



Elementary (K-5) Lunch Menu

May 2012

The cost of a paid student meal is **\$1.35**. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain/bread accompaniments), 1-2 vegetable side dishes, 1 fruit side dish, & choice of 1% or skim white milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Red Chili w/ Beef & Kidney Beans, Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread Rotisserie-Style Bone-In Chicken Baked Sweet Potato Fries Whole Wheat Biscuit Fresh Apple Caesar Romaine Salad w/ Parmesan Cheese & Croutons Seasoned Pinto Beans Locally Grown Apple No School</p>	<p>All Natural Chicken Nuggets w/ BBQ Dipping Sauce Beans, Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread Fresh Carrot Sticks w/ Light Ranch Dressing Roasted Cauliflower Fresh Carrot Sticks w/ Light Ranch Dressing</p>	<p>Homemade Grilled Three-Cheese Sandwich on a Whole Wheat Bread w/ Tomato Dipping Sauce Romaine & Tomato Side Salad Locally Grown Arugula Salad w/ Local Tomatoes & Parmesan Cheese Fresh Apple</p>	<p>Homestyle Roast Turkey w/ All Natural Chicken Wings w/ BBQ Dipping Sauce Whole Wheat Dinner Roll Washed Potatoes Seasoned Local Corned Greens Savory Baked Beans Chilled Pineapple Cup</p>	<p>Cajun Seasoned Tilapia Chicken & Spinach Florentine Whole Wheat Flatbread Rice Pilaf Locally Grown Broccoli w/ Light Ranch Dressing Roasted Corn & Carrots</p>
<p>Red Chili w/ Beef & Kidney Beans, Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread Rotisserie-Style Baked Bone-In Chicken Whole Wheat Biscuit Fresh Apple Caesar Romaine Salad w/ Parmesan Cheese & Croutons Seasoned Pinto Beans Locally Grown Apple No School</p>	<p>Locally Grown Pear Teriyaki Chicken & Broccoli Stir-Fry Brown Rice w/ Veggies California Stir Fry w/ Broccoli, Carrots, Peas & Broiled Fish Sandwich on a Whole Wheat Roll w/ Romaine & Homemade Tartar Sauce Chilled Pineapple Cup</p>	<p>Fresh Banana Rotisserie Style Bone-In Chicken w/ Whole Wheat Biscuit Seasoned Local Broccoli All Natural Beef Meatball Marinara w/ Whole Wheat Spaghetti & Melted Mozzarella Cheese Fresh Pear</p>	<p>Fresh Orange Wedges Crispy Panko Breaded Fish Sandwich on a Whole Wheat Roll w/ Romaine & Homemade Tartar Sauce Homestyle Chicken & Biscuits, Served w/ Beans & Carrots in Yellow Squash Whole Wheat Biscuit Chilled Peach Cup</p>	<p>Chilled Peach Cup Panamanian Day! Beef Empanadas Spicy Red Beans Fresh-Baked Homemade Cheese Pizza on Whole Wheat Crust Sliced Melon Roasted Corn & Carrots</p>
<p>BBQ Roasted Bone-In Chicken w/ Whole Wheat Biscuit Garlicky Kale Cheese Ravioli w/ Zesty Tomato Sauce, Topped w/ Parmesan Cheese Fresh Pear</p>	<p>All Natural Chicken Hot Dog Roma Herb Baked Potato on a Whole Wheat Bun Fresh Pear Local Radish Slaw All-Natural Chicken Hot Dog Savory Baked Beans on a Whole Wheat Bun Chilled Peach Cup Fresh Side Salad w/ Romaine & Tomatoes, Low Fat Salad Dressing Whole Grain Cheese Ravioli w/ Zesty Tomato Sauce, Topped w/ Parmesan Cheese Locally Grown Spinach Salad Locally Grown Apple</p>	<p>Homemade Cheese & Fresh Carrot Sticks w/ Light Ranch Dressing Whole Wheat Dinner Roll Chilled Pineapple Cup Caesar Romaine Side Salad w/ Teriyaki Chicken & Broccoli Croutons & Parmesan Cheese Stir-Fry Over Whole Wheat Noodles Chilled Pineapple Cup</p>	<p>Buffalo Chicken Whole Wheat Flatbread Seasoned Green Beans Locally Grown Celery Sticks w/ Light Ranch Dressing Homemade Cheese & Grazed Carrots Spinach Lasagna Fresh Apple Whole Wheat Roll</p>	<p>Roasted Corn & Carrots All Natural Beef Meatball Locally Grown Garlicky Kale Marinara w/ Whole Wheat Spaghetti & Melted Mozzarella Cheese Garlic Lemon Roasted Local Broccoli Cajun Seasoned Tilapia Seasoned Corn Broccoli & Cheese Brown Rice Orange Wedges</p>
<p>BBQ Roasted Bone-In Chicken w/ Whole Wheat Biscuit Garlicky Kale Cheese Ravioli w/ Zesty Tomato Sauce, Topped w/ Parmesan Cheese Fresh Pear</p>	<p>Garlic & Herb Vegetable Charbroiled Beef & Cheddar Cheeseburger (or Plain Burger) on a Whole Wheat Roll Fresh Apple Romaine, Tomato, Ketchup & Mustard for Sandwich Topping All Natural Chicken Nuggets w/ BBQ Dipping Sauce Fresh Carrot Sticks w/ Light Ranch Dressing Whole Wheat Dinner Roll Chilled Pineapple Cup Fresh Carrot Sticks w/ Light Dressing</p>	<p>Stir-Fried Fresh Vegetables w/ Napa Cabbage & Local Bok Choy All Natural Chicken Hot Dog on a Whole Wheat Bun Fresh Pear Roasted Corn on the Cob BBQ Roasted Bone-In Chicken Side Salad w/ Local Greens Homemade Whole Grain Corn Bread Local Strawberries</p>	<p>Crispy Fish Tacos w/ Green Chile Sauce in Whole Grain Flour Tortillas Seasoned Green Beans Local Shredded Red Cabbage & Cilantro Lime Pico de Gallo Chilled Pineapple Cup for Taco Topping Crispy Fish Tacos w/ Green Baked Sweet Potato Fries Chile Sauce in Whole Grain Flour Tortillas Chilled Pineapple Cup Shredded Red Cabbage & Cilantro Lime Pico de Gallo for Taco Topping</p>	<p>Baked Tomato Beef Florentine w/ Whole Wheat Pasta Roasted Local Butternut Squash Roasted Local Zucchini & Fresh Banana Yellow Squash Seasoned Green Beans Fresh Banana</p>
<p>Caesar Romaine Salad w/ Parmesan Cheese & Croutons Seasoned Green Beans No School Locally Grown Apple Grilled Chicken Sandwich on a Whole Wheat Bun w/ Romaine, Tomato, & Honey Mustard Sauce Mondays: Roasted Corn & Carrots Sandwich on Whole Wheat Bread w/ Carrot Sticks & Light Salad Dressing Chilled Pineapple Cup</p>	<p>Red Chili w/ Beef & Kidney Beans, Topped w/ Shredded Cheddar Cheese Available Daily: Entrée Garden Salad w/ Cheese & Light Salad Dressing, Whole Wheat Roll Tuesdays: Grilled Chicken Caesar Salad w/ Romaine Lettuce, Whole Wheat Roll, Light Salad Dressing Locally Grown Pear</p>	<p>Grilled Chicken Sandwich on a Whole Wheat Bun w/ Romaine & Tomato Seasoned Pinto Beans Chilled Peach Cup Local Cucumber & Tomato Salad Fresh Apple</p>	<p>Homestyle Roast Turkey w/ All Natural Chicken Wings w/ BBQ Dipping Sauce Whole Wheat Dinner Roll Washed Potatoes Seasoned Local Corned Greens Savory Baked Beans Chilled Pineapple Cup</p>	<p>Students will enjoy locally grown green lettuce and strawberries on May 23. Visit dcfarmtoschool.org for more information and learn how you can get involved in Strawberries & Salad Greens!</p>

Alternate Cold Menu Choices

Available Daily: Romaine & Tomato Garden Salad w/ Cheese & Light Salad Dressing, Whole Wheat Roll

Mondays:

Tuesdays:

Wednesdays:

Thursdays:

Fridays: