

INSPIRE CAFÉ

DCPS High School Menu

October 31- November 4

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

*From
the Field*

**A MINIMUM OF 6 SIDES
OFFERED DAILY WITH
LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Recipes including local produce are indicated with an *. Low Fat or Fat Free Milk included with all meals.

LOCAL THIS WEEK: Apples & Beets

Daily Special

Favorites

MONDAY	Mini Cheese Ravioli's
TUESDAY	Pineapple Rice w/ Chicken
WEDNESDAY	Chicken or Vegetable Quesadilla
THURSDAY	Chicken Machboo or Lentils w/ Brown Rice (International Food Day)
FRIDAY	No School Today

Daily Sides

Garden Bar: Salad Greens, Tomato Basil Salad,

Sliced Beets, Ginger Carrot Salad*

*From
the Field*

MONDAY	Green Beans
TUESDAY	White Bean & Jicama Salad
WEDNESDAY	Roasted Corn
THURSDAY	Veggies Bahrain
FRIDAY	No School Today

Daily Specials

Specialty Grill Items: Mon, Wed, & Thurs

Creations

Pizza: Tuesday

MONDAY	Katsu Sando/ Cheeseburger/ Sloppy Joe
TUESDAY	Sausage/ Buffalo/ Cheese
WEDNESDAY	Banh Mi/ Cool Ranch Burger/ Sunbutter Banana Sandwich
THURSDAY	Turkey Burger/ Garden Burger
FRIDAY	No School Today

Daily Sides

Fruit Choices

*From
the Field*

MONDAY	Fresh Apple*/ Apricots
TUESDAY	Applesauce/ Orange Smiles
WEDNESDAY	Fresh Apple*/ Banana
THURSDAY	Mixed Fruit Salad/ Orange Smiles
FRIDAY	No School Today

Daily Specials

Turkey, Turkey Ham, & American Subs

Grab & Go

Available Everyday

MONDAY	Sunbutter & Jelly/ Chef Salad
TUESDAY	Chef Salad Wrap/ Pumpkin Spice Parfait
WEDNESDAY	Pollock Po'Boy/ Chicken Caesar Salad
THURSDAY	Chicken Caesar Wrap/ Chef Salad
FRIDAY	No School Today

*This institution is an equal
opportunity provider.*

INSPIRE CAFÉ

DCPS High School Menu

November 7-11

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

From the Field

A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Recipes including local produce are indicated with an *. Low Fat or Fat Free Milk included with all meals.

LOCAL THIS WEEK: Apples & Butternut Squash

Daily Special

Favorites

MONDAY	Chicken Noodle Soup
TUESDAY	Spaghetti w/ Meat Sauce or Marinara
WEDNESDAY	Mediterranean Omelet
THURSDAY	Chicken Alfredo Macaroni
FRIDAY	No School Today

Daily Sides

Garden Bar: Salad Greens, Cherry Tomatoes, Curried Chickpeas, Cucumber Slices

From the Field

MONDAY	Citrus Glazed Carrots
TUESDAY	Roasted Corn
WEDNESDAY	Roasted Butternut Squash*
THURSDAY	Broccoli & Cauliflower w/ Panko
FRIDAY	No School Today

Daily Specials

Specialty Grill Items: Mon, Tues, & Thurs

Creations

Pizza: Wednesday & Friday

MONDAY	Chicken Burger/ Mo'Burger/ Grilled Cheese
TUESDAY	Alaska Five-O/ Cheeseburger/ Garden Burger
WEDNESDAY	Buffalo/ Hawaiian/ Cheese
THURSDAY	Bagel Sandwich/ Hamburger/ Mushroom Burger
FRIDAY	No School Today

Daily Sides

Fruit Choices

From the Field

MONDAY	Fresh Apple*/ Pineapple
TUESDAY	Applesauce/ Orange Smiles
WEDNESDAY	Fresh Apple*/ Orange Juice
THURSDAY	Banana/ Orange Smiles
FRIDAY	No School Today

Daily Specials

Turkey, Turkey Ham, & American Subs

Grab & Go

Available Everyday

MONDAY	Italian Sandwich/ Chef Salad
TUESDAY	Asian Chicken Wrap/ Spinach Salad
WEDNESDAY	Turkey Wrap/ Caesar Salad
THURSDAY	Sunbutter & Jelly Sandwich/ Chef Salad
FRIDAY	No School Today

This institution is an equal opportunity provider.

