

DCPS Middle 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 Bar 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

Daily Special

Favorites

- MONDAY** Mexican Studded Burrito
- TUESDAY** Pollock Tacos w/ Mexican Slaw
- WEDNESDAY** Jerk Chicken Quesadilla
- THURSDAY** Chicken Machboo or Lentils w/ Brown Rice (International Food Day)
- FRIDAY** No School Today

Daily Specials

Creations

- MONDAY** Sloppy Joe/ Cheeseburger
- TUESDAY** Hawaiian Pizza/ Cheese Pizza
- WEDNESDAY** Cool Ranch Burger/ Sunbutter Banana Sandwich
- THURSDAY** Turkey Burger/ Garden Burger
- FRIDAY** No School Today

Daily Specials

Deli

- MONDAY** Sunny Apple Sandwich*/ Turkey Ham Sub
- TUESDAY** Garden Warp/ Turkey Sub
- WEDNESDAY** Egg Salad Wrap/ American Sub
- THURSDAY** Garden Sub/ Turkey Sub
- FRIDAY** No School Today

Daily Specials

Grab & Go

All Salads served w/ Whole Grain Roll

- MONDAY** Tuna Salad Wrap/ Chef Salad
- TUESDAY** Chef Salad Wrap/ Pumpkin Spice Parfait
- WEDNESDAY** Turkey Wrap/ Chicken Caesar Salad
- THURSDAY** Chicken Caesar Wrap/ Chef Salad
- FRIDAY** No School Today

Daily Special Sides

From the Field

Garden Bar: Salad Greens, Ginger Carrot Salad

Roasted Corn, Celery Sticks

- MONDAY** Glazed Carrots/ Fresh Apple*/ Apricots
- TUESDAY** Mexican Black Beans/ Applesauce/ Orange Smiles
- WEDNESDAY** Tomato Cilantro Salad/ Fresh Apple*/ Banana
- THURSDAY** Veggies Bahrain/ Fruit Salad/ Orange Smiles
- FRIDAY** No School Today

This institution is an equal opportunity provider.

DCPS Middle School Menu

November 7-11

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

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

LOCAL THIS WEEK: Apples & Beets

Daily Special

Favorites

- MONDAY** Chicken Alfredo Macaroni
- TUESDAY** Mediterranean Omelet
- WEDNESDAY** Baked Penne w/ Tomato Sauce
- THURSDAY** California Chicken Pot Pie
- FRIDAY** No School Today

Daily Specials

Creations

- MONDAY** Chicken Burger/ Grilled Cheese
- TUESDAY** Alaska Five-O Burger/ Turkey Burger
- WEDNESDAY** Buffalo Pizza/ Cheese Pizza
- THURSDAY** Hamburger/ Mushroom Burger
- FRIDAY** No School Today

Daily Specials

Deli

- MONDAY** Italian Sub/ Turkey Ham Sub
- TUESDAY** Chicken Caesar Wrap/ Turkey Sub
- WEDNESDAY** Garden Sub/ American Sub
- THURSDAY** Sunbutter & Jelly Sandwich/ Turkey Sub
- FRIDAY** No School Today

Daily Specials

Grab & Go

All Salads served w/ Whole Grain Roll

- MONDAY** Vegetable Flatbread/ Chef Salad
- TUESDAY** Asian Chicken Wrap/ Spinach Salad
- WEDNESDAY** Turkey Cranberry Wrap/ Caesar Salad
- THURSDAY** Spinach Wrap/ Chicken Dipper Salad
- FRIDAY** No School Today

Daily Special Sides



*Garden Bar: Salad Greens,
Korean Carrots,
Curried Chickpeas, Sliced Beets**

- MONDAY** Roasted Broccoli/ Fresh Apple*/ Pineapple
- TUESDAY** Roasted Potatoes/ Applesauce/ Orange Smiles
- WEDNESDAY** Broccoli & Cauliflower/ Fresh Apple*/ Pears
- THURSDAY** Roasted Corn/ Banana/ Orange Smiles
- FRIDAY** No School Today

