




April Breakfast Menu

K-12 BREAKFAST

What do the colors on the menu mean?

GREEN = locally-sourced
 = vegetarian entree

All grains served are whole grain rich
Student's choice of skim or 1% milk provided at every meal.


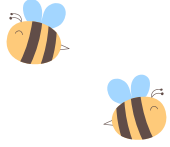



Menu subject to change based on availability

This institution is an equal opportunity provider



SPRINGTIME STRAWBERRIES

Enjoy our strawberry oatmeal and strawberry parfait while celebrating springtime strawberries! These small fruits are packed with Vitamin C, which helps your immune system.


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> • nonfat yogurt • whole grain granola • fresh apple slices 	2 <ul style="list-style-type: none"> • blueberry chex • graham crackers • fresh pear 	3 <ul style="list-style-type: none"> • pineapple carrot bread • fresh orange 	4 <ul style="list-style-type: none"> • whole grain biscuit • turkey sausage patty • veggie breakfast sausage patty  • honey • fresh banana • 100% orange juice 	5 <p>no school</p>
8 <ul style="list-style-type: none"> • whole grain bagel • cream cheese • jelly • fresh apple slices 	9 <ul style="list-style-type: none"> • brown sugar oatmeal • honey • fresh pear 	10 <ul style="list-style-type: none"> • honey cheerios • graham crackers • fresh orange 	11 <ul style="list-style-type: none"> • strawberry parfait • whole grain granola • fresh banana 	12 <ul style="list-style-type: none"> • french toast sticks • turkey sausage links • veggie breakfast sausage patty  • all-natural syrup • fresh cantaloupe
15 <p>no school</p> 	16 <p>no school</p> 	17 	18 <p>no school</p> 	19 <p>no school</p> 
22 <ul style="list-style-type: none"> • cinnamon rice chex cereal • graham crackers • fresh apple slices 	23 <ul style="list-style-type: none"> • strawberry oatmeal • graham crackers • fresh pear 	24 <ul style="list-style-type: none"> • whole grain bagel • cream cheese • jelly • fresh orange 	25 <ul style="list-style-type: none"> • egg & cheese breakfast burrito • hot sauce • fresh banana • 100% orange juice 	26 <ul style="list-style-type: none"> • emoji waffles • turkey bacon • veggie breakfast sausage patty  • scrambled eggs • butter • all-natural syrup • fresh cantaloupe
29 <ul style="list-style-type: none"> • nonfat yogurt • whole grain granola • fresh apple slices 	30 <ul style="list-style-type: none"> • blueberry chex • graham crackers • fresh pear 	1 <ul style="list-style-type: none"> • pineapple carrot bread • fresh orange 	2 <ul style="list-style-type: none"> • whole grain biscuit • turkey sausage patty • veggie breakfast sausage patty  • honey • fresh banana • 100% orange juice 	3 <ul style="list-style-type: none"> • buttermilk pancakes • scrambled eggs • turkey sausage patty • veggie sausage patty  • butter • all-natural syrup • fresh cantaloupe



April Breakfast Menu

BREAKFAST ECE

What do the colors on the menu mean?

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 = vegetarian entree

All grains served are whole grain rich
Student's choice of skim or 1% milk provided at every meal.

