All Lunch <u>Must</u>Include Choice of:

Fruit or Vegetable and May Include: 1% Low-Fat Milk or Fat-Free Milk



DISTRICT OF COLUMBIA

# December 2024

### 9-12 LUNCH MENU

December 2-December 6

Powering					
potential.	MON	TUES	WED	THURS	FRI
ENTRÉE OPTIONS Salad Bar: Romaine Edamame Chickpea Shredded Cheese Cucumbers Tomatoes Red Bell Pepper Slices Red Onion Slices	-Fish Tacos w/ Creamy Coleslaw -Bosco Sticks w/ Dipping Sauce	-Teriyaki Beef & Broccoli w/ Rice -Turkey Hot Dog	- Chili Mac -Turkey Banh Mi	-Black Bean Soup -Country Fried Steak w/ Dinner Roll	-Chicken Rosa Sauce w/ Penne & Breadstick -Chicken BLT Sandwich
	Cheese Pizza Pepperoni Pizza	Beef or Bean & Cheese Nachos Nacho Toppings	Buffalo Chicken Pizza	Chicken or Bean & Cheese Nachos Nacho Toppings	Cheese Pizza Pepperoni Pizza
	Salad Bar with dinner roll Turkey & Cheese Wrap	Chicken Caesar Salad Garden Salad w/ Cheese w/ Dinner Roll	Salad Bar with dinner roll Chicken Snack Wraps	Vegetable Baja Salad Garden Salad w/ Cheese w/ Dinner Roll	Salad Bar with dinner roll <sup>9</sup> Chicken Ham & Cheese Wrap
Nacho Toppings: Sour Cream Black Olives Jalapeños Salsa	Veggie Burger Cheeseburger	Grilled Cheese	Veggie Burger Cheeseburger	Breaded Chicken Sandwich	Veggie Burger Cheeseburger
FRUIT & VEGGIES	Baby Carrots Baked Beans Fresh Apple Sliced Pears	Edamame Steamed Squash Fresh Orange Applesauce	Red Bell Pepper Slices Steamed Broccoli Fresh Apple Diced Peaches	Cucumber Slices Roasted Sweet Potatoes Fresh Pear Mixed Fruit	Baby Carrots Grean Peas Fresh Apple Apricot Halves
	<ul> <li>AVAILABLE DAILY:</li> <li>Sunbutter and Jelly Sandwich</li> <li>Milk Varieties: Skim, 1%</li> <li>Condiments – Ketchup, Mustard, Mayo, Ranch &amp; Italian Dressing, Margarine, Sriracha Sauce</li> </ul>		Vegetarian Options Available Daily Contains Fish Locally Sourced O		

