

INSPIRE CAFÉ

DCPS High School Menu

April 24-28

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 & Kale

Daily Special

Favorites

MONDAY	Super Veggie Mac & Cheese*
TUESDAY	Chimichurri Pollock w/ Cilantro Rice
WEDNESDAY	Mexi-Chicken Tacos
THURSDAY	Honey BBQ Chicken Sandwich
FRIDAY	Chicken & Waffles

Daily Sides

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

From the Field

MONDAY	Sauteed Kale*
TUESDAY	Citrus Glazed Carrots
WEDNESDAY	Fire Roasted Black Beans
THURSDAY	Sweet Potato Wedge
FRIDAY	Collard Greens

Daily Specials

Creations

Specialty Grill Items: Mon, Wed, & Fri

Pizza Day: Tuesday & Thursday

MONDAY	Turkey Ham & Cheese/ Cheeseburger/ Bahama Burger
TUESDAY	Buffalo/ Hawaiian/ Cheese
WEDNESDAY	Chef's Special
THURSDAY	Turkey Pepperoni/ Turkey Sausage/ Cheese
FRIDAY	Chef's Special

Daily Sides

Fruit Choices

From the Field

MONDAY	Fresh Apple*/ Chilled Pears
TUESDAY	Applesauce/ Fresh Grapes
WEDNESDAY	Banana/ Raisins
THURSDAY	Chilled Pineapple/ Orange Smiles
FRIDAY	Fresh Apple*/ Banana

Daily Specials

Grab & Go

Sub Sandwiches

Available Everyday

MONDAY	Egg Salad Sandwich/ Chef Salad
TUESDAY	Chef Salad Wrap/ Garden Salad
WEDNESDAY	Chef's Special
THURSDAY	Chicken Caesar Wrap/ Tuna Salad
FRIDAY	Chef's Special

This institution is an equal opportunity provider.

INSPIRE CAFÉ

DCPS High School Menu

May 1-5

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, Diced Tomatoes,
Indian Garbanzo Beans, Broccoli*

From the Field

MONDAY	Roasted Zucchini
TUESDAY	Jerk Lentils
WEDNESDAY	SW Pinto Beans
THURSDAY	Roasted Broccoli
FRIDAY	Roasted Potatoes

Daily Specials

Specialty Grill Items: Tues & Wed, & Fri

Creations

Pizza: Monday & Thursday

MONDAY	Hawaiian/ Sausage/ Cheese
TUESDAY	Grilled Cheese Sandwich/ Hamburger/ Turkey Burger
WEDNESDAY	Chef's Special
THURSDAY	Buffalo/ Pepperoni/ Cheese
FRIDAY	Chef's Special

Daily Sides

Fruit Choices

From the Field

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

Daily Specials

Sub Sandwiches

Available Everyday

Grab & Go

MONDAY	Italian Wrap/ Chef Salad
TUESDAY	Chef Salad Wrap/ Spinach Salad
WEDNESDAY	Chef's Special
THURSDAY	Tuna Salad Wrap/ Caesar Salad
FRIDAY	Chef's Special

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INSPIRE CAFÉ

DCPS High School Menu

May 8-12

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 & Collard Greens

Daily Special

Favorites

MONDAY	Mini Cheese Raviolis w/ Marinara Sauce
TUESDAY	Pineapple Rice w/ Chicken
WEDNESDAY	Celery White Bean Stew w/ Cheesy Polenta- International Food Day
THURSDAY	BBQ Chicken Drumstick w/ Rice Pilaf
FRIDAY	Spaghetti w/ Tuscan Meatballs

Daily Sides

Garden Bar: Salad Greens, Green Bell Peppers, Kidney Beans, Cherry Tomatoes

From the Field

MONDAY	Green Beans
TUESDAY	Hot Peas
WEDNESDAY	Roasted Broccoli
THURSDAY	Beans & Greens*
FRIDAY	Tuscan Roasted Veggies

Daily Specials

Specialty Grill Items: Mon, Wed & Fri

Creations

Pizza: Tuesday & Thursday

MONDAY	Cheeseburger/ Sloppy Joe/ Turkey Gravy Sandwich
TUESDAY	Turkey Sausage/ Buffalo/ Cheese
WEDNESDAY	Slovenia Day
THURSDAY	Hawaiian/ Turkey Pepperoni/ Cheese
FRIDAY	Chef's Special

