



### SWS at Goding Lunch Menu Partnering With FoodPrints

October 2015

The cost of a paid student meal is \$2.10 for elementary students. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 1 fruit side & choice of 1% or skim white milk. Did you know—if you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Oct 5</b></p> <p>Chicken Nuggets w/ Mumbo Sauce &amp; Whole Grain Dinner Roll OR Veggie Chili w/ Whole Grain Dinner Roll</p> <p> Fresh Local Roasted Sweet Potatoes</p> <p>Fresh Cucumber &amp; Tomato Salad Fresh Local Apple</p>	<p><b>Oct 6</b></p> <p>Barbecue Turkey on Whole Grain Bun OR Vegetarian Caesar Salad w/Whole Grain Croutons</p> <p>Southwest Pinto Beans Fresh Broccoli w/Light Dressing</p> <p>Pineapple Cup</p>	<p><b>Oct 7</b></p> <p>Korean Bibimbap Chicken w/Ginger Lime Brown Rice OR Veggie Fried Rice</p> <p>Seasoned Carrots Fresh Cucumber Coins</p> <p>Fresh Banana</p>	<p><b>Oct 8</b></p> <p>Pizza Burger on Whole Grain Bun OR Italian Bagel</p> <p>Fresh Roma Roasted Local Red Potatoes</p> <p> Fresh Local Tuscan Kale Salad Fresh Orange</p>	<p><b>Oct 9</b></p> <p>PROFESSIONAL DEVELOPMENT DAY NO SCHOOL</p> 
<p><b>Oct 12</b></p> <p>COLUMBUS DAY – NO SCHOOL</p> 	<p><b>Oct 13</b></p> <p>Whole Grain Spaghetti w/ Beef Meatballs OR Whole Grain Spaghetti w/Marinara Sauce &amp; Mozzarella Cheese</p> <p>Green Beans Italiano Fresh Baby Carrots w/ Light Dressing</p> <p>Fresh Local Apple</p>	<p><b>Oct 14</b></p> <p>Homemade Cheese Pizza on Whole Grain Crust OR Chicken Salad Sandwich on Whole Grain Bun</p> <p>Fiesta Black Beans Fresh Romaine and Tomato Side Salad</p> <p>Fresh Orange</p>	<p><b>Oct 15</b></p> <p>Teriyaki Chicken w/ Ginger Lime Brown Rice OR Veggie Lo Mein</p> <p>Seasoned Carrots Fresh Celery Sticks w/ Light Dressing</p> <p>Fresh Banana</p>	<p><b>Oct 16</b></p> <p>Pescada a la Mexicana (Mexican Style Baked Fish) w/Spanish Brown Rice OR Bean &amp; Cheese Burrito</p> <p>Seasoned Corn</p> <p> Fresh Broccoli Slaw</p> <p>100 % Grape Juice</p>
<p><b>Oct 19</b></p> <p>PARENT TEACHER CONFERENCE NO SCHOOL</p> 	<p><b>Oct 20</b></p> <p>Homemade Cheese Pizza on Whole Grain Crust OR Chicken Taco</p> <p>Fresh Roma Roasted Local Red Potatoes Fresh Baby Carrots w/ Light Dressing</p> <p>Pineapple Cup</p>	<p><b>Oct 21</b></p> <p>Curacao International Day</p> <p>Chicken Stoba – Stewed Chicken w/Red Beans &amp; Rice Vegetable Stew w/Red Beans &amp; Rice</p> <p>Stewed Cabbage &amp; Zucchini Fresh Romaine w/Tomatoes &amp; Cucumbers</p> <p>Fresh Local Apple</p>	<p><b>Oct 22</b></p> <p>Cheeseburger on Whole Grain Bun OR Toasted Two Cheese Sandwich on Whole Grain Bread</p> <p> Crunchy Rosemary Lemon Chick Peas Fresh Baby Carrots w/ Light Dressing</p> <p>Fresh Banana</p>	<p><b>Oct 23</b></p> <p>Korean Bibimbap Chicken w/Ginger Lime Brown Rice OR Veggie Fried Rice</p> <p>Seasoned Carrots Fresh Broccoli w/ Light Dressing</p> <p>Fresh Orange</p>
<p><b>Oct 26</b></p> <p>Buffalo Chicken Wrap OR Garden Salad w/ Romaine, Tomatoes, Cheese &amp; Whole Grain Roll</p> <p>Fiesta Black Beans Fresh Baby Carrots w/ Light Dressing</p> <p>Fresh Local Apple</p>	<p><b>Oct 27</b></p> <p>Open Face Turkey Sandwich on Whole Grain Bread w/Gravy OR Toasted Two Cheese Sandwich on Whole Grain Bread</p> <p>Mashed Potatoes w/ Gravy Fresh Romaine &amp; Radish Salad w/Cilantro Lime Dressing</p> <p> Pineapple Cup</p>	<p><b>Oct 28</b></p> <p>Homemade Cheese Pizza on Whole Grain Crust OR Haitian Style Fish w/ Creole Rice and Beans</p> <p> Roasted Winter Squash Fries Fresh Cucumber Coins</p> <p>Fresh Orange</p>	<p><b>Oct 29</b></p> <p>Hamburger on Whole Grain Bun w/Salsa and Shredded Cheddar Cheese OR Whole Grain Mac-N-Cheese</p> <p>Garlic Lemon Broccoli Vegetarian Bean Dip w/Homemade Tortilla Chips</p> <p>Fresh Banana</p>	<p><b>Oct 30</b></p> <p>Hot Turkey Meatball Sub w/ Marinara &amp; Mozzarella on Whole Grain Bun OR Cheese and Yogurt Plate</p> <p> Local Fresh Roasted Sweet Potato Fresh Homemade Confetti Coleslaw</p> <p>100 % Grape Juice</p>

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FRESHFARM Markets' food education program in partnership with DC Public Schools.

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