

DCPS High School Menu

January 2-6

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



**A MINIMUM OF 6 SIDES
OFFERED DAILY WITH
LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Recipes including local produce are indicated with an *. Low Fat or Fat Free Milk included with all meals.

LOCAL THIS WEEK: Apples & Kale

Daily Special

Favorites

- MONDAY** No School Today
- TUESDAY** Chimichurri Pollock w/ Cilantro Rice
- WEDNESDAY** Mexi-Chicken Tacos
- THURSDAY** Honey BBQ Sandwich
- FRIDAY** Classic Drumstick w/ Spanish Rice

Daily Sides

*Garden Bar: Salad Greens, Cabbage,
Pinto Beans, Corn*



- MONDAY** No School Today
- TUESDAY** Citrus Glazed Carrots
- WEDNESDAY** Fire Roasted Black Beans
- THURSDAY** Sweet Potato Wedge
- FRIDAY** Roasted Corn

Daily Specials

Creations

*Specialty Grill Items: Wednesday & Thursday
Pizza Day: Tuesday & Friday*

- MONDAY** No School Today
- TUESDAY** Buffalo/ Hawaiian/ Cheese
- WEDNESDAY** Chicken Burger/ Bistro Burger/ Spicy Bean Burger
- THURSDAY** Meatball Sub/ Cool Ranch Burger/ Blackbean Burger
- FRIDAY** Pepperoni/ Sausage/ Cheese

Daily Sides

Fruit Choices



- MONDAY** No School Today
- TUESDAY** Applesauce/ Fresh Grapes
- WEDNESDAY** Banana/ Raisins
- THURSDAY** Mixed Fruit Cup/ Orange Smiles
- FRIDAY** Fresh Apple*/ Banana

Daily Specials

Grab & Go

Sub Sandwiches

Available Everyday

- MONDAY** No School Today
- TUESDAY** Chef Salad Wrap/ Garden Salad
- WEDNESDAY** Greens & Gourds Wrap*/ Caesar Salad
- THURSDAY** Chicken Caesar Wrap/ Tuna Salad
- FRIDAY** Tuna Salad Wrap/ Spinach Salad

*This institution is an equal
opportunity provider.*

INSPIRE CAFÉ

DCPS High School Menu

January 9-13

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

*From
the Field*

**A MINIMUM OF 6 SIDES
OFFERED DAILY WITH
LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Recipes including local produce are indicated with an *. Low Fat or Fat Free Milk included with all meals.

LOCAL THIS WEEK: Apples

Daily Special

Favorites

MONDAY	Turkey Carnitas Burrito
TUESDAY	Jamaican Jerk Chicken Bowl
WEDNESDAY	Beef Soft Tacos
THURSDAY	Cheesy Baked Lasagna
FRIDAY	Scrambled Eggs w/ Pancakes

Daily Sides

*Garden Bar: Salad Greens, Peas
Cauliflower, Diced Tomatoes*

*From
the Field*

MONDAY	Spicy Black Beans
TUESDAY	Lentils
WEDNESDAY	Mexican Zucchini
THURSDAY	Roasted Broccoli
FRIDAY	Roasted Potatoes

Daily Specials

Creations

Specialty Grill Items: Tues & Wed, & Fri

Pizza: Monday & Thursday

MONDAY	Hawaiian/ Sausage/ Cheese
TUESDAY	Patty Melt- Major Flavor Meltdown
WEDNESDAY	Twisted Turkey Dog/ Turkey Burger/ Mexi Veggie Burger
THURSDAY	Buffalo/ Pepperoni/ Cheese
FRIDAY	Turkey BBQ Sandwich/ Cheeseburger/ Garden Burger

Daily Sides

Fruit Choices

*From
the Field*

MONDAY	Fresh Apple*/ Chilled Peaches
TUESDAY	Applesauce/ Orange Smiles
WEDNESDAY	Chilled Pineapple/ Banana
THURSDAY	Mixed Fruit Cup/ Cantaloupe
FRIDAY	Banana/ Orange Juice

Daily Specials

Grab & Go

Sub Sandwiches

Available Everyday

MONDAY	Italian Sub/ Chef Salad
TUESDAY	Chef Salad Wrap/ Spinach Salad
WEDNESDAY	Greek Wrap/ Tuna Salad
THURSDAY	Tuna Salad Wrap/ Caesar Salad
FRIDAY	Chicken Caesar Wrap/ Garden Salad

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DCPS High School Menu

January 16-20

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



**A MINIMUM OF 6 SIDES
OFFERED DAILY WITH
LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Recipes including local produce are indicated with an *. Low Fat or Fat Free Milk included with all meals.

