

September

2021

Dietary Restrictions? Contact Beth Damte @ 202-368-1630

| Our Daily Selections: | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|--|-------------------------------------|
| Assorted fresh greens Garden fresh vