

Food & Nutrition Services

## **DCPS Eats! Fall Menu**

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

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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## **DCPS Eats! Fall Menu**

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:		Lunch:		Applesauce Cup
Chicken Chipotle Bowl	Lunch:	Buffalo Chicken Drumstick	Lunch:	
Vegetarian Chipotle	Cheeseburger	Buffalo Roasted Tofu	Teriyaki Chicken	Lunch:
Bowl	Black Bean Burger	Cajun Seasoned Tilapia	Teriyaki Tofu	Homemade Chicken Alfredo Pizza
Hummus w/Pita	Chef Salad w/Pretzels	Brown Rice	Fried Rice	Homemade Cheese Pizza
Mexicali Corn	BBQ Baked Beans	Garlic & Herb Broccoli	Egg Salad Sub	Hummus w/Pita
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
			Peach Cups	Fresh Strawberries

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## **DCPS Eats! Fall Menu**

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

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