

# May

## Elementary School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <ul style="list-style-type: none"> <li>Mumbo Chicken Drumstick served w/Fried Rice <b>V</b></li> <li><b>OR</b></li> <li>Classic Chef Salad served w/ Whole Grain Dinner Roll</li> <li>Citrus Glazed Carrots</li> <li>Fresh Apple Slices</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>Hot Italian Sandwich</li> <li><b>OR</b></li> <li>Chicken Torta Sandwich</li> <li>Frijoles ala Charro (Stewed Pinto Beans) <b>VE</b></li> <li>Fresh Pear</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>Teriyaki Grilled Chicken w/Vegetables served w/Brown Rice</li> <li>Orange Broccoli</li> <li>Fresh Grapes</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>Burrito Bowl (Turkey meat, Cilantro Lime Rice, Refried Beans) served w/ Sour Cream &amp; Salsa</li> <li>Aztec Corn</li> <li>Fresh Orange</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>Buffalo Chicken Pizza</li> <li><b>OR</b></li> <li>Greek Turkey Wrap</li> <li>Seasoned Green Beans</li> <li>Fresh Banana</li> </ul>
<p>9</p> <ul style="list-style-type: none"> <li>Turkey Dog</li> <li><b>OR</b></li> <li>Chicken Salad Sandwich on Whole Grain Bread</li> <li>Baked Sweet Potato Wedges served w/Ketchup</li> <li>Fresh Blueberries</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>Honey BBQ Chicken Sandwich on Whole Grain Bread</li> <li>Southwest Refried Beans</li> <li>Fresh Pear</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>Spaghetti w/Turkey Meat Sauce served w/ Whole Grain Cheesy Breadstick</li> <li><b>OR</b></li> <li>Italian Sub Sandwich on Whole Grain Bread</li> <li>Parmesan Roasted Broccoli</li> <li>Fresh Apple</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>Sweet &amp; Sour Grilled Chicken w/Vegetables &amp; Brown Rice</li> <li>Sizzlin' Asian Veggie Stir Fry</li> <li>Fresh Banana</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>Turkey Pepperoni Pizza</li> <li><b>OR</b></li> <li>Turkey Ham &amp; Cheese Sandwich on Whole Grain Bread</li> <li>Corn on the Cob</li> <li>Fresh Nectarine</li> </ul>
<p>16</p> <ul style="list-style-type: none"> <li>Breakfast for Lunch: Turkey Sausage, Homestyle Scrambled Eggs &amp; Whole Grain French Toast Sticks <b>VE</b> served w/ Natural Syrup</li> <li><b>OR</b></li> <li>American Sub Sandwich on Whole Grain Sub Roll</li> <li>Baked Sweet Potato Wedges w/ Ketchup</li> <li>Fresh Pear</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>Jamaican Jerk Chicken Bowl w/ Brown Rice</li> <li>Jerk Lentils</li> <li>Fresh Grapes</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>Queso Fiesta Mac <b>V</b> served w/Whole Grain Breadstick</li> <li><b>OR</b></li> <li>Southwest Chicken Sandwich</li> <li>Seasoned Green Beans</li> <li>Fresh Orange</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>BBQ Chicken Drumsticks w/ Whole Grain Dinner Roll</li> <li>Mashed Potatoes served w/ Turkey Gravy</li> <li>Fresh Nectarine</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>Egusi Stew (Tomato Soup) w/ Chicken served w/ Coco Bread</li> <li><b>OR</b></li> <li>Tuna Salad Sandwich on Whole Grain Bread</li> <li>Sauteed Spinach</li> <li>Fresh Banana</li> </ul>
<p>23</p> <ul style="list-style-type: none"> <li>Mumbo Chicken Drumstick served /Fried Rice <b>V</b></li> <li><b>OR</b></li> <li>Classic Chef Salad served w/ Whole Grain Dinner Roll</li> <li>Citrus Glazed Carrots</li> <li>Fresh Apple Slices</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>Hot Italian Sandwich</li> <li><b>OR</b></li> <li>Chicken Torta Sandwich</li> <li>Frijoles ala Charro (Stewed Pinto Beans) <b>VE</b></li> <li>Fresh Pear</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>Teriyaki Grilled Chicken w/Vegetables served w/Brown Rice</li> <li>Orange Broccoli</li> <li>Fresh Grapes</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>BBQ Burger w/Coleslaw</li> <li>Seasoned Potatoes Wedges served w/Ketchup</li> <li>Fresh Orange</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>Buffalo Chicken Pizza</li> <li><b>OR</b></li> <li>Greek Turkey Wrap</li> <li>Seasoned Green Beans</li> <li>Fresh Banana</li> </ul>
<p>30</p> <p><b>NO SCHOOL</b></p>	<p>31</p> <ul style="list-style-type: none"> <li>Honey BBQ Chicken Sandwich on Whole Grain Bread</li> <li>Southwest Refried Beans</li> <li>Fresh Pear</li> </ul>	<p>1</p> <ul style="list-style-type: none"> <li>Spaghetti w/Turkey Meat Sauce served w/ Whole Grain Cheesy Breadstick</li> <li><b>OR</b></li> <li>Italian Sub Sandwich on Whole Grain Bread</li> <li>Parmesan Roasted Broccoli</li> <li>Fresh Apple</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>Sweet &amp; Sour Grilled Chicken w/Vegetables &amp; Brown Rice</li> <li>Sizzlin' Asian Veggie Stir Fry</li> <li>Fresh Banana</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>Turkey Pepperoni Pizza</li> <li><b>OR</b></li> <li>Turkey Ham &amp; Cheese Sandwich on Whole Grain Bread</li> <li>Corn on the Cob</li> <li>Fresh Nectarine</li> </ul>



