



# DISTRICT OF COLUMBIA PUBLIC SCHOOLS

## JANUARY EARLY CHILDHOOD LUNCH MENU EXTENDED SCHOOL YEAR

Did you know—If you see a menu item in **green**, it's **local**, if you see it in **blue**, the meal has **international influence** and if you see it in **orange** it is a **Fresh Feature Friday** winner!



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <b>New Year's Break</b>  <b>No School</b></p>	<p>3 Turkey Ham &amp; Cheddar on a Whole Wheat Bun Roasted Carrots Potato Salad Fresh Orange Wedges Skim or 1% Milk House Ranch Dressing</p>	<p>4 <b>Local Beef Burger</b> Whole Wheat Bun BBQ Baked Beans <b>Local Steamed Corn</b> <b>Fresh Local Apple</b> Skim or 1% Milk Ketchup &amp; Mustard</p>	<p>5 Whole Wheat Mac &amp; Cheese <b>Local Herb Roasted Butternut Squash</b> <b>Local Braised Collard Greens</b> Fresh Banana Skim or 1% Milk</p>	<p>6 <b>Chicken &amp; Bean Chili</b> Brown Rice <b>Local Romaine Salad</b> with Tomatoes Fresh Cantaloupe Wedge Skim or 1% Milk Cilantro Lime Dressing</p>
<p>9 Turkey Sausage and Cheese Pizza Steamed Broccoli <b>Local Sweet Potato Fries</b> <b>Fresh Local Pear</b> Skim or 1% Milk</p>	<p>10 Cajun Catfish Brown Rice Black Eyed Peas <b>Local Southern Cabbage</b> Fresh Orange Wedges Skim or 1% Milk Hot Sauce</p>	<p>11 Chopped Chicken Alfredo over Whole Grain Pasta <b>Local Romaine Lettuce</b> with Cucumbers <b>Fresh Local Apple</b> Skim or 1% Milk Italian Dressing</p>	<p>12 Beef Shepherd's Pie <b>Local Mashed Potatoes</b> Whole Grain Biscuit Buttered Green Peas Fresh Banana Skim or 1% Milk</p>	<p>13 <b>Local Buffalo Chicken Drum</b> Whole Wheat Roll Roasted Carrots Celery Sticks Fresh Cantaloupe Wedge Skim or 1% Milk House Ranch Dressing</p>
<p>16 <b>Martin Luther King, Jr. Day</b>  <b>No School</b></p>	<p>17 All Beef Hot Dog Whole Wheat Bun BBQ Baked Beans <b>Local Baked Potato Fries</b> Fresh Orange Wedges Skim or 1% Milk Ketchup &amp; Mustard</p>	<p>18 Whole Wheat Baked Ziti with Mozzarella Cheese <b>Local Romaine Lettuce</b> with Tomatoes <b>Fresh Local Apple</b> Skim or 1% Milk Honey Mustard Dressing</p>	<p>19 Crispy Chicken Tender Whole Wheat Roll <b>Local Steamed Corn</b> <b>Local Herb Roasted Butternut Squash</b> Fresh Banana Skim or 1% Milk Simply Heinz BBQ Sauce</p>	<p>20 <b>Inauguration Day</b>  <b>No School</b></p>
<p>23 BBQ Pulled Chicken on a Whole Wheat Bun <b>Local Sweet Potato Fries</b> <b>Cheesy Broccoli</b> <b>Fresh Local Pear</b> Skim or 1% Milk</p>	<p>24 <b>Local Soft Beef Tacos</b> in Whole Wheat Tortillas <b>Chili Black Beans</b> <b>Tomato Salsa</b> Fresh Orange Wedges Skim or 1% Milk</p>	<p>25 Crispy Fish Sandwich on a Whole Wheat Bun <b>Local Savory Sautéed Kale</b> <b>Local Mashed Cauliflower</b> <b>Fresh Local Apple</b> Skim or 1% Milk Hot Sauce</p>	<p>26 <b>Bolivian Food Day</b> <b>Local Pollo Chicken a la Chorrellana</b> with Pepper and Onions <b>Quinoa</b> <b>Papas Roasted Potatoes</b> Fresh Banana Skim or 1% Milk</p>	<p>27 <b>Records Day</b>  <b>No School</b></p>
<p>30 Roasted Turkey Whole Grain Cornbread Muffin <b>Local Zesty Green Beans</b> <b>Local Mashed Sweet Potatoes</b> <b>Fresh Local Pear</b> Skim or 1% Milk Brown Gravy</p>	<p>31 Turkey Ham &amp; Cheddar on Whole Wheat Bun Roasted Carrots Potato Salad Fresh Orange Wedges Skim or 1% Milk House Ranch Dressing</p>			



**Fuel Up With Foods From Each Food Group!**  
There are 5 food groups– Dairy, Grains, Protein, Fruits, and Vegetables! Your school lunch **rocks** because it includes all 5 groups! It is important to eat foods from each group **everyday** to stay strong and healthy!

