


Middle School Lunch Menu, January 2012

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3 Red Chili w/ Beef & Kidney Beans, Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread Baked Sweet Potato Wedges Chilled Pineapple Cup	4 Teriyaki Chicken & Broccoli Stir-Fry Over Whole Wheat Noodles Stir-Fried Fresh Vegetables w/ Napa Cabbage & Bok Choy Fresh Pear	5 Rotisserie-Style Bone-in Chicken Whole Wheat Biscuit Seasoned Collard Greens Savory Baked Beans Fresh Orange Wedges	6 Lemon Pepper Panko Breaded Pollock Whole Wheat Dinner Roll Roasted Garlic Lemon Broccoli Honey Glazed Carrots Locally Grown Apple
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	10 Spicy Asian Glazed Chicken Stir-Fried Brown Rice w/ Veggies Stir-Fried Fresh Vegetables w/ Napa Cabbage & Local Bok Choy Chilled Pineapple Cup	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	12 Homestyle Chicken & Biscuits, Served w/ Peas & Carrots in Chicken Gravy w/ a Whole Wheat Biscuit Mashed Potatoes Crunchy Spinach Salad Chilled Peach Cup	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
16 Happy Martin Luther King Day!	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	18 Homemade Cheese & Spinach Lasagna Whole Wheat Dinner Roll Roasted Butternut Squash Fresh Pear	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	20 Cajun Seasoned Tilapia Broccoli & Cheddar Brown Rice Pilaf Garlicky Kale Roasted Redskin Potatoes Fresh Banana
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	24 Southern-Style Shrimp & Cheese Grits Fresh Carrot Sticks w/ Low Fat Salad Dressing Roasted Garlic Lemon Broccoli Chilled Pineapple Cup	25 Indonesian Day! Curried Chicken Fragrant Brown Rice w/ Fresh Lemongrass Indonesian Coleslaw Baked Sweet Plantains	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	27 BBQ Roasted Bone-In Chicken w/ Homemade Whole Grain Pumpkin Bread Seasoned Collard Greens Roasted Corn & Carrots Fresh Pear
30 Baked Tomato Beef Florentine Whole Wheat Pasta Fresh Side Salad w/ Romaine & Tomatoes, Low Fat Salad Dressing Seasoned Green Beans Chilled Pineapple Cup	31 Red Chili w/ Beef & Kidney Beans Topped w/ Shredded Cheddar Cheese Homemade Whole Grain Corn Bread Baked Sweet Potato Wedges Fresh Pear	<div style="border: 2px solid green; padding: 10px;"> <p style="text-align: center;">Fast Forward</p> <p style="text-align: center;">Available Daily: Turkey & Cheddar Sub w/ Romaine & Tomato, Sunbutter & Jam Sandwich on Whole Wheat Bread</p> <p style="text-align: center;"><i>All Sandwiches Offered w/ Carrot Sticks & Light Dressing</i></p> <p style="text-align: center;">Monday:</p> <p style="text-align: center;">Grilled Chicken Caesar Romaine Salad w/ Croutons & Whole Wheat Roll</p> <p style="text-align: center;">Tuesday:</p> <p style="text-align: center;">Mediterranean Turkey, Mozzarella, & Spinach Whole Wheat Wrap w/ Light Basil Pesto Mayo</p> </div>		

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.

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