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opportunity provider.*

DCPS Middle 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 Bar 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, Collard Greens, & Kale

Daily Special

Favorites

- MONDAY** Grilled Cheese Sandwich
- TUESDAY** Kung Pao Sauce w/ Chicken or Tofu
- WEDNESDAY** Glorious Macaroni & Cheese
- THURSDAY** Sweet & Sour Chicken
- FRIDAY** Thai Sweet Potato Bowl

Daily Specials

Creations

- MONDAY** Sausage Pizza/ Cheese Pizza
- TUESDAY** Sloppy Joe/ Cheeseburger
- WEDNESDAY** Cuban Sandwich/ Maxi Mexi Burger
- THURSDAY** Hawaiian Pizza/ Cheese Pizza
- FRIDAY** Chicken Burger/ Bistro Burger

Daily Specials

Deli

- MONDAY** Buffalo Wrap/ Turkey Ham Sub
- TUESDAY** American Sub/ Turkey Sub
- WEDNESDAY** Egg Salad Sandwich/ Turkey Sub
- THURSDAY** Sunny Apple Sandwich*/ American Sub
- FRIDAY** Tuna Salad Wrap/ Turkey Ham Sub

Daily Specials

Grab & Go

All Salads served w/ Whole Grain Roll

- MONDAY** Greens & Gourds Wrap*/ Chef Salad
- TUESDAY** Chef Salad Wrap/ Spinach Salad
- WEDNESDAY** Turkey Wrap/ Caesar Salad
- THURSDAY** Chicken Caesar Wrap/ Chef Salad
- FRIDAY** Asian Chicken Wrap/ Garden Salad

Daily Special Sides

From the Field

Garden Bar: Salad Greens, Mexican Black Beans, Thai Ginger Cucumber Salad, Cherry Tomatoes

- MONDAY** Tomato Soup/ Fresh Apple*/ Pears
- TUESDAY** Butternut Squash Salad*/ Apple-sauce/ Orange Smiles
- WEDNESDAY** Collard Greens*/ Fresh Apple*/ Banana
- THURSDAY** Asian Veggie Blend/ Fruit Salad/ Orange Smiles
- FRIDAY** Roasted Corn/ Fresh Apple*/ Banana

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DCPS Middle School Menu

November 21-25

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From the Field

A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Bar 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

Favorites

- MONDAY** Super Veggie Macaroni & Cheese*
- TUESDAY** Chicken Soft Tacos
- WEDNESDAY** Chipotle BBQ Meatloaf
- THURSDAY** No School Today
- FRIDAY** No School Today

Daily Specials

Creations

- MONDAY** Honey BBQ Chicken Sandwich/ Mo'Burger
- TUESDAY** Buffalo Pizza/ Cheese Pizza
- WEDNESDAY** Bistro Burger/ Black Bean Burger
- THURSDAY** No School Today
- FRIDAY** No School Today

Daily Specials

Deli

- MONDAY** Chicken Salad Sandwich/ Turkey Ham Sub
- TUESDAY** Turkey Sub/ American Sub
- WEDNESDAY** Garden Sub/ Italian Sub
- THURSDAY** No School Today
- FRIDAY** No School Today

Daily Specials

Grab & Go

All Salads served w/ Whole Grain Roll

- MONDAY** Fiery Dragon Wrap/ Chef Salad
- TUESDAY** Southern BBQ Wrap/ Spinach Salad
- WEDNESDAY** Greek Wrap/ Caesar Salad
- THURSDAY** No School Today
- FRIDAY** No School Today

Daily Special Sides

From the Field

Garden Bar: Salad Greens, Diced Tomatoes, White Bean & Jicama Salad, Carrots

- MONDAY** Green Beans/ Fresh Apple*/ Peaches
- TUESDAY** Mexican Zucchini/ Applesauce/ Orange Smiles
- WEDNESDAY** Mashed Potatoes/ Fresh Apple*/ Dried Cranberries
- THURSDAY** No School Today
- FRIDAY** No School Today

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