Daily Sides

Fruit Choices

From the Field

MONDAY	Fresh Apple*/ Chilled Apricots
TUESDAY	Applesauce/ Fresh Grapes
WEDNESDAY	Dried Cranberries/ Banana
THURSDAY	Mixed Fruit/ Orange Smiles
FRIDAY	Fresh Apple*/ Banana

Daily Specials

Sub Sandwiches

Available Everyday

Grab & Go

MONDAY	SB & J Sandwich/ Chef Salad
TUESDAY	Chef Salad Wrap/ Spinach Salad
WEDNESDAY	Chef's Special
THURSDAY	Turkey Wrap/ Chicken Dipper Salad
FRIDAY	Chef's Special

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INSPIRE CAFÉ

DCPS High School Menu

May 15-19

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	Spaghetti Noodles w/ Marinara Sauce
TUESDAY	Chicken Nachos
WEDNESDAY	Chicken Alfredo Macaroni
THURSDAY	Mediterranean Omelet
FRIDAY	No School Today

Daily Sides

Garden Bar: Salad Greens, Baby Carrots

Curried Chickpeas, Cucumber Slices

*From
the Field*

MONDAY	Roasted Zucchini & Bell Peppers
TUESDAY	Roasted Corn
WEDNESDAY	Steamed Carrots
THURSDAY	Baked Potato Wedges
FRIDAY	No School Today

Daily Specials

Specialty Grill Items: Mon, Wed, & Fri

Pizza: Tuesday & Thursday

Creations

MONDAY	Chicken Burger/ Mo'Burger/ Grilled Cheese
TUESDAY	Buffalo/ Hawaiian/ Cheese
WEDNESDAY	Chef's Special
THURSDAY	Turkey Sausage/ Turkey Pepperoni/ Cheese
FRIDAY	No School Today

Daily Sides

Fruit Choices

*From
the Field*

MONDAY	Fresh Apple*/ Chilled Pears
TUESDAY	Applesauce/ Fresh Grapes
WEDNESDAY	Banana/ Orange Juice
THURSDAY	Chilled Apricots / Orange Smiles
FRIDAY	No School Today

Daily Specials

Sub Sandwiches

Available Everyday

Grab & Go

MONDAY	Chicken Salad Sandwich/ Chef Salad
TUESDAY	SB & J Sandwich/ Chicken Dipper Salad
WEDNESDAY	Chef's Special
THURSDAY	Chicken Caesar Wrap/ Spinach Salad
FRIDAY	No School Today

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opportunity provider.*

INSPIRE CAFÉ

DCPS High School Menu

May 22-26

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 & Mushrooms

Daily Special

Favorites

MONDAY	Italian Meatball Sandwich
TUESDAY	Sweet & Sour Grilled Chicken
WEDNESDAY	Glorious Macaroni & Cheese
THURSDAY	Teriyaki Chicken & Vegetables
FRIDAY	Buffalo Chicken Drumstick w/ Cilantro

Daily Sides

Garden Bar: Salad Greens, Peas

Sliced Mushrooms, Red Bell Peppers

*From
the Field*

MONDAY	Tomato Basil Salad
TUESDAY	Sesame Roasted Carrots
WEDNESDAY	Roasted Broccoli
THURSDAY	Roasted Mushrooms*
FRIDAY	Spicy Black Beans

Daily Specials

Specialty Grill Items: Tues, Wed, & Fri

Pizza: Monday & Thursday

Creations

MONDAY	Hawaiian/ Turkey Sausage/ Cheese
TUESDAY	Sloppy Joe/ Cheeseburger/ Black Bean Burger
WEDNESDAY	Chef's Special
THURSDAY	Buffalo/ Turkey Pepperoni/ Cheese
FRIDAY	Chef's Special

Daily Sides

Fruit Choices

*From
the Field*

MONDAY	Fresh Apple*/ Peaches
TUESDAY	Cinnamon Applesauce/ Orange Smiles
WEDNESDAY	Fresh Banana/ Chilled Pineapple
THURSDAY	Cantaloupe/ Dried Cranberries
FRIDAY	Fresh Apple*/ Banana

Daily Specials

Sub Sandwiches

Available Everyday

Grab & Go

MONDAY	Tuna Salad Sandwich/ Chef Salad
TUESDAY	Chef Salad Wrap/ Spinach Salad
WEDNESDAY	Chef's Special
THURSDAY	Chicken Caesar Wrap/ Chef Salad
FRIDAY	Chef's Special

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