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SPRINGTIME STRAWBERRIES

Enjoy our strawberry oatmeal and strawberry parfait while celebrating springtime strawberries! These small fruits are packed with Vitamin C, which helps your immune system.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> • nonfat yogurt • fresh apple slices 	2 <ul style="list-style-type: none"> • blueberry chex cereal • chilled pears 	3 <ul style="list-style-type: none"> • pineapple carrot bread • fresh orange wedges 	4 <ul style="list-style-type: none"> • whole grain biscuit • turkey sausage patty • veggie breakfast sausage patty  • fresh banana 	5 <p style="text-align: center;">no school</p>
8 <ul style="list-style-type: none"> • whole grain bagel • light cream cheese • jelly • fresh apple slices 	9 <ul style="list-style-type: none"> • brown sugar oatmeal • chilled pears 	10 <ul style="list-style-type: none"> • whole grain cheerios • fresh orange wedges 	11 <ul style="list-style-type: none"> • strawberry parfait • whole grain granola • fresh banana 	12 <ul style="list-style-type: none"> • french toast sticks • all-natural syrup • fresh cantaloupe
15 <p style="text-align: center;">no school</p> 	16 <p style="text-align: center;">no school</p> 	17 	18 <p style="text-align: center;">no school</p> 	19 <p style="text-align: center;">no school</p> 
22 <ul style="list-style-type: none"> • cinnamon chex cereal • fresh apple slices 	23 <ul style="list-style-type: none"> • strawberry oatmeal • chilled pears 	24 <ul style="list-style-type: none"> • whole grain bagel • light cream cheese • jelly • fresh orange wedges 	25 <ul style="list-style-type: none"> • egg & cheese breakfast burrito • fresh banana 	26 <ul style="list-style-type: none"> • emoji waffles • all-natural syrup • butter • fresh cantaloupe
29 <ul style="list-style-type: none"> • nonfat yogurt • fresh apple slices 	30 <ul style="list-style-type: none"> • blueberry chex cereal • chilled pears 	1 <ul style="list-style-type: none"> • pineapple carrot bread • fresh orange wedges 	2 <ul style="list-style-type: none"> • whole grain biscuit • turkey sausage patty • veggie breakfast sausage patty  • fresh banana 	3 <ul style="list-style-type: none"> • buttermilk pancakes • all-natural syrup • fresh cantaloupe



April Lunch Menu

LUNCH 9-12

What do the colors on the menu mean?

GREEN = locally-sourced

= vegetarian entree

All grains served are whole grain rich
Student's choice of skim or 1% milk provided at every meal.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> all beef hot dog veggie burger whole grain bun bbq baked beans sauteed cabbage ketchup & mustard fresh pear 	<ul style="list-style-type: none"> cajun fish tacos bean & cheese tacos baja cream sauce steamed corn tangy cilantro lime slaw fresh orange wedges 	<ul style="list-style-type: none"> herb chicken drum veggie chik'n nuggets ketchup cornbread muffin butternut squash puree roasted cauliflower fresh banana 100% apple juice 	<ul style="list-style-type: none"> chicken alfredo veggie chik'n nugget alfredo whole grain penne roasted broccoli steamed carrots fresh cantaloupe 	no school
<p>8</p> <ul style="list-style-type: none"> pepperoni pizza sunbutter & jelly sandwich mixed greens salad cucumber coins ranch dressing fresh pear 	<p>9</p> <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn roasted tomato salsa sour cream fresh orange wedges 	<p>10</p> <ul style="list-style-type: none"> chicken stir fry super sesame tofu brown rice asian kale slaw steamed carrots fresh banana 100% apple juice 	<p>11</p> <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun jazzy black eyed peas coleslaw fresh cantaloupe 	<p>12 breakfast for lunch!</p> <ul style="list-style-type: none"> scrambled eggs whole grain waffles sauteed spinach sweet potato hash all-natural syrup hot sauce fresh apple slices
<p>15</p> <p>no school</p>	<p>16</p> <p>no school</p>	<p>17</p> <p>no school</p>	<p>18</p> <p>no school</p>	<p>19</p> <p>no school</p>
<p>22</p> <ul style="list-style-type: none"> pepperoni pizza sunbutter & jelly sandwich sauteed green beans steamed corn chilled peaches 	<p>23</p> <ul style="list-style-type: none"> beef & cheese tacos sofritas tacos chipotle pinto beans roasted tomato salsa applesauce 	<p>24</p> <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice glazed carrots asian broccoli fresh banana 100% apple juice 	<p>25</p> <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun sweet potato fries garlic kale ketchup fresh cantaloupe 	<p>26</p> <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets whole grain roll mashed potatoes sauteed green beans ketchup fresh apple slices
<p>29</p> <ul style="list-style-type: none"> all beef hot dog veggie burger whole grain bun bbq baked beans sauteed cabbage ketchup & mustard fresh pear 	<p>30</p> <ul style="list-style-type: none"> cajun fish tacos bean & cheese tacos baja cream sauce steamed corn tangy cilantro lime slaw fresh orange wedges 	<p>1</p> <ul style="list-style-type: none"> herb chicken drum veggie chik'n nuggets ketchup cornbread muffin butternut squash puree roasted cauliflower fresh banana 100% apple juice 	<p>2</p> <ul style="list-style-type: none"> chicken alfredo veggie chik'n nugget alfredo whole grain penne roasted broccoli steamed carrots fresh cantaloupe 	<p>3</p> <ul style="list-style-type: none"> grilled cheese sweet potato fries steamed green peas ketchup fresh apple slices

HAPPY EARTH DAY!

