

Food & Nutrition Services

DCPS Eats! Fall Menu (High School)

For the weeks of:

Aug 30—Sept 4
Sept 20 - Sept 24
Oct 11 - Oct 15
Nov 1-Nov 5
Nov 22 - Nov 26

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

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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For the weeks of:

Sept 6—Sept 10

Sept 27 - Oct 1

Oct 18-Oct 22

Nov 8- Nov 12

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

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For the weeks of:

Sept 13—Sept 17 Oct 4- Oct 8 Oct 25—Oct 29 Nov 15- Nov 19

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

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