


June

High School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 NO SCHOOL	31 <ul style="list-style-type: none"> Honey BBQ Chicken Sandwich on Whole Grain Bread Southwest Refried Beans Fresh Pear 	1 <ul style="list-style-type: none"> Spaghetti w/Turkey Meat Sauce served w/ Whole Grain Cheesy Breadstick OR Italian Sub Sandwich on Whole Grain Bread Parmesan Roasted Broccoli Strawberries & Green Salad Fresh Apple 	2 <ul style="list-style-type: none"> Sweet & Sour Grilled Chicken w/Vegetables & Brown Rice Sizzlin' Asian Veggie Stir Fry Fresh Banana 	3 <ul style="list-style-type: none"> Turkey Pepperoni Pizza OR Turkey Ham & Cheese Sandwich on Whole Grain Bread Corn on the Cob Fresh Nectarine
6 <ul style="list-style-type: none"> Breakfast for Lunch: Turkey Sausage, Homestyle Scrambled Eggs & Whole Grain French Toast Sticks VE served w/ Natural Syrup OR American Sub Sandwich on Whole Grain Sub Roll Baked Sweet Potato Wedges w/ Ketchup Fresh Pear 	7 <ul style="list-style-type: none"> Jamaican Jerk Chicken Bowl w/ Brown Rice Jerk Lentils Fresh Grapes 	8 <ul style="list-style-type: none"> Queso Fiesta Mac V served w/Whole Grain Breadstick OR Southwest Chicken Sandwich Seasoned Green Beans Fresh Orange 	9 <ul style="list-style-type: none"> BBQ Chicken Drumsticks w/ Whole Grain Dinner Roll Mashed Potatoes served w/ Turkey Gravy Fresh Nectarine 	10 <ul style="list-style-type: none"> Egusi Stew (Tomato Soup) w/ Chicken served w/ Coco Bread OR Tuna Salad Sandwich on Whole Grain Bread Sauteed Spinach Fresh Banana
13 <ul style="list-style-type: none"> Mumbo Chicken Drumstick served /Fried Rice V OR Classic Chef Salad served w/ Whole Grain Dinner Roll Citrus Glazed Carrots Fresh Apple Slices 	14 <ul style="list-style-type: none"> Hot Italian Sandwich OR Chicken Torta Sandwich Frijoles ala Charro (Stewed Pinto Beans) VE Fresh Pear 	15 <ul style="list-style-type: none"> Teriyaki Grilled Chicken w/Vegetables served w/Brown Rice Orange Broccoli Fresh Grapes 	16 <ul style="list-style-type: none"> BBQ Burger w/Coleslaw Seasoned Potatoes Wedges served w/Ketchup Fresh Orange 	17 <ul style="list-style-type: none"> Buffalo Chicken Pizza OR Greek Turkey Wrap Seasoned Green Beans Fresh Banana
20 NO SCHOOL 	21 <ul style="list-style-type: none"> Honey BBQ Chicken Sandwich on Whole Grain Bread Southwest Refried Beans Fresh Pear 	22 <ul style="list-style-type: none"> Spaghetti w/Turkey Meat Sauce served w/ Whole Grain Cheesy Breadstick OR Italian Sub Sandwich on Whole Grain Bread Parmesan Roasted Broccoli Fresh Apple 	23 <ul style="list-style-type: none"> Sweet & Sour Grilled Chicken w/Vegetables & Brown Rice Sizzlin' Asian Veggie Stir Fry Fresh Banana 	24 <ul style="list-style-type: none"> Turkey Pepperoni Pizza OR Turkey Ham & Cheese Sandwich on Whole Grain Bread Corn on the Cob Fresh Nectarine
27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	1 NO SCHOOL



Vegetarian V

Vegan VE

Locally Sourced

Fresh local apples and garden bar salad served w/Lite 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.

Fresh Fruit and Vegetable Month
Strawberries and Salad Greens Day 6/1


Super Bites 6/9 – Nectarine
End of School Year Celebration 6/16

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

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30 NO SCHOOL	31 <ul style="list-style-type: none"> • Bean & Cheese Burrito V served w/Salsa OR • Hearty Garden Salad w/ Whole Grain Tortilla Chips V • Southwest Refried Beans • Fresh Pear 	1 <ul style="list-style-type: none"> • Veggie Tortellini V served w/ Whole Grain Cheesy Breadstick V • Parmesan Roasted Broccoli • Strawberries & Green Salad • Fresh Apple 	2 <ul style="list-style-type: none"> • Baked Tofu w/ Sweet & Sour Sauce served over Brown Rice VE OR • Sunbutter & Jelly Sandwich VE • Sizzlin' Asian Veggie Stir Fry • Fresh Banana 	3 <ul style="list-style-type: none"> • Classic Cheese Pizza V • Corn on the Cob • Fresh Nectarine
6 <ul style="list-style-type: none"> • Breakfast for Lunch: Homestyle Scrambled Eggs & Whole Grain French Toast Sticks VE served w/ Natural Syrup • Baked Sweet Potato Wedges w/Ketchup • Fresh Pear 	7 <ul style="list-style-type: none"> • Veggie Fried Rice V OR • Vegan Veggie Lo Mein V • Jerk Lentils • Fresh Grapes 	8 <ul style="list-style-type: none"> • Queso Fiesta Mac V served w/Whole Grain Breadstick • Seasoned Green Beans • Fresh Orange 	9 <ul style="list-style-type: none"> • Grilled Cheese Sandwich V OR • Greek Salad served w/ Whole Grain Tortilla Chips V • Mashed Potato (No Gravy) • Fresh Nectarine 	10 <ul style="list-style-type: none"> • Veggie Pizza V • Sautéed Spinach • Fresh Banana
13 <ul style="list-style-type: none"> • Mumbo Baked Tofu VE served w/Fried Rice V • Citrus Glazed Carrots • Fresh Apple Slices 	14 <ul style="list-style-type: none"> • Cheesy Breadstick V served w/Marinara Sauce • Frijoles ala Charro(Stewed Pinto Beans) VE • Fresh Pear 	15 <ul style="list-style-type: none"> • Vegan Teriyaki Vegetables served w/Brown Rice OR • Asian Hummus Wrap • Orange Broccoli • Fresh Grapes 	16 <ul style="list-style-type: none"> • Gardenburger w/Lettuce, & Tomato on Whole Grain Bun V OR • Sunbutter & Jelly Sandwich VE • Seasoned Potato Wedges w/Ketchup • Fresh Orange 	17 <ul style="list-style-type: none"> • Grecian(Greek) Style Flatbread V • Seasoned Green Beans • Fresh Banana
20 NO SCHOOL 	21 <ul style="list-style-type: none"> • Bean & Cheese Burrito V served w/Salsa OR • Hearty Garden Salad w/ Whole Grain Tortilla Chips V • Southwest Refried Beans • Fresh Pear 	22 <ul style="list-style-type: none"> • Veggie Tortellini V served w/ Whole Grain Cheesy Breadstick V • Parmesan Roasted Broccoli • Fresh Apple 	23 <ul style="list-style-type: none"> • Baked Tofu w/ Sweet & Sour Sauce served over Brown Rice VE OR • Sunbutter & Jelly Sandwich VE • Sizzlin' Asian Veggie Stir Fry • Fresh Banana 	24 <ul style="list-style-type: none"> • Classic Cheese Pizza V • Corn on the Cob • Fresh Nectarine
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