Celebrate Earth day on April 22nd by spending time outside, picking up litter, hugging a tree, or looking for butterflies!



EARTH DAY



April Lunch Menu

LUNCH K-8

What do the colors on the menu mean?

GREEN = locally-sourced
 = vegetarian entree

All grains served are whole grain rich
Student's choice of skim or 1% milk provided at every meal.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> all beef hot dog veggie burger whole grain bun bbq baked beans sauteed cabbage ketchup & mustard fresh pear 	2 <ul style="list-style-type: none"> cajun fish tacos bean & cheese tacos baja cream sauce steamed corn tangy cilantro lime slaw fresh orange wedges 	3 <ul style="list-style-type: none"> herb roasted chicken drum veggie chik'n nuggets cornbread muffin butternut squash puree roasted cauliflower ketchup fresh banana 	4 <ul style="list-style-type: none"> chicken alfredo veggie chik'n nugget alfredo whole grain penne roasted broccoli steamed carrots fresh cantaloupe 	5 no school
8 <ul style="list-style-type: none"> cheese pizza mixed greens salad cucumber coins ranch dressing fresh pear 	9 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn roasted tomato salsa sour cream fresh orange wedges 	10 <ul style="list-style-type: none"> chicken stir fry super sesame tofu brown rice asian kale slaw steamed carrots fresh banana 	11 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun jazzy black eyed peas coleslaw fresh cantaloupe 	12 breakfast for lunch! <ul style="list-style-type: none"> scrambled eggs whole grain waffles sauteed spinach sweet potato hash all-natural syrup hot sauce fresh apple slices
15 no school	16 no school	17 no school	18 no school	19 no school
22 <ul style="list-style-type: none"> cheese pizza sauteed green beans steamed corn chilled peaches 	23 <ul style="list-style-type: none"> beef & cheese tacos sofritas tacos chipotle pinto beans roasted tomato salsa applesauce 	24 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice glazed carrots asian broccoli fresh banana 	25 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun sweet potato fries garlic kale ketchup fresh cantaloupe 	26 <ul style="list-style-type: none"> crispy chicken tender veggie chik'n nuggets whole grain roll mashed potatoes sauteed green beans ketchup fresh apple slices
29 <ul style="list-style-type: none"> all beef hot dog veggie burger whole grain bun bbq baked beans sauteed cabbage ketchup & mustard fresh pear 	30 <ul style="list-style-type: none"> cajun fish tacos bean & cheese tacos baja cream sauce steamed corn tangy cilantro lime slaw fresh orange wedges 	1 <ul style="list-style-type: none"> herb roasted chicken drum veggie chik'n nuggets cornbread muffin butternut squash puree roasted cauliflower ketchup fresh banana 	2 <ul style="list-style-type: none"> chicken alfredo veggie chik'n nugget alfredo whole grain penne roasted broccoli steamed carrots fresh cantaloupe 	3 <ul style="list-style-type: none"> grilled cheese sweet potato fries steamed green peas ketchup fresh apple slices

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EARTH DAY



April Lunch Menu

LUNCH ECE

What do the colors on the menu mean?