**Vegetarian V**



**Vegan VE**



**Locally Sourced**

Fresh local apples and garden bar salad served w/Life Ranch Dressing available daily.

Student's choice of skim or 1% hormone-free milk provided at every meal

This menu is subject to change based upon availability

### Food Celebrations

Welcome Back! Here are some exciting ways to stay engaged with your food this school year.

**National School Lunch Hero**  
Week 5/2-6

**Cinco De Mayo 5/5**

**Super Bites 5/11 – Tomatoes**

**Pizza Day 5/20**

**World Language Day 5/19-20**

### Open Meal Sites

Anacostia High School  
Ballou High School  
Columbia Heights Education Campus  
Eastern High School  
Hardy Middle School  
Roosevelt High School  
Woodrow Wilson High School  
H.D. Woodson High School

# May Vegetarian

## Elementary School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <ul style="list-style-type: none"> <li>Mumbo Baked Tofu <b>VE</b> served w/Fried Rice <b>V</b></li> <li>Citrus Glazed Carrots</li> <li>Fresh Apple Slices</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>Cheesy Breadstick <b>V</b> served w/Marinara Sauce</li> <li>Frijoles ala Charro(Stewed Pinto Beans) <b>VE</b></li> <li>Fresh Pear</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>Vegan Teriyaki Vegetables served w/Brown Rice</li> <li><b>OR</b></li> <li>Asian Hummus Wrap</li> <li>Orange Broccoli</li> <li>Fresh Grapes</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>Burrito Bowl (Cilantro Lime Rice, Refried Beans) served w/ Sour Cream &amp; Salsa</li> <li><b>OR</b></li> <li>Sunbutter &amp; Jelly Sandwich <b>VE</b></li> <li>Aztec Corn</li> <li>Fresh Orange</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>Grecian(Greek) Style Flatbread <b>V</b></li> <li>Seasoned Green Beans</li> <li>Fresh Banana</li> </ul>
<p>9</p> <ul style="list-style-type: none"> <li>Gardenburger w/Lettuce, Tomato on Whole Grain Bun <b>V</b></li> <li>Baked Sweet Potato served w/Ketchup</li> <li>Fresh Blueberries</li> </ul> <p>*Mustard available</p>	<p>10</p> <ul style="list-style-type: none"> <li>Bean &amp; Cheese Burrito <b>V</b> served w/Salsa</li> <li><b>OR</b></li> <li>Hearty Garden Salad w/ Whole Grain Tortilla Chips <b>V</b></li> <li>Southwest Refried Beans</li> <li>Fresh Pear</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>Veggie Tortellini <b>V</b> served w/ Whole Grain Cheesy Breadstick <b>V</b></li> <li>Parmesan Roasted Broccoli</li> <li>Fresh Apple</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>Baked Tofu w/ Sweet &amp; Sour Sauce served over Brown Rice <b>VE</b></li> <li><b>OR</b></li> <li>Sunbutter &amp; Jelly Sandwich <b>VE</b></li> <li>Sizzlin' Asian Veggie Stir Fry</li> <li>Fresh Banana</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>Classic Cheese Pizza <b>V</b></li> <li>Corn on the Cob</li> <li>Fresh Nectarine</li> </ul>
