DISTRICT OF COLUMBIA PUBLIC SCHOOLS

Middle School Lunch Menu, February 2012

Available Daily at Every Station:
Locally Grown Apples from the Mid-Atlantic

Chartwells Eat · Learn · Live

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*The cost of a paid student meal is **$1.60** (no charge for reduced price students). Full student lunch includes choice of entrée (meat or meat alternate w/ grain/bread accompaniments), 2 vegetable side dishes, 1 fruit side dish, and choice of 1% or skim milk.*		1 Teriyaki Chicken & Broccoli Stir-Fry Over Whole Wheat Noodles Stir-Fried Fresh Vegetables w/ Napa Cabbage & Bok Choy Chilled Peach Cup	2 BBQ Roasted Bone-In Chicken w/ Whole Wheat Biscuit Seasoned Collard Greens Savory Baked Beans Fresh Orange Wedges	3 No School
6 No School	7 All Natural Chicken Hot Dog on a Whole Wheat Bun w/ Choice of Toppings including Ketchup, Mustard, Relish, White Onions, Shredded Cheddar Roasted Corn & Carrots Roasted Sweet Potato Fries Chilled Pineapple Cup	8 Beef Meatball Marinara w/ Whole Wheat Pasta & Melted Mozzarella Cheese Caesar Romaine Side Salad w/ Croutons & Parmesan Cheese Seasoned Green Beans Locally Grown Apple	9 Homestyle Chicken & Biscuits, Served w/ Peas & Carrots in Chicken Gravy w/ a Whole Wheat Biscuit Mashed Potatoes Crunchy Spinach Salad Chilled Peach Cup	10 Crispy Fish Tacos w/ Green Chile Sauce in Whole Grain Flour Tortillas Shredded Red Cabbage & Cilantro Lime Pico de Gallo for Taco Topping Seasoned Black Beans Fresh Orange Wedges
13 Basil Pesto Pasta Primavera w/ Chicken, Whole Wheat Spaghetti, & Fresh Diced Tomatoes Topped w/ Parmesan Cheese Roasted Cauliflower Fresh Carrot Sticks w/ Light Ranch Dressing Fresh Pear	14 Spicy Asian Glazed Chicken Stir-Fried Brown Rice w/ Veggies Stir-Fried Fresh Vegetables w/ Napa Cabbage & Local Bok Choy Locally Grown Apple	15 Homemade Cheese & Spinach Lasagna Whole Wheat Dinner Roll Roasted Butternut Squash Chilled Peach Cup	16 Carnitas-Style Turkey Soft Tacos in Whole Grain Flour Tortillas Shredded Cheddar, Romaine Lettuce, & Diced Tomatoes for Taco Topping Santa Fe Brown Rice Pilaf Seasoned Pinto Beans Chilled Pineapple Cup	17 Cajun Seasoned Tilapia Broccoli & Cheddar Brown Rice Pilaf Garlicky Kale Roasted Redskin Potatoes Fresh Banana
20 President's Day	21 Whole Grain Cheese Ravioli w/ Zesty Tomato Sauce, Topped w/ Parmesan Cheese Caesar Romaine Salad w/ Parmesan Cheese & Croutons Roasted Cauliflower Chilled Pineapple Cup	22 Southern-Style Shrimp & Cheese Grits Fresh Carrot Sticks w/ Low Fat Salad Dressing Roasted Garlic Lemon Broccoli Locally Grown Apple	23 Rotisserie-Style Bone-in w/ Whole Wheat Biscuit Seasoned Bread Stuffing Savory Baked Beans Baked Local Sweet Potato Half Fresh Orange Wedges	24 Curry Chicken over Brown Rice Pilaf Seasoned Green Beans Roasted Corn & Carrots Chilled Peach Cup
27 Baked Tomato Florentine Whole Wheat Pasta Fresh Side Salad w/ Romaine & Tomatoes, Low Fat Salad Dressing Seasoned Green Beans Chilled Pineapple Cup	28 Red Chili w/ Beef & Kidney Beans Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread Roasted Sweet Potato Fries Fresh Pear	29 Teriyaki Chicken & Broccoli Stir-Fry Over Whole Wheat Noodles Stir-Fried Fresh Vegetables w/ Napa Cabbage & Bok Choy Locally Grown Apple		This month's food focus is **brown rice**. In some parts of the world, "to eat" literally means "to eat rice." Brown rice is a good source of fiber and B vitamins. The complex carbohydrates in brown rice provide sustained energy for moving, thinking, and concentrating in school.

Fast Forward
Available Daily: *Turkey & Cheddar Sub w/ Romaine & Tomato, Sunbutter & Jam Sandwich on Whole Wheat Bread*
All Sandwiches Offered w/ Carrot Sticks & Light Dressing
Monday:
Grilled Chicken Caesar Romaine Salad w/ Croutons & Whole Wheat Roll
Tuesday:
Mediterranean Turkey, Mozzarella, & Spinach Whole Wheat Wrap w/ Light Basil Pesto Mayo
Wednesday:
Mandarin Chicken Pasta Salad w/ Shredded Carrots, Red Cabbage & Mandarin Oranges
Thursday:
Grilled Chicken Whole Wheat Pasta Salad w/ Broccoli, Carrots, Tomatoes, & Onions
Friday:
Cobb Salad w/ Turkey Ham, Hard boiled Eggs, Tomato, Romaine, Honey Mustard Dressing, & Whole Wheat Roll

Bake & Taste

Available Daily (Vegetarian): *Southwest Cheese Quesadilla w/ Salsa*

Available Monday, Wednesday, Friday:
Fresh Baked Cheese Pizza on Whole Wheat Crust

Available Tuesday, Thursday:
Grilled Chicken Sandwich on a Whole Wheat Bun w/ Ancho Chili Sauce, Romaine, Tomato

Daily Specials:

Monday:
Southwest Turkey Burger w/ Cheddar Cheese & Southwest Mayo on a Whole Wheat Bun w/ Romaine & Tomato
Vegetable Sides: Tex Mex Corn, Caesar Romaine Side Salad

Tuesday:
Panko-Breaded Fish Sandwich on a Whole Wheat Bun w/ House-Made Tartar Sauce & Romaine Lettuce
Vegetable Sides: Sweet Potato Wedges, Cucumber Tomato Salad

Wednesday:
Buffalo Chicken Stromboli Made w/ Whole Wheat Bread
Vegetable Sides: Roma Herb Potato Wedges, Fresh Carrot & Celery Sticks w/ Light Ranch Dressing

Thursday:
Charbroiled Cheddar Cheeseburger on a Whole Wheat Bun w/ Romaine & Tomato
Vegetable Sides: Savory Baked Beans, Chilled Green Bean Salad

Friday:
All Natural Breaded Chicken Bites w/ BBQ Dipping Sauce & Whole Wheat Roll
Vegetable Sides: Honey Glazed Carrots, Fresh Side Salad w/ Romaine, Tomato, Light Dressing