GREEN = locally-sourced

= vegetarian entree

All grains served are whole grain rich
Student's choice of skim or 1% milk provided at every meal.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> all beef hot dog (sliced lengthwise) veggie burger whole grain bun bbq baked beans ketchup & mustard chilled pears 	2 <ul style="list-style-type: none"> cajun fish tacos bean & cheese tacos baja cream sauce steamed corn fresh orange wedges 	3 <ul style="list-style-type: none"> diced herb chicken drum veggie chik'n nuggets cornbread muffin roasted cauliflower ketchup fresh banana 	4 <ul style="list-style-type: none"> chicken alfredo veggie chik'n nugget alfredo whole grain penne roasted broccoli fresh cantaloupe 	5 no school
8 <ul style="list-style-type: none"> cheese pizza steamed green peas chilled pears 	9 <ul style="list-style-type: none"> beef & cheese nachos bean & cheese nachos southwest taco corn sour cream fresh orange wedges 	10 <ul style="list-style-type: none"> chicken stir fry super sesame tofu brown rice steamed carrots fresh banana 	11 <ul style="list-style-type: none"> pulled bbq chicken bbq tofu whole grain bun jazy black eyed peas fresh cantaloupe 	12 breakfast for lunch! <ul style="list-style-type: none"> scrambled eggs whole grain waffles sweet potato hash all-natural syrup fresh apple slices
15 no school	16 no school	17 no school	18 no school	19 no school
22 <ul style="list-style-type: none"> cheese pizza steamed green beans chilled peaches 	23 <ul style="list-style-type: none"> beef & cheese tacos sofritas tacos roasted tomato salsa applesauce 	24 <ul style="list-style-type: none"> sweet chili chicken sweet chili tofu brown rice glazed carrots fresh banana 	25 <ul style="list-style-type: none"> turkey sloppy joe lentil sloppy joe whole grain bun sweet potato fries ketchup fresh cantaloupe 	26 <ul style="list-style-type: none"> diced crispy chicken tender veggie chik'n nuggets whole grain roll mashed potatoes ketchup fresh apple slices
29 <ul style="list-style-type: none"> all beef hot dog (sliced lengthwise) veggie burger whole grain bun bbq baked beans ketchup & mustard chilled pears 	30 <ul style="list-style-type: none"> cajun fish tacos bean & cheese tacos baja cream sauce chili black beans steamed corn fresh orange wedges 	1 <ul style="list-style-type: none"> diced herb chicken drum veggie chik'n nuggets cornbread muffin roasted cauliflower ketchup fresh banana 	2 <ul style="list-style-type: none"> chicken alfredo veggie chik'n nugget alfredo whole grain penne roasted broccoli fresh cantaloupe 	3 <ul style="list-style-type: none"> grilled cheese steamed green peas ketchup fresh apple slices

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EARTH DAY



April Snack Menu

SNACK

What do the colors on the menu mean?

GREEN = locally-sourced

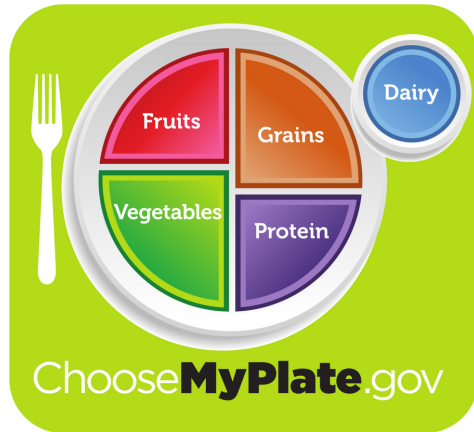
= vegetarian entree

All grains served are whole grain rich

Student's choice of skim or 1% milk provided at every meal.

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Healthy Snacks for Active Students!
To create a healthy snack, include at least two of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> • cheez-its • cheese stick 	2 <ul style="list-style-type: none"> • nonfat yogurt • whole grain granola 	3 <ul style="list-style-type: none"> • cinnamon goldfish graham • applesauce 	4 <ul style="list-style-type: none"> • cheese stick • cucumber coins • ranch dressing 	5 <p>no school</p>
8 <ul style="list-style-type: none"> • nonfat yogurt • whole grain granola 	9 <ul style="list-style-type: none"> • muffin top • cheese stick 	10 <ul style="list-style-type: none"> • cinnamon goldfish graham • chilled pears 	11 <ul style="list-style-type: none"> • red pepper slices • ranch dressing • cheez-its 	12 <ul style="list-style-type: none"> • pretzel goldfish • canned peaches
15 <p>no school</p>	16 <p>no school</p>	17 <p>no school</p>	18 <p>no school</p>	19 <p>no school</p>
22 <ul style="list-style-type: none"> • nonfat yogurt • whole grain granola 	23 <ul style="list-style-type: none"> • muffin top • cheese stick 	24 <ul style="list-style-type: none"> • cinnamon goldfish graham • chilled pears 	25 <ul style="list-style-type: none"> • red pepper slices • ranch dressing • cheez-its 	26 <ul style="list-style-type: none"> • pretzel goldfish • canned peaches
29 <ul style="list-style-type: none"> • cheez-its • cheese stick 	30 <ul style="list-style-type: none"> • nonfat yogurt • whole grain granola 	1 <ul style="list-style-type: none"> • cinnamon goldfish graham • applesauce 	2 <ul style="list-style-type: none"> • cheese stick • cucumber coins • ranch dressing 	3 <ul style="list-style-type: none"> • cornbread muffin • chilled pineapple



April Supper Menu

DCPS SUPPER

What do the colors on the menu mean?