INSPIRE CAFÉ

DCPS High School Menu

November 14-18

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

From the Field

A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Recipes including local produce are indicated with an * Low Fat or Fat Free Milk included with all meals.

LOCAL THIS WEEK: Apples, Butternut Squash, & Kale

Daily Special

Favorites

MONDAY	Grilled Cheese Sandwich
TUESDAY	Sweet & Sour Chicken
WEDNESDAY	Glorious Macaroni & Cheese
THURSDAY	Teriyaki Chicken w/ Vegetables
FRIDAY	Thai Sweet Potato Bowl

Daily Sides

Garden Bar: Salad Greens, Diced Tomatoes, Mexican Black Beans, Roasted Corn

From the Field

MONDAY	Tomato Basil Soup
TUESDAY	Asian Veggie Blend
WEDNESDAY	Sauteed Kale*
THURSDAY	Butternut Squash Salad*
FRIDAY	Thai Ginger Cucumber Salad

Daily Specials

Specialty Grill Items: Tues, Wed, & Fri

Creations

Pizza: Monday & Thursday

MONDAY	Hawaiian/ Sausage/ Cheese
TUESDAY	Sloppy Joe/ Cheeseburger/ Black Bean Burger
WEDNESDAY	Cuban Sandwich/ Hamburger/ Veggie Torta
THURSDAY	Buffalo/ Hawaiian/ Cheese
FRIDAY	Chicken Burger/ Bistro Burger/ Grilled Cheese w/ Egg & Spinach

Daily Sides

Fruit Choices

From the Field

MONDAY	Fresh Apple*/ Pears
TUESDAY	Cinnamon Applesauce/ Orange Smiles
WEDNESDAY	Fresh Apple*/ Banana
THURSDAY	Mixed Fruit Salad/ Orange Smiles
FRIDAY	Fresh Apple*/ Banana

Daily Specials

Turkey, Turkey Ham, & American Subs

Grab & Go

Available Everyday

MONDAY	Greens & Gourds Wrap*/ Chef Salad
TUESDAY	Chef Salad Wrap/ Spinach Salad
WEDNESDAY	Egg Salad Sandwich/ Caesar Salad
THURSDAY	Sunny Apple Sandwich*/ Chef Salad
FRIDAY	Spinach Salad Wrap/ Garden Salad

This institution is an equal opportunity provider.

DCPS High School Menu

November 21-25

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



**A MINIMUM OF 6 SIDES
OFFERED DAILY WITH
LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Recipes including local produce are indicated with an *. Low Fat or Fat Free Milk included with all meals.

LOCAL THIS WEEK: Apples & Kale

Daily Special



MONDAY	Super Veggie Macaroni & Cheese*
TUESDAY	Chimichurri Alaskan Pollock
WEDNESDAY	Mexi-Chicken Tacos
THURSDAY	No School Today
FRIDAY	No School Today

Daily Sides

*Garden Bar: Salad Greens, Cucumber Slices,
Mo' Rockin Slaw, Baby Carrots*



MONDAY	Sauteed Kale*
TUESDAY	Roasted Corn
WEDNESDAY	Mexican Black Beans
THURSDAY	No School Today
FRIDAY	No School Today

Daily Specials

Specialty Grill Items: Mon, Wed, & Thurs

Pizza: Tuesday & Friday



MONDAY	Honey BBQ Chicken Sandwich/ Cheeseburger/ Spicy Bahama Burger
TUESDAY	Buffalo/ Hawaiian/ Cheese
WEDNESDAY	Chicken Burger/ Bistro Burger/ Spicy Bean Burger
THURSDAY	No School Today
FRIDAY	No School Today

Daily Sides

Fruit Choices



MONDAY	Fresh Apple*/ Peaches
TUESDAY	Cinnamon Applesauce/ Orange Smiles
WEDNESDAY	Fresh Apple*/ Dried Cranberries
THURSDAY	No School Today
FRIDAY	No School Today

Daily Specials

Turkey, Turkey Ham, & American Subs

Available Everyday



MONDAY	Fiery Dragon Wrap/ Chef Salad
TUESDAY	Chicken Salad Sandwich/ Spinach Salad
WEDNESDAY	Greek Wrap/ Caesar Salad
THURSDAY	No School Today
FRIDAY	No School Today

*This institution is an equal
opportunity provider.*