



Middle School Lunch – March 2020

SodexoMAGIC - DC Public Schools

MONDAY March 2	TUESDAY March 3	WEDNESDAY March 4	THURSDAY March 5	FRIDAY March 6
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Choose One Entree

Favorites	Southwest Black Bean Nachos V	Thai Lemongrass Chicken w/ Veggie Fried Rice	Chicken Drumstick w/ Mumbo Sauce w/ Honey Corn Biscuit	Chicken Alfredo Macaroni w/ Garlic Knot	Turkey Tacos
Creations	Turkey Burger	Turkey Pepperoni Pizza Cheese Pizza V	BBQ Burger w/ Coleslaw	Turkey Sausage Pizza Veggie Pizza V	Cheese Quesadilla V
Grab & Go	Italian Wrap	Egg Salad Sandwich V	Turkey Wrap	Chicken Caesar Wrap	Tuna Salad Sandwich
	Lift Off! Spinach Salad w/ Wheat Dinner Roll V	Classic Chef Salad w/ Wheat Dinner Roll	Mediterranean Hummus Wrap VE	Greek Salad w/ Tortilla Chips V	Chicken Dipper Salad w/ Wheat Dinner Roll

Available Vegetables

From the Field	Seasoned Potato Wedges VE	Orange Broccoli VE	BBQ Baked Beans V	Mixed Garden Vegetables VE	Seasoned Carrots VE
Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Baby Carrots, & Indian-Style Chickpeas VE					

Available Fruit

Fruits	<ul style="list-style-type: none"> Orange Smiles Applesauce Cup 	<ul style="list-style-type: none"> Fresh Pear Chilled Pineapple 	<ul style="list-style-type: none"> Fresh Apple Slices All-Mixed-Up Fruit Cup 	<ul style="list-style-type: none"> Fresh Apple Chilled Pineapple 	<ul style="list-style-type: none"> Fresh Apple All-Mixed-Up Fruit Cup
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Milk	Nonfat or 1% White Milk
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V – Indicates Vegetarian
VE – Indicates Vegan

Green Color Font – Indicates Local Produce



Middle School Lunch – March 2020

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MONDAY March 9	TUESDAY March 10	WEDNESDAY March 11	THURSDAY March 12	FRIDAY March 13
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Choose One Entree

	MONDAY March 9	TUESDAY March 10	WEDNESDAY March 11	THURSDAY March 12	FRIDAY March 13
Favorites	Glorious Macaroni & Cheese w/ Garlic Knot V	Jamaican Jerk Chicken Bowl w/ Brown Rice	Meatloaf w/ Wheat Dinner Roll	Sweet & Sour Grilled Chicken w/ Vegetables w/ Brown Rice	Stuffed Shells w/ Marinara w/ Breadstick V
Creations	Turkey Sloppy Joe	Jamaican Jerk Chicken Pizza Cheese Pizza V	Chicken Quesadilla	Traditional Hamburger	Turkey Sausage Pizza Cheese Pizza V
Grab & Go	Sweet Potato Wrap VE	Mediterranean Hummus Wrap VE	Chicken Caesar Wrap	Veggie Lo Mein VE	Sunbutter & Jelly Sandwich VE
	Lift Off! Spinach Salad w/ Wheat Dinner Roll V	Chicken Caesar Salad w/ Wheat Dinner Roll	Hearty Garden Salad w/ Wheat Dinner Roll V	Classic Chef Salad w/ Wheat Dinner Roll	Chicken Dipper Salad w/ Wheat Dinner Roll

Available Vegetables

From the Field	Citrus Glazed Carrots VE	Jerk Lentils VE	Sweet Potato Wedges VE	Sizzlin' Asian Veggie Stir Fry VE	Parmesan Roasted Broccoli V
Garden Bar: Kale Salad, Cherry Tomatoes, Baby Carrots, & Corn VE					

Available Fruit

Fruits	<ul style="list-style-type: none"> Fresh Pear All-Mixed-Up Fruit Cup 	<ul style="list-style-type: none"> Orange Smiles Diced Peaches 	<ul style="list-style-type: none"> Fresh Banana Applesauce Cup 	<ul style="list-style-type: none"> Fresh Apple Diced Pears 	<ul style="list-style-type: none"> Orange Smiles Diced Peaches
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MONDAY March 16	TUESDAY March 17	WEDNESDAY March 18	THURSDAY March 19	FRIDAY March 20
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Choose One Entree

Favorites	Veggie Tortellini w/ Cheesy Breadstick V	Teriyaki Grilled Chicken w/ Vegetables and Brown Rice	Black Bean & Sweet Potato Taco Surprise V By 2019 Future Chef Winner Kimberly Lee	Kickin' Black Bean & Cheese Enchilada V	
Creations	Honey BBQ Chicken Sandwich	Buffalo Chicken Pizza Cheese Pizza V	Grilled Cheese Sandwich V	Chicken Quesadilla	NO SCHOOL
Grab & Go	Turkey & Cheese Sub Sandwich	Chicken Salad Sandwich	Buffalo Chicken Wrap	Southwest Chicken Wrap	
	Chicken Dipper Salad w/ Wheat Dinner Roll	Chicken Caesar Salad w/ Wheat Dinner Roll	Hearty Garden Salad w/ Wheat Dinner Roll V	Chicken Taco Salad w/ Tortilla Chips	

