INSPIRE CAFÉ

DCPS Middle School Menu

January 2-6

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 Bar 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

Favorites

Daily Special

MONDAY	No School Today
TUESDAY	Mexi-Chicken Soft Tacos
WEDNESDAY	BBQ Turkey Meatloaf
THURSDAY	Southwest Black Bean Nachos
FRIDAY	Breakfast Bagel

Creations

Daily Specials

MONDAY	No School Today
TUESDAY	Pepperoni Pizza/ Cheese Pizza
WEDNESDAY	Bistro Burger/ Black Bean Burger
THURSDAY	Chicken Burger/ Meatloaf Sandwich
FRIDAY	Hawaiian Pizza/ Cheese Pizza

Deli

Daily Specials

MONDAY	No School Today
TUESDAY	Turkey Sub Sandwich
WEDNESDAY	Garden Sub Sandwich
THURSDAY	American Sub Sandwich
FRIDAY	Cured Turkey Sub Sandwich

Grab & Go

Daily Specials

All Salads served w/ Whole Grain Roll

MONDAY	No School Today
TUESDAY	Italian Wrap/ Spinach Salad
WEDNESDAY	Greek Wrap/ Caesar Salad
THURSDAY	Caesar Wrap/ Chicken Dipper Salad
FRIDAY	Chicken Salad Sandwich/ Garden Salad

From the Field

Daily Special Sides

Garden Bar: Salad Greens, Peas

White Bean & Jicama Salad, Carrots

MONDAY	No School Today
TUESDAY	Mexican Zucchini/ Applesauce/ Orange Smiles
WEDNESDAY	Mashed Potatoes/ Banana/ Raisins
THURSDAY	Apple Jicama Slaw*/ Mixed Fruit Cup/ Orange Smiles
FRIDAY	Roasted Potatoes/ Apples*/ Orange Juice

This institution is an equal opportunity provider.

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INSPIRE CAFÉ

DCPS Middle 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 Bar 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

Favorites

Daily Special

MONDAY	Turkey Carnitas Burrito
TUESDAY	Jerk Chicken Bowl
WEDNESDAY	Beef Soft Tacos
THURSDAY	Cheesy Lasagna Roll
FRIDAY	Xi Hong Shi Chao Ji Dan

Creations

Daily Specials

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

Deli

Daily Specials

MONDAY	American Sub Sandwich
TUESDAY	Turkey Sub Sandwich
WEDNESDAY	Sunbutter & Jelly Sandwich
THURSDAY	Egg Salad Sandwich
FRIDAY	Zesty Italian Sub

Grab & Go

Daily Specials

All Salads served w/ Whole Grain Roll

MONDAY	Spinach Wrap/ Chef Salad
TUESDAY	Chef Salad Wrap/ Spinach Salad
WEDNESDAY	Greens & Gourds Wrap*/ Tuna Salad
THURSDAY	Tuna Salad Wrap/ Caesar Salad
FRIDAY	Chicken Caesar Wrap/ Garden Salad

From the Field

Daily Special Sides

Garden Bar: Salad Greens, Diced Tomatoes, Indian Style Garbanzo Beans, Corn

MONDAY	Fiesta Veggies/ Apple*/ Chilled Peaches
TUESDAY	Lentils/ Applesauce/ Orange Smiles
WEDNESDAY	Aztec Corn/ Pineapple/ Banana
THURSDAY	Green Beans/ Mixed Fruit Cup/ Canta-loupe
FRIDAY	Sweet Potato Bites/ Banana/ Orange Juice

This institution is an equal opportunity provider.

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INSPIRE CAFÉ

DCPS Middle School Menu

ESY January 16-20

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 Bar 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 & Mushrooms

Favorites

Daily Special

MONDAY	No School Today
TUESDAY	Pollock Tacos w/ Mexican Slaw
WEDNESDAY	General Tso Chicken Stir Fry*
THURSDAY	Fajita Veggie Quesadilla
FRIDAY	No School Today

Creations

Daily Specials

MONDAY	No School Today
TUESDAY	Pepperoni Pizza/ Cheese Pizza
WEDNESDAY	Cool Ranch Burger/ Sunbutter Banana Sandwich
THURSDAY	Sausage Pizza/ Cheese Pizza
FRIDAY	No School Today

Deli

Daily Specials

MONDAY	No School Today
TUESDAY	Turkey Sub Sandwich
WEDNESDAY	American Sub Sandwich
THURSDAY	Garden Sub Sandwich
FRIDAY	No School Today

Grab & Go

Daily Specials

All Salads served w/ Whole Grain Roll

MONDAY	No School Today
TUESDAY	Chef Salad Wrap/ Garden Salad
WEDNESDAY	Dragon Wrap/ Chicken Caesar Salad
THURSDAY	Chicken Caesar Wrap/ Chicken Dipper Salad
FRIDAY	No School Today

From the Field

Daily Special Sides

Garden Bar: Salad Greens, Ginger Carrot Salad

Roasted Corn, Celery Sticks

MONDAY	No School Today
TUESDAY	Roasted Black Beans/ Applesauce/ Orange Smiles
WEDNESDAY	Asian Veggie Blend/ Fresh Apple*/ Banana
THURSDAY	SW Pinto Beans/ Fruit Salad/ Orange Smiles
FRIDAY	No School Today

This institution is an equal opportunity provider.

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INSPIRE CAFÉ

DCPS Middle School Menu

ESY 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 Bar plus Fruits & Vegetables, in an inviting variety. Recipes including local ingredients are indicated with an *. Low Fat or Fat Free Milk included with all meals.

LOCAL THIS WEEK: Apples & Beets

Favorites

Daily Special

MONDAY	Chicken Alfredo Macaroni
TUESDAY	Mediterranean Omelet
WEDNESDAY	Baked Penne w/ Tomato Sauce
THURSDAY	Bolivian Turkey w/ Quinoa- International Food Day
FRIDAY	No School Today

Creations

Daily Specials

MONDAY	Hamburger/ Grilled Cheese
TUESDAY	Alaska Five-O Burger/ Turkey Burger
WEDNESDAY	Buffalo Pizza/ Cheese Pizza
THURSDAY	Veggie Empanada
FRIDAY	No School Today

Deli

Daily Specials

MONDAY	American Sub Sandwich
TUESDAY	Turkey Sub Sandwich
WEDNESDAY	Garden Sub Sandwich
THURSDAY	International Food Day
FRIDAY	No School Today

Grab & Go

Daily Specials

All Salads served w/ Whole Grain Roll

MONDAY	Vegetable Flatbread/ Chicken Dipper Salad
TUESDAY	Asian Chicken Wrap/ Spinach Salad
WEDNESDAY	Pollock Po Boy/ Caesar Salad
THURSDAY	Spinach Wrap/ Chicken Dipper Salad
FRIDAY	No School Today

From the Field

Daily Special Sides

Garden Bar: Salad Greens, Korean Carrots, Curried Chickpeas, Sliced Beets*

MONDAY	Roasted Veggies/ Fresh Apple*/ Chilled Pears
TUESDAY	Potato Wedges/ Applesauce/ Grapes
WEDNESDAY	Broccoli & Cauliflower/ Banana/ Raisins
THURSDAY	Olivier Salad/ Mixed Fruit/ Orange Smiles
FRIDAY	No School Today

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