

DCPS Eats! Fall Menu (High School)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast:</p> <p>Cinnamon Breakfast Round</p> <p>Yogurt w/ Homemade Granola</p> <p>Fresh Strawberries</p> <p>Pineapple Tidbits</p> <hr/> <p>Lunch:</p> <p>Chicken Fried Rice</p> <p>Vegetarian Fried Rice</p> <p>Chicken Salad Sub</p> <p>Chef Salad w/Pretzels</p> <p>Seasoned Edamame</p> <p>Asian Green Beans</p> <p>Local Apple Slices</p> <p>Peach Cups</p>	<p>Breakfast:</p> <p>Chicken Sausage Biscuit</p> <p>Zucchini Bread</p> <p>Fresh Oranges</p> <p>Peach Cups</p> <hr/> <p>Lunch:</p> <p>Chicken Tacos</p> <p>Black Bean Tacos</p> <p>Hummus w/Pita</p> <p>Chef Salad w/Pretzels</p> <p>Mexicali Corn</p> <p>Fresh Baby Carrots</p> <p>Red Grapes</p> <p>Pineapple Tidbits</p>	<p>Breakfast:</p> <p>Eggo® Mini Waffles</p> <p>Cereal w/Graham Cracker</p> <p>Fresh Peach</p> <p>Pineapple Tidbits</p> <hr/> <p>Lunch:</p> <p>Chicken Sandwich</p> <p>Black Bean Burger Wrap</p> <p>Turkey & Cheese Sandwich</p> <p>Chef Salad w/Pretzels</p> <p>Local Cucumber Slices</p> <p>Tater Tots</p> <p>Fresh Bananas</p> <p>Fresh Strawberries</p>	<p>Breakfast:</p> <p>Turkey Ham, Egg, & Cheese Biscuit</p> <p>Nutri-grain® Bar w/ Cheese Stick</p> <p>Fresh Watermelon</p> <p>Applesauce Cup</p> <hr/> <p>Lunch:</p> <p>Cheeseburger</p> <p>Black Bean Burger</p> <p>BBQ Bean Wrap</p> <p>Chef Salad w/Pretzels</p> <p>BBQ Baked Beans</p> <p>Fresh Baby Carrots</p> <p>Local Apple Slices</p> <p>Peach Cups</p>	<p>Breakfast:</p> <p>Breakfast Burrito</p> <p>Cereal w/Graham Cracker</p> <p>Local Apple Slices</p> <p>Orange Juice</p> <hr/> <p>Lunch:</p> <p>Homemade Hawaiian Pizza</p> <p>Homemade Cheese Pizza</p> <p>Hummus w/Pita</p> <p>Chef Salad w/Pretzels</p> <p>Garlic & Herb Broccoli</p> <p>Sweet Potato Wedges</p> <p>Fresh Banana</p> <p>Pineapple Tidbits</p>

Student's Choice of Low Fat or Fat Free Milk is provided at each meal

This institution is an equal opportunity provider. Menus subject to change based on product availability.

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<p><u>Breakfast:</u> Eggo® Mini Waffles Apple Pie Parfait Fresh Peach Pineapple Tidbits</p> <hr/> <p><u>Lunch:</u> Chicken Chipotle Bowl Vegetarian Chipotle Bowl Hummus w/Pita Chef Salad w/Pretzels Mexicali Corn Baby Carrots Fresh Oranges Peach Cups</p>	<p><u>Breakfast:</u> Chicken Sausage & Cheese Biscuit Cereal w/Graham Cracker Fresh Bananas Peach Cups</p> <hr/> <p><u>Lunch:</u> Cheeseburger Black Bean Burger Mashed Chickpea Wrap Chef Salad w/Pretzels BBQ Baked Beans Tater Tots Local Apple Slices Fresh Watermelon</p>	<p><u>Breakfast:</u> Breakfast Burrito Zucchini Bread Slice Fresh Strawberries Orange Juice</p> <hr/> <p><u>Lunch:</u> Buffalo Chicken Drumstick Buffalo Roasted Tofu Cajun Seasoned Tilapia Brown Rice Chef Salad w/Pretzels Garlic & Herb Broccoli Local Citrus Kale Salad Fresh Bananas Pineapple Tidbits</p>	<p><u>Breakfast:</u> Egg & Cheese Biscuit Cereal w/Graham Cracker Fresh Banana Pineapple Tidbits</p> <hr/> <p><u>Lunch:</u> Teriyaki Chicken Teriyaki Tofu Fried Rice Egg Salad Sub Chef Salad w/Pretzels Asian Green Beans Fresh Baby Carrots Fresh Red Grapes Peach Cups</p>	<p><u>Breakfast:</u> Blueberry Muffin w/Hard Boiled Egg Cheerios® Cereal Bar w/Cheese Stick Fresh Peach Applesauce Cup</p> <hr/> <p><u>Lunch:</u> Homemade Chicken Alfredo Pizza Homemade Cheese Pizza Hummus w/Pita Chef Salad w/Pretzels Garlic & Herb Broccoli Sweet Potato Wedges Peach Cups Fresh Strawberries</p>

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<p><u>Breakfast:</u> Eggo® Mini Pancakes Cereal w/Graham Cracker Local Apple Slices Fresh Peach</p> <hr/> <p><u>Lunch:</u> BBQ Pulled Chicken Sandwich Grilled Cheese Sandwich Tuna Salad Sub Chef Salad w/Pretzels BBQ Baked Beans Fresh Baby Carrots Fresh Oranges Peach Cups</p>	<p><u>Breakfast:</u> Homemade Breakfast Pizza Bagel w/Cream Cheese Fresh Oranges Peach Cups</p> <hr/> <p><u>Lunch:</u> Chicken Nachos Cheese & Black Bean Nachos Hummus w/Pita Chef Salad w/Pretzels Black Beans Corn Salad Local Apple Slices Pineapple Tidbits</p>	<p><u>Breakfast:</u> Egg & Cheese Biscuit Yogurt w/Homemade Granola Fresh Banana Applesauce Cup</p> <hr/> <p><u>Lunch:</u> Chicken Philly Sandwich Black Bean Burger Sunbutter & Jelly Sandwich Chef Salad w/Pretzels Potato Wedges Fresh Baby Carrots Fresh Red Grapes Peach Cups</p>	<p><u>Breakfast:</u> Breakfast Burrito Cereal w/Graham Cracker Fresh Peach Pineapple Tidbits</p> <hr/> <p><u>Lunch:</u> Chicken Broccoli Alfredo Baked Rotini Hummus w/Pita Chef Salad w/Pretzels Garlicky Broccoli Local Citrus Kale Salad Fresh Watermelon Applesauce</p>	<p><u>Breakfast:</u> Homemade Apple Butter w/ Freshly Baked Biscuit Fresh Strawberry Parfait Local Apple Slices Orange Juice</p> <hr/> <p><u>Lunch:</u> Homemade Buffalo Chicken Pizza Homemade Cheese Pizza Chicken Sandwich Chef Salad w/Pretzels Buffalo Cauliflower Sweet Potato Wedges Fresh Banana Pineapple Tidbits</p>

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