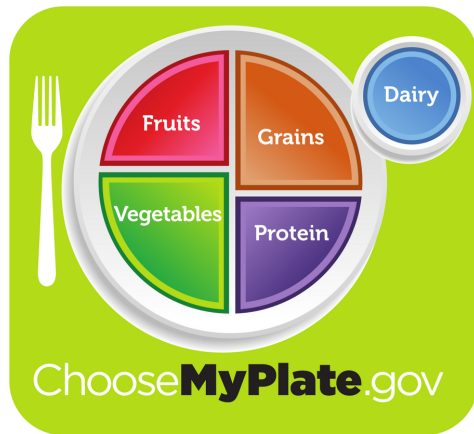
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Healthy Snacks for Active Students!
 To create a healthy snack, include at least two of the five food groups on MyPlate: grains, protein, fruits, vegetables, and dairy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> • southwest chicken wrap • cucumber coins • honey lime dressing • fresh cantaloupe 	2 <ul style="list-style-type: none"> • chicken salad on whole grain bun • broccoli florets • ranch dressing • 100% apple juice 	3 <ul style="list-style-type: none"> • pasta salad with parmesan & chickpeas • baby spinach salad • balsamic dressing • applesauce 	4 <ul style="list-style-type: none"> • hummus dip • whole grain flatbread squares • cucumber coins • fresh orange wedges 	5 no school
8 <ul style="list-style-type: none"> • herb roasted chicken wrap • snap peas • parmesan cream dressing • fresh cantaloupe 	9 <ul style="list-style-type: none"> • turkey club with lettuce & tomato on a whole grain hoagie • red pepper strips • ranch dressing • mayo • 100% apple juice 	10 <ul style="list-style-type: none"> • egg salad on whole grain bun • cucumber coins • balsamic dressing • applesauce 	11 <ul style="list-style-type: none"> • turkey ham & cheese sandwich • baby carrots • honey mustard dressing • fresh orange wedges 	12 <ul style="list-style-type: none"> • tuna & macaroni salad • cauliflower florets • italian dressing • fresh banana
15 no school	16 no school	17 no school	18 no school	19 no school
22 <ul style="list-style-type: none"> • turkey ham & cheese flatbread • baby carrots • ranch dressing • fresh pear 	23 <ul style="list-style-type: none"> • cobb salad w/ diced turkey ham • whole grain roll • italian dressing • 100% apple juice 	24 <ul style="list-style-type: none"> • sunbutter & jelly sandwich • cucumber coins • honey mustard dressing • applesauce 	25 <ul style="list-style-type: none"> • buffalo chicken wrap • baby carrots • ranch dressing • fresh orange wedges 	26 <ul style="list-style-type: none"> • tuna salad on whole grain bun • lemon parmesan kale • fresh banana
29 <ul style="list-style-type: none"> • southwest chicken wrap • cucumber coins • honey lime dressing • fresh cantaloupe 	30 <ul style="list-style-type: none"> • chicken salad on whole grain bun • broccoli florets • ranch dressing • 100% apple juice 	1 <ul style="list-style-type: none"> • pasta salad with parmesan & chickpeas • baby spinach salad • balsamic dressing • applesauce 	2 <ul style="list-style-type: none"> • hummus dip • whole grain flatbread squares • cucumber coins • fresh orange wedges 	3 <ul style="list-style-type: none"> • cumin lime chicken wrap • shredded romaine salad • sour cream • fresh banana



April Fusion Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

All grains served are whole grain rich

Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

Fresh fruit is provided with lunch daily.
Mon - pear; Tues - orange; Wed - banana;
Thurs - cantaloupe; Fri - apple

