

May Breakfast & Lunch Menus

Open Meal Sites



PICKUP DAY	SITE CLOSED	PICKUP DAY	SITE CLOSED	PICKUP DAY	SITE CLOSED	SITE CLOSED
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

BREAKFAST-SNACK MENU

<ul style="list-style-type: none"> •Whole Grain Assorted Muffins (Blueberry/Apple) •Fresh Apple Slices •Nonfat or 1% White Milk 	<ul style="list-style-type: none"> •Egg & Cheese Burrito made with Whole Tortilla served w/Salsa •Peach Cup •Nonfat or 1% White Milk 	<ul style="list-style-type: none"> •Assorted Cereal & Whole Grain Graham Crackers •Fresh Banana •100% Orange Juice •Nonfat or 1% White Milk 	<ul style="list-style-type: none"> •Whole Grain French Toast Sticks w/ Syrup & Turkey Sausage •Whole Grain Cracker •Fresh Apple •Nonfat or 1% White Milk 	<ul style="list-style-type: none"> •Whole Grain Bagel w/ Lite Cream Cheese •Fresh Apple •Nonfat or 1% White Milk 	<ul style="list-style-type: none"> •Assorted Cereal & Whole Grain Graham Crackers •Fresh Apple •Nonfat or 1% White Milk 	<ul style="list-style-type: none"> •Assorted Cereal & Whole Grain Graham Crackers •Fresh Apple •Nonfat or 1% White Milk
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LUNCH MENU

<ul style="list-style-type: none"> •Hot Italian Sandwich on Whole Grain Bun <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> •Cheesy Breadsticks V served w/Marinara Sauce •Corn on the Cob •Fresh Apple •Nonfat or 1% White Milk 	<ul style="list-style-type: none"> •Chicken Salad Sandwich on Whole Grain Bread <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> •Garden Burger w/Lettuce, Tomato, & Onions on Whole Grain Bun V •Garden Bar Salad w/Lite Ranch Dressing •Celery Sticks w/ Lite Ranch Dip •Fresh Apple •Nonfat or 1% White Milk 	<ul style="list-style-type: none"> •Tuna Salad Sandwich on Whole Grain Bread <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> •Sunbutter & Jelly Sandwich on Whole Grain Bread VE •Fresh Baby Carrots w/Lite Ranch Dip •Fresh Apple Slices •Nonfat or 1% White Milk 	<ul style="list-style-type: none"> •Chicken Quesadilla made with Whole Grain Tortilla served w/Salsa <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> •Cheesy Breadsticks V served w/Marinara Sauce •Garden Bar Salad w/Lite Ranch Dressing •Black Beans •Fresh Apple •Nonfat or 1% White Milk 	<ul style="list-style-type: none"> •Turkey Ham & Cheese Sandwich on Whole Grain Bread <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> •Grilled Cheese Sandwich on Whole Grain Bread V •Garden Bar Salad w/Lite Ranch Dressing •Fresh Broccoli Florets w/ Lite Ranch Dip •Fresh Apple Slices •Nonfat or 1% White Milk 	<ul style="list-style-type: none"> •Hot Italian Sandwich on Whole Grain Bun <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> •Sunbutter & Jelly Sandwich on Whole Grain Bread VE •Fresh Cucumber Coins w/ Lite Ranch Dip •Fresh Apple •Nonfat or 1% White Milk 	<ul style="list-style-type: none"> •Hot Italian Sandwich on Whole Grain Bun <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> •Sunbutter & Jelly Sandwich on Whole Grain Bread VE •Fresh Cucumber Coins w/ Lite Ranch Dip •Fresh Apple •Nonfat or 1% White Milk
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Student's choice of skim or 1% hormone-free milk provided at every meal

This menu is subject to change **based upon availability**

Food Distribution

Meals will be available for pickup on Mondays, Wednesdays, and Fridays from 10am – 2pm. Monday meal bags will include meals for Tuesday. Wednesday meal bag will include meals for Wednesday and Thursday. Friday meal bag will include meals for Friday, Saturday, and Sunday

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

*Assorted Whole Cereals – Cheerios, Rice Chex, Cinnamon Chex, Golden Graham, Raisin Bran (Raisin Bran and Golden Grahams are not offered for Weekend Meals)

*Assorted Muffins – Apple, Blueberry



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