

# DCPS DYK Cafe Menu

## August 8 - August 12

Our menus are aligned with the USDA's 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. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

### Daily Special/Everyday



- MONDAY** Super Veggie Macaroni & Cheese, Wheat Dinner Roll
- TUESDAY** Mexi-Chicken Soft Tacos with Shredded Lettuce
- WEDNESDAY** Zesty Chipotle Barbecue Meatloaf with Mashed Potatoes, Wheat Dinner Roll
- THURSDAY** Southwest Black Bean Nachos
- FRIDAY** BFL Bagel Sandwich with Turkey, Egg and Cheese

### Daily Special/Everyday

*American, Turkey or Turkey Ham Salad, Sandwich or Wrap*



- MONDAY** Chicken Caesar Salad, Sandwich or Wrap
- TUESDAY** Classic Chef Salad, Sandwich or Wrap
- WEDNESDAY** Asian Salad, Sandwich or Wrap
- THURSDAY** Italian Salad, Sandwich or Wrap
- FRIDAY** Buffalo Chicken Salad, Sandwich or Wrap



**Daily Special/Everyday**  
*Wraps Sandwiches, Subs and Salads*

- MONDAY** Fiery Dragon Wrap, Tuscan Biggie Sandwich
- TUESDAY** Southern BBQ Wrap
- WEDNESDAY** Greek Wrap, Zesty Italian Sub, Asian Chicken Salad with Mandarin Oranges
- THURSDAY** Greens & Gourds Wrap with Butternut Squash, Chickpeas & Kale
- FRIDAY** Chicken Wrap, Chilly Philly Biggie Sandwich, Southwest Salad



- MONDAY** Spinach Salad Mix, Baby Carrots, Southwest Pinto Beans, Cucumber Slices  
Tomatoes, Fresh Apples, Chilled Peaches
- TUESDAY** Garden Salad Mix  
Baby Carrots
- WEDNESDAY** Spinach Salad Mix Mo-Rockin' Slaw
- THURSDAY** Garden Salad Mix Baby Carrots  
Southwest Pinto Beans Jicama &  
Spinach Salad Mix Mo-Rockin' Slaw
- FRIDAY** Southwest Pinto Beans Cucumber



**This Week's Feature:**



- Honey BBQ Chicken Sandwich or Mo' Burger
- Italian Turkey Sausage or Classic Cheese Pizza
- Bistro Burger or Spicy Blackbean Burger
- Caprese Turkey Burger with Bruschetta Topping
- Zesty Chipotle Meatloaf Sandwich
- Pepperoni Calzone or Margherita Pizza