04/01 - 04/05 & 04/29 - 05/03 KOREAN BOWL

- + pick your base**
 - jasmine brown rice with scallions
- +pick your protein**
 - beef bulgogi (wednesday only)
 - chicken bulgogi
- +pick your toppings**
 - asian kale salad
 - korean cauliflower
 - glazed carrots
 - steamed peas
 - edamame
- +add your dressing**
 - asian dressing

04/08 - 04/12 INDIAN BOWL

- + pick your base**
 - brown basmati rice
- +pick your protein**
 - curried chicken
 - curried chickpeas
- +pick your toppings**
 - potato samosa
 - roasted carrots
 - sautéed cabbage
 - baby spinach
- +add your dressing**
 - yogurt lime dressing

04/15- 04/19 PASTA BOWL

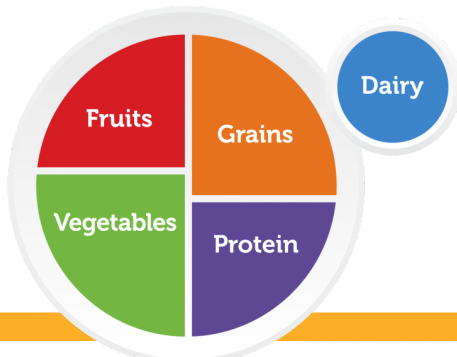
- + pick your base**
 - whole grain rotini
- +pick your protein**
 - herb roasted chicken tender
 - chickpeas
- +pick your toppings**
 - steamed broccoli
 - roasted red bell peppers
 - roasted red potatoes
 - roasted zucchini
 - parmesan cheese
 - mozzarella cheese
- +add your sauce**
 - tomato sauce
 - alfredo sauce

04/22 - 04/26 TACO BOWL

- + pick your base**
 - cilantro lime rice
 - whole grain corn tortilla chips
- +pick your protein**
 - cumin lime chicken
 - cheddar cheese
- +pick your toppings**
 - shredded romaine lettuce
 - tomato salsa
 - sauteed peppers & onions
 - corn
 - black beans
- +add your dressing**
 - honey lime dressing

CREATING A BALANCED MEAL!

For a balanced meal, remember to pick at least 3 of the 5 food groups from my plate!





April Salad Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

All grains served are whole grain rich

Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

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Fresh fruit is provided with lunch daily.
Mon - pear; Tues - orange; Wed - banana;
Thurs - cantaloupe; Fri - apple

04/01 - 04/05 & 04/29 - 05/03 CHEF SALAD

- + pick your base**
 - mixed greens salad
- +pick your protein**
 - herb roasted chicken
 - diced turkey ham
 - hard-boiled egg
- +pick your toppings**
 - chickpeas
 - tomatoes
 - diced cucumber
 - corn
 - shredded cheddar cheese
 - whole grain croutons
 - whole grain roll
- +add your dressing**
 - honey mustard dressing

04/08 - 04/12 BBQ CHICKEN

- + pick your base**
 - romaine
- +pick your protein**
 - bbq chicken
 - chickpeas
- +pick your toppings**
 - red onion
 - red pepper strips
 - corn
 - shredded cheddar cheese
 - whole grain croutons
 - whole grain roll
- +add your dressing**
 - honey mustard dressing

04/15 - 04/19 SOUTHWEST TACO

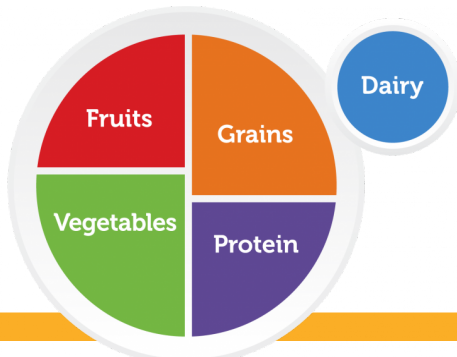
- + pick your base**
 - romaine
- +pick your protein**
 - cumin line chicken
 - black beans
- +pick your toppings**
 - cherry tomatoes
 - corn
 - red onion
 - shredded cheddar cheese
 - whole grain tortilla chips
 - whole grain roll
- +add your dressing**
 - honey lime dressing

04/22 - 04/26 BUFFALO CHICKEN

- + pick your base**
 - mixed greens salad
- +pick your protein**
 - buffalo chicken strips
 - herb roasted chicken
- +pick your toppings**
 - diced cucumber
 - shredded carrots
 - corn
 - kidney beans
 - sunflower seeds
 - shredded mozzarella cheese
 - whole grain croutons
 - whole grain roll
- +add your dressing**
 - ranch dressing

CREATING A BALANCED MEAL!