<p>16</p> <ul style="list-style-type: none"> <li>Breakfast for Lunch: Homestyle Scrambled Eggs &amp; Whole Grain French Toast Sticks <b>VE</b> served w/ Natural Syrup</li> <li>Baked Sweet Potato Wedges w/Ketchup</li> <li>Fresh Pear</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>Veggie Fried Rice <b>V</b></li> <li><b>OR</b></li> <li>Vegan Veggie Lo Mein <b>V</b></li> <li>Jerk Lentils</li> <li>Fresh Grapes</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>Queso Fiesta Mac <b>V</b> served w/Whole Grain Breadstick</li> <li>Seasoned Green Beans</li> <li>Fresh Orange</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>Grilled Cheese Sandwich <b>V</b></li> <li><b>OR</b></li> <li>Greek Salad served w/ Whole Grain Tortilla Chips <b>V</b></li> <li>Mashed Potato (No Gravy)</li> <li>Fresh Nectarine</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>Veggie Pizza <b>V</b></li> <li>Sauteed Spinach</li> <li>Fresh Banana</li> </ul>
<p>23</p> <ul style="list-style-type: none"> <li>Mumbo Baked Tofu <b>VE</b> served w/Fried Rice <b>V</b></li> <li>Citrus Glazed Carrots</li> <li>Fresh Apple Slices</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>Cheesy Breadstick <b>V</b> served w/Marinara Sauce</li> <li>Frijoles ala Charro(Stewed Pinto Beans) <b>VE</b></li> <li>Fresh Pear</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>Vegan Teriyaki Vegetables served w/Brown Rice</li> <li><b>OR</b></li> <li>Asian Hummus Wrap</li> <li>Orange Broccoli</li> <li>Fresh Grapes</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>Rainbow Chili <b>V</b> served w/Whole Grain Dinner Roll</li> <li><b>OR</b></li> <li>Sunbutter &amp; Jelly Sandwich <b>VE</b></li> <li>Seasoned Potato Wedges w/Ketchup</li> <li>Fresh Orange</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>Grecian(Greek) Style Flatbread <b>V</b></li> <li>Seasoned Green Beans</li> <li>Fresh Banana</li> </ul>
<p>30</p> <p><b>NO SCHOOL</b></p>	<p>31</p> <ul style="list-style-type: none"> <li>Bean &amp; Cheese Burrito <b>V</b> served w/Salsa</li> <li><b>OR</b></li> <li>Hearty Garden Salad w/ Whole Grain Tortilla Chips <b>V</b></li> <li>Southwest Refried Beans</li> <li>Fresh Pear</li> </ul>	<p>1</p> <ul style="list-style-type: none"> <li>Veggie Tortellini <b>V</b> served w/ Whole Grain Cheesy Breadstick <b>V</b></li> <li>Parmesan Roasted Broccoli</li> <li>Fresh Apple</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>Baked Tofu w/ Sweet &amp; Sour Sauce served over Brown Rice <b>VE</b></li> <li><b>OR</b></li> <li>Sunbutter &amp; Jelly Sandwich <b>VE</b></li> <li>Sizzlin' Asian Veggie Stir Fry</li> <li>Fresh Banana</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>Classic Cheese Pizza <b>V</b></li> <li>Corn on the Cob</li> <li>Fresh Nectarine</li> </ul>



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