

High School Lunch Menu, January 2012

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>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, 2 fruit side dishes, & choice of 1% or skim milk.</i></p>	<p>3 Red Chili w/ Beef & Kidney Beans, Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread Baked Sweet Potato Wedges Chilled Pineapple Cup</p>	<p>4 Teriyaki Chicken & Broccoli Stir-Fry Over Whole Wheat Noodles Stir-Fried Fresh Vegetables w/ Napa Cabbage & Local Bok Choy Fresh Pear</p>	<p>5 Rotisserie-Style Bone-in Chicken Whole Wheat Biscuit Seasoned Collard Greens Savory Baked Beans Fresh Orange Wedges</p>	<p>6 Lemon Pepper Panko Breaded Pollock Whole Wheat Dinner Roll Roasted Garlic Lemon Broccoli Honey Glazed Carrots Locally Grown Apple</p>
<p>9 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</p>	<p>10 Spicy Asian Glazed Chicken Stir-Fried Brown Rice w/ Veggies Stir-Fried Fresh Vegetables w/ Napa Cabbage & Bok Choy Chilled Pineapple Cup</p>	<p>11 Beef Meatball Marinara w/ Whole Wheat Pasta & Melted Mozzarella Cheese Caesar Romaine Side Salad w/ Croutons & Parmesan Cheese Seasoned Green Beans Locally Grown Apple</p>	<p>12 Homestyle Chicken & Biscuits, Served w/ Peas & Carrots in Chicken Gravy w/ a Whole Wheat Biscuit Mashed Potatoes Crunchy Spinach Salad Chilled Peach Cup</p>	<p>13 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</p>
<p>16 Happy Martin Luther King Day!</p>	<p>17 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 Savory Baked Beans Locally Grown Apple</p>	<p>18 Homemade Cheese & Spinach Lasagna Whole Wheat Dinner Roll Roasted Butternut Squash Fresh Pear</p>	<p>19 "DCPS Chicken & Waffles" Rotisserie-Style Bone-in Chicken & Whole Wheat Waffles w/ Honey Chilled Green Bean Salad Baked Local Sweet Potato Half Chilled Pineapple Cup</p>	<p>20 Cajun Seasoned Tilapia Broccoli & Cheddar Brown Rice Pilaf Garlicky Kale Roasted Redskin Potatoes Fresh Banana</p>
<p>23 Whole Grain Cheese Ravioli w/ Zesty Tomato Sauce, Topped w/ Parmesan Cheese Caesar Romaine Salad w/ Parmesan Cheese & Croutons Roasted Cauliflower Locally Grown Apple</p>	<p>24 Southern-Style Shrimp & Cheese Grits Fresh Carrot Sticks w/ Low Fat Salad Dressing Roasted Garlic Lemon Broccoli Chilled Pineapple Cup</p>	<p>25 Indonesian Day! Curried Chicken Fragrant Brown Rice w/ Fresh Lemongrass Indonesian Coleslaw Baked Sweet Plantains</p>	<p>26 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 Fresh Orange Wedges</p>	<p>27 BBQ Roasted Bone-In Chicken w/ Homemade Whole Grain Pumpkin Bread Seasoned Collard Greens Roasted Corn & Carrots Fresh Pear</p>
<p>30 Baked Tomato Beef Florentine Whole Wheat Pasta Fresh Side Salad w/ Romaine & Tomatoes, Low Fat Salad Dressing Seasoned Green Beans Chilled Pineapple Cup</p>	<p>31 Red Chili w/ Beef & Kidney Beans Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread Baked Sweet Potato Wedges Fresh Pear</p>	<p>Outtakes Available Daily: Turkey & Cheddar Sub w/ Romaine & Tomato, Vegetarian Garden Salad w/ Assorted Cheeses & Whole Wheat Dinner Roll. All Sandwiches & Pasta Salads Offered w/ Carrot Sticks & Light Dressing</p> <p>Monday: Grilled Chicken Caesar Romaine Salad w/ Croutons & Whole Wheat Roll – OR – Turkey Club Sandwich w/ All Natural Turkey Bacon, Romaine, & Tomato on Whole Grain Bread</p> <p>Tuesday: Southwest Chipotle Chicken Pasta Salad w/ Whole Wheat Pasta w/ Spinach & Tomatoes – OR – Mediterranean Turkey, Mozzarella, & Spinach Whole Wheat Wrap w/ Light Basil Pesto Mayo</p>		

Deli Bar Choose from daily specialty sandwiches and salads or build your own. **Featured Sandwiches of the Day:** See your cafeteria

Available Daily: Assorted Meats & Cheeses, Whole Wheat Bread, Rolls, & Wraps, Vegetable Toppings, Assorted Condiments, Dressings, & Spreads

Grab a Stack
Available Daily (Vegetarian): Southwest Cheese Quesadilla w/ Salsa

Monday:
Charbroiled Cheddar Cheeseburger on a Whole Wheat Bun w/ Romaine & Tomato
OR
Spicy Buffalo Chicken Whole Wheat Wrap
Vegetable Sides: Roma Herb Potato Wedges, Fresh Carrot & Celery Sticks w/ Light Ranch Dressing

Tuesday:
Panko-Breaded Fish Sandwich on a Whole Wheat Bun w/ House-Made Tartar Sauce & Romaine Lettuce
OR
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

Wednesday:
All Natural Meatball Sub in a Whole Wheat Roll w/ Marinara Sauce & Mozzarella Cheese
OR
All Natural Chicken Hot Dog on a Whole Wheat Roll
Vegetable Sides: Sweet Potato Fries, Chilled Green Bean Salad

Thursday:
Shredded BBQ Beef Sandwich on a Whole Wheat Roll
OR
Grilled Chicken Sandwich on a Whole Wheat Bun w/ Ancho Chili Sauce, Romaine & Tomato
Vegetable Sides: Savory Baked Beans, Cucumber Tomato Salad

Friday:
Tex-Mex Stuffed Whole Wheat Burrito w/ Fajita Chicken, Brown Rice, Shredded Cheddar, Romaine, & Salsa
OR
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

Wednesday:
Mandarin Chicken Pasta Salad w/ Shredded Carrots, Red Cabbage, & Mandarin Oranges –OR– Oven Roasted Turkey & Provolone Sandwich on a Whole Wheat Bagel w/ Romaine & Tomato

Thursday:
Grilled Chicken Whole Wheat Pasta Salad w/ Broccoli, Carrots, Tomatoes & Onions – OR -- Honey Mustard Turkey Ham & Swiss Sandwich on Whole Grain Bread w/ Romaine & Tomato

Friday:
Cobb Salad w/ Turkey Ham, Turkey Bacon, Hard Boiled Eggs, Tomato, Romaine, Honey Mustard Dressing, & Whole Wheat Roll – OR -- Southwest Chicken Fajita Whole Wheat Wrap w/ Chipotle Aioli & Romaine Lettuce

Crust N Stuff
Available Daily: Fresh Baked Cheese Pizza on Whole Wheat Crust
Daily Vegetable Sides: Fresh Side Salad w/ Romaine & Tomatoes, Light Salad Dressing, Cucumber Tomato Salad

Monday: BBQ Chicken Pizza
Tuesday: Buffalo Chicken Stromboli
Wednesday: Meat Lover's Pizza
Thursday: Three Cheese & Spinach Calzone
Friday: Veggie Lover's Pizza
We only use whole wheat crusts and dough!