni Salad Whole Wheat Roll Snap Peas Chilled Applesauce Skim or 1% Milk House Ranch Dressing</p>	<p><b>21</b></p> <p>BBQ Chicken Tender Whole Grain Cornbread Muffin Potato Salad Fresh Banana Skim or 1% Milk</p>
<p><b>24</b></p> <p>Low Fat String Cheese Whole Wheat Ranch Crackers Baby Carrots 100% Grape Juice Skim or 1% Milk House Ranch Dressing</p>	<p><b>25</b></p> <p>Tuna Salad on a Whole Wheat Bun Corn &amp; Tomato Salad Fresh Cantaloupe Wedge Skim or 1% Milk</p>	<p><b>26</b></p> <p><b>Savory Chinese Chicken Salad</b> <b>over Cabbage Mix</b> <b>Cold Asian Noodle Salad</b> Fresh Orange Wedges Skim or 1% Milk Asian Dressing</p>	<p><b>27</b></p> <p>Chef Salad with Turkey over Romaine Lettuce Whole Wheat Roll Whole Grain Cheese Garlic Croutons Chilled Applesauce Skim or 1% Milk Parmesan Cream Dressing</p>	<p><b>28</b></p> <p><b>Records Day</b></p> <p><b>No School</b></p>
<p><b>31</b></p> <p>Buffalo Chicken on a Whole Wheat Wrap Whole Wheat Ranch Crackers Celery Sticks 100% Grape Juice Skim or 1% Milk House Ranch Dressing</p>				