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# December 2024

### 9-12 LUNCH MENU

#### December 9- December 13

Powering potential. MON **TUES WED THURS** FRI -Spaghetti w/ Meatballs -French Toast w/ Turkey -Chicken Sliders -Egg Roll Bowl -Chicken Teriyaki w/ ENTRÉE Spaghetti w/ Vegetarian Sausage Patty Vegetables & Rice -Chicken or Vegetable -Gyro Meatball w/ Rice Meat Red sauce **OPTIONS Dumplings** and Parmesan -Cheese Quesadilla -Turkey Barbacoa with Egg Fried Rice -Enchiladas Casserole Flatbread Salad Bar: Couscous and Dinner Roll w/ Spanish Rice Romaine Edamame Cheese Pizza Cheese Pizza **Beef** or Jerk Chicken Pizza Chicken or Chickpea Jerk Chicken Pizza Jerk Chicken Pizza Bean & Cheese Nachos Bean & Cheese Nachos Shredded Cheese Nacho Toppings Nacho Toppings Cucumbers Tomatoes Salad Bar with dinner Chicken & Cheese Salad Caesar Salad with dinner Salad Bar with dinner **Red Bell Pepper Slices** Salad Bar with dinner roll Garden Salad w/ Cheese roll roll roll **Red Onion Slices** w/ Dinner Roll Chicken Ham & Cheese Garden Salad w/ Cheese Cheese & Veggie Wrap Turkey & Cheese Wrap **Nacho Toppings:** Wrap & Dinner Roll Sour Cream **Veggie Burger Veggie Burger Veggie Burger Bread Chicken Grilled Cheese** Black Olives Cheeseburger Cheeseburger Cheeseburger Sandwich Jalapeños Salsa **Red Bell Pepper Slices Cucumber Slices** Baby Carrots Edamame **Baby Carrots FRUIT** & Tater Tots Steamed Broccoli Black Eyed Peas **Steamed Squash** Green Peas VEGGIES **Fresh Apple** Fresh Pear **Fresh Apple** Fresh Orange Fresh Apple Mixed Fruit Diced Peaches **Diced Pears** Applesauce Apricot Halves **AVAILABLE DAILY:** aramark Vegetarian Options 💋 Sunbutter and Jelly Sandwich STUDENT Milk Varieties: Skim, 1% **Available Daily** NUTRITION Condiments - Ketchup, Mustard, Mayo, Ranch & **Contains Fish** Menus are subject to change. Italian Dressing, Margarine, Sriracha Sauce Locally Sourced This institution is an equal opportunity provider. All Lunch <u>Must</u>Include Choice of:

Fruit or Vegetable and May Include: 1% Low-Fat Milk or Fat-Free Milk

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DISTRICT OF COLUMBIA

# December 2024

### 9-12 LUNCH MENU

December 16- December 20

Powering					
potential.	MON	TUES	WED	THURS	FRI
ENTRÉE OPTIONS	-Pomodoro Spaghetti Bowl -Philly Cheesesteak	<u>Winter Holiday Meal</u> Roasted Turkey Vegetarian Nuggets	-Country Chicken Nugget Bowl w/ Dinner Roll	-Fish Quinoa Bowl w/ Dinner Roll -Baked Potato with	Veggie Burger Cheeseburger
Salad Bar:			-Meatball Sub	Broccoli and Cheese	
Romaine Edamame Chickpea Shredded Cheese	Cheese Pizza Pepperoni Pizza	With Dinner Roll	Chicken BBQ Sriracha Pizza	Chicken or Bean & Cheese Nachos Nacho Toppings	Cheese Pizza Pepperoni Pizza
Cucumbers Tomatoes Red Bell Pepper Slices Red Onion Slices	Salad Bar with dinner roll Turkey & Cheese Wrap	Chicken Caesar Salad w/ Dinner Roll Garden Salad w/ Cheese & Dinner Roll	Salad Bar with dinner roll Cheese and Veggie Wrap	Beef Nacho Salad w/ Dinner Roll Garden Salad w/ Cheese & Dinner Roll	Garden Salad w/ Cheese & Dinner Roll Chicken Ham & Cheese Wrap
<b>Nacho Toppings:</b> Sour Cream Black Olives Jalapeños	Veggie Burger Cheeseburger	Breaded Chicken Sandwich	Veggie Burger Cheeseburger	Grilled Cheese	
Salsa FRUIT & VEGGIES	Baby Carrots Green Peas Fresh Apple Diced Pears	Roasted Sweet Potatoes Collard Greens Fresh Orange Applesauce	Red Bell Pepper Slices Steamed Broccoli Fresh Apple Diced Peaches	Cucumber Slices Steamed Corn <mark>Fresh Apple</mark> Mixed Fruit	Baby Carrots Black Beans Fresh Apple Apricot Halves
	<ul> <li>Sunbutter and Jelly Sa</li> <li>Milk Varieties: Skim, 1</li> <li>Condiments – Ketchul</li> </ul>	BLE DAILY: andwich	Available	Options ST NU Daily Fish Menus	TUDENT UDENT UTRITION are subject to change.