Available Vegetables

From the Field	Lemon Roasted Broccoli VE	Steamed Carrots VE	Buffalo Cauliflower VE	Southwest Pinto Beans VE	
Garden Bar: Kale Salad, Cherry Tomatoes, Curried Chickpeas, & Baby Carrots VE					

Available Fruit

Fruits	<ul style="list-style-type: none"> Fresh Apple Diced Pears 	<ul style="list-style-type: none"> Orange Smiles All-Mixed-Up Fruit Cup 	<ul style="list-style-type: none"> Fresh Banana Applesauce Cup 	<ul style="list-style-type: none"> Fresh Apple Diced Peaches 	
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Middle School Lunch – March 2020

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MONDAY March 23	TUESDAY March 24	WEDNESDAY March 25	THURSDAY March 26	FRIDAY March 27
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Choose One Entree

Favorites	Turkey Macaroni w/ Breadstick	Breakfast for Lunch: Boiled Egg, Turkey Sausage, & Maple Pancakes	BBQ Chicken Drumstick w/ Whole Grain Honey Corn Biscuit	Turkey Chili w/ Tortilla Chips	Baked Penne w/ Tomato Sauce w/ Garlic Knot V
Creations	BBQ Burger w/ Coleslaw	Turkey Pepperoni Pizza Cheese Pizza V	Turkey Dog	Garden Burger V	Jamaican Jerk Chicken Pizza Cheese Pizza V
Grab & Go	Tuna Salad Sandwich	Sunbutter & Jelly Sandwich VE	Cured Turkey Sandwich	Turkey Wrap	Turkey & Cheese Sub Sandwich
	Hearty Garden Salad w/ Wheat Dinner Roll V	Asian Chicken Wrap	Mediterranean Hummus Wrap VE	Chicken Caesar Salad w/ Wheat Dinner Roll	Classic Chef Salad w/ Wheat Dinner Roll

Available Vegetables

From the Field	BBQ Baked Beans V	Sweet Potato Wedges VE	ABC Salad VE	Collard Greens V	Parmesan Roasted Broccoli V
Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Corn, & Baby Carrots VE					

Available Fruit

Fruits	<ul style="list-style-type: none"> Orange Smiles All-Mixed-Up Fruit Cup 	<ul style="list-style-type: none"> Fresh Pear Diced Peaches 	<ul style="list-style-type: none"> Fresh Apple Slices All-Mixed-Up Fruit Cup 	<ul style="list-style-type: none"> Fresh Banana Applesauce Cup 	<ul style="list-style-type: none"> Fresh Apple Applesauce Cup
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Middle School Lunch – March 2020

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MONDAY March 30	TUESDAY March 31	WEDNESDAY April 1	THURSDAY April 2	FRIDAY April 3
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Choose One Entree

Favorites	Oven Baked Lasagna Roll w/ Breadstick V	Spaghetti w/ Turkey Meatballs w/ Breadstick	Chicken Nachos	Buffalo Chicken Drumstick w/ Whole Grain Honey Corn Biscuit	Breakfast for Lunch: Cheesy Omelet & Pancakes V
Creations	Traditional Cheeseburger	Turkey Pepperoni Pizza Margherita Pizza V	Chipotle Chicken Sandwich	Alaskan Pollock Banh Mi Sandwich	Turkey Sausage Pizza Cheese Pizza V
Grab & Go	Cured Turkey Sub Sandwich	Chicken Salad Sandwich	Turkey & Cheese Sub Sandwich	Sunbutter & Jelly Sandwich VE	Chef Salad Wrap
	Chicken Caesar Salad w/ Wheat Dinner Roll	Greek Salad w/ Tortilla Chips V	Hearty Garden Salad w/ Wheat Dinner Roll V	Classic Chef Salad w/ Wheat Dinner Roll	Chicken Dipper Salad w/ Wheat Dinner Roll

Available Vegetables

From the Field	Roasted Ginger Kale VE	Citrus Glazed Carrots VE	Mexican Black Beans VE	Roasted Kale & Sweet Potatoes V	Roasted Potatoes VE
Garden Bar: Mixed Salad Greens, Cucumber Slices, Cherry Tomatoes, & Baby Carrots VE					

Available Fruit

Fruits	<ul style="list-style-type: none"> Fresh Apple Diced Peaches 	<ul style="list-style-type: none"> Orange Smiles Applesauce Cup 	<ul style="list-style-type: none"> Fresh Banana Diced Pears 	<ul style="list-style-type: none"> Fresh Pear Diced Peaches 	<ul style="list-style-type: none"> Orange Smiles Applesauce Cup
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