LOCAL THIS WEEK: Apples & Collard Greens

Daily Special



- MONDAY** No School Today
- TUESDAY** Pineapple Rice w/ Chicken
- WEDNESDAY** Beef Burrito
- THURSDAY** No School Today
- FRIDAY** No School Today

Daily Sides

*Garden Bar: Salad Greens, Ginger Carrot Salad,
Sliced Beets*, Garbanzo Beans*



- MONDAY** No School Today
- TUESDAY** Peas
- WEDNESDAY** Aztec Corn
- THURSDAY** No School Today
- FRIDAY** No School Today

Daily Specials

Specialty Grill Items: Wednesday



Pizza: Tuesday

- MONDAY** No School Today
- TUESDAY** Sausage/ Buffalo/ Cheese
- WEDNESDAY** Banh Mi/ Cool Ranch Burger/ Sunbutter
Banana Sandwich
- THURSDAY** No School Today
- FRIDAY** No School Today

Daily Sides

Fruit Choices



- MONDAY** No School Today
- TUESDAY** Applesauce/ Fresh Grapes
- WEDNESDAY** Dried Cranberries/ Banana
- THURSDAY** No School Today
- FRIDAY** No School Today

Daily Specials

Sub Sandwiches

Available Everyday



- MONDAY** No School Today
- TUESDAY** Chef Salad Wrap/ Spinach Salad
- WEDNESDAY** Pollock Po'Boy/ Chicken Caesar Salad
- THURSDAY** No School Today
- FRIDAY** No School Today

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INSPIRE CAFÉ

DCPS High School Menu

January 23-27

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

From the Field

A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Recipes including local produce are indicated with an *. Low Fat or Fat Free Milk included with all meals.

LOCAL THIS WEEK: Apples

Daily Special

Favorites

MONDAY	Chicken Pho
TUESDAY	Spaghetti w/ Meat Sauce or Marinara
WEDNESDAY	Mediterranean Omelet
THURSDAY	Bolivian Turkey w/ Quinoa- International Food Day
FRIDAY	Fajita Veggie or Chicken Quesadilla

Daily Sides

Garden Bar: Salad Greens, Cherry Tomatoes, Curried Chickpeas, Cucumber Slices

From the Field

MONDAY	Sesame Roasted Carrots
TUESDAY	Roasted Zucchini & Bell Peppers
WEDNESDAY	Baked Potato Wedges
THURSDAY	Olivier Salad
FRIDAY	Southwest Veggie Blend

Daily Specials

Creations

Specialty Grill Items: Monday & Tuesday

Pizza: Wednesday & Friday

MONDAY	Chicken Burger/ Mo'Burger/ Grilled Cheese
TUESDAY	Alaska Five-O/ Cheeseburger/ Garden Burger
WEDNESDAY	Buffalo/ Hawaiian/ Cheese
THURSDAY	Veggie Empanada
FRIDAY	Sausage/ Pepperoni Cheese

Daily Sides

Fruit Choices

From the Field

MONDAY	Fresh Apple*/ Chilled Pears
TUESDAY	Applesauce/ Fresh Grapes
WEDNESDAY	Banana/ Orange Juice
THURSDAY	Mixed Fruit Cup/ Orange Smiles
FRIDAY	Fresh Apple*/ Raisins

Daily Specials

Grab & Go

Sub Sandwiches

Available Everyday

MONDAY	Chicken Salad Sandwich/ Chef Salad
TUESDAY	SB & J Sandwich/ Chicken Dipper Salad
WEDNESDAY	Asian Chicken Wrap/ Caesar Salad
THURSDAY	Chicken Caesar Wrap/ Spinach Salad
FRIDAY	Spinach Salad Wrap/ Tuna Salad

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