For a balanced meal, remember to pick at least 3 of the 5 food groups from my plate!





April Salad Bar Lunch Menu

DC PUBLIC SCHOOLS | 6-8

All grains served are whole grain rich

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Fresh fruit is provided with lunch daily.
Mon - pear; Tues - orange; Wed - banana;
Thurs - cantaloupe; Fri - apple

04/01 - 04/05 & 04/29 - 05/03 CHEF SALAD

- + pick your base**
 - mixed greens salad
- +pick your protein**
 - herb roasted chicken
 - hard-boiled egg
- +pick your toppings**
 - chickpeas
 - tomatoes
 - diced cucumber
 - corn
 - shredded cheddar cheese
 - whole grain croutons
 - whole grain roll
- +add your dressing**
 - honey mustard dressing

04/08 - 04/12 BBQ CHICKEN

- + pick your base**
 - romaine
- +pick your protein**
 - bbq chicken
 - chickpeas
- +pick your toppings**
 - red onion
 - red pepper strips
 - corn
 - shredded cheddar cheese
 - whole grain croutons
 - whole grain roll
- +add your dressing**
 - honey mustard dressing

04/15 - 04/19 SOUTHWEST TACO

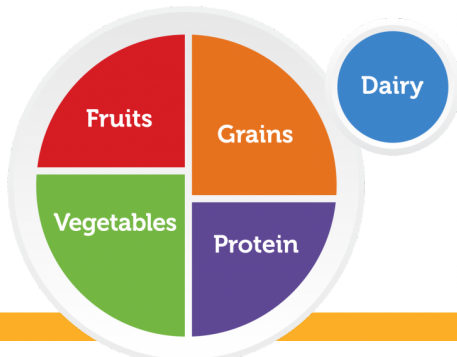
- + pick your base**
 - romaine
- +pick your protein**
 - cumin line chicken
 - black beans
- +pick your toppings**
 - cherry tomatoes
 - corn
 - red onion
 - shredded cheddar cheese
 - whole grain tortilla chips
 - whole grain roll
- +add your dressing**
 - honey lime dressing

04/22 - 03/26 BUFFALO CHICKEN

- + pick your base**
 - mixed greens salad
- +pick your protein**
 - buffalo chicken strips
 - herb roasted chicken
- +pick your toppings**
 - diced cucumber
 - shredded carrots
 - corn
 - kidney beans
 - sunflower seeds
 - shredded mozzarella cheese
 - whole grain croutons
 - whole grain roll
- +add your dressing**
 - ranch dressing

CREATING A BALANCED MEAL!

For a balanced meal, remember to pick at least 3 of the 5 food groups from my plate!





April Sandwich Bar Lunch Menu

DC PUBLIC SCHOOLS | 9-12

All grains served are whole grain rich

Student's choice of skim or 1% milk provided at every meal.

Menu subject to change based on availability

This institution is an equal opportunity provider

Fresh fruit is provided with lunch daily.
Mon - pear; Tues - orange; Wed - banana;
Thurs - cantaloupe; Fri - apple

04/01 - 04/05 & 04/29 - 05/03 BUFFALO CHICKEN SANDWICH

buffalo chicken sandwich

- whole grain bun
- buffalo chicken patty

04/08 - 04/12 GRILLED CHEESE

grilled cheese

- whole grain bread
- cheddar cheese

04/15 - 04/19 CHEESEBURGER

cheeseburger

- whole grain bun
- all beef burger
- cheddar cheese
- lettuce & tomato
- ketchup & mustard

04/22 - 04/26 TURKEY CLUB

turkey club

- whole grain bread
- sliced turkey
- turkey bacon
- lettuce & tomato

CREATING A BALANCED MEAL!

For a balanced meal, remember to pick at least 3 of the 5 food groups from my plate!

