



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS



High School Salad Bar Menu

August 2011

Featured Signature Salad

<p><i>The Mandarin</i> Oriental Chicken Strips, Carrots Coins, Broccoli Florets, Mandarin Oranges</p>	<p><i>Classic Cobb</i> Diced Turkey Ham, Eggs, Turkey Bacon, Assorted Vegetables, Dinner Roll</p>	<p><i>Mexican Caesar Salad</i> Chili Lime Shrimp, Parmesan Cheese, Romaine Lettuce, Avocado, Croutons</p>	<p><i>DCPS Harvest Salad</i> Chicken Strips, Local Zucchini Shoestrings, Sweet Raisins, Sunflower Seeds, Dinner Roll</p>	<p><i>Southwest Barbeque Chicken Salad</i> BBQ Chicken Strips, Corn, Diced Onions, Shredded Cheddar</p>
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tossed Romaine Salad Mix Baby Spinach	Tossed Romaine Salad Mix Local Ploch Farms Arugula	Tossed Romaine Salad Mix Mesclun Mix	Tossed Romaine Salad Mix Local Ploch Farms Arugula	Tossed Romaine Salad Mix Mesclun Mix
Local Arnold Farms Corn Kernels Mandarin Oranges Broccoli Florets Local Bok Choy	Diced Red Onions Green Peas Local Parker Farms Zucchini Shoestrings Sugar Snap Peas	Cauliflower Florets Local Hess Farms Pepper Strips Sliced Avocado Local Kale	Local Hess Farms Cucumbers Local Mushroom Slices Diced Tofu Jicama	Diced Red Onions Local Arnold Farms Corn Kernels Local Hess Farms Pepper Strips Sugar Snap Peas
Shredded Carrots Local Heirloom Tomatoes	Shredded Carrots Local Shredded Red Cabbage	Shredded Carrots Local Cherry Tomatoes	Shredded Carrots Local Shredded Red Cabbage	Shredded Carrots Local Heirloom Tomatoes
Sunflower Seeds Garlic Croutons	Turkey Bacon Garlic Croutons	Parmesan Cheese Garlic Croutons	Sweet Raisins Sunflower Seeds	Parmesan Cheese Garlic Croutons
Wheatsworth Crackers	Whole Wheat Dinner Rolls	Whole Wheat Pita Wedges	Whole Wheat Dinner Rolls	Wheatsworth Crackers
Oriental Chicken Strips Low Fat Vanilla Yogurt	Diced Turkey Ham Sliced Eggs	Chili Lime Shrimp Garbanzo Beans	Chicken Strips Oven Roasted Turkey	BBQ Chicken Strips Shredded Cheddar
Daily Fruit Choice	Daily Fruit Choice	Daily Fruit Choice	Daily Fruit Choice	Daily Fruit Choice

Available Daily: Creamy Caesar, Balsamic Vinaigrette, Raspberry Vinaigrette, & Fat Free Ranch Dressing, & Choice of 1% or Fat Free Skim Milk

The cost of a paid student meal is **\$1.60**. Salad bar is free for free and reduced students. Full student lunch includes choice of meat or meat substitute w/ grain/bread accompaniments, vegetable, fruit, and choice of 1% or skim white milk. Side salads are also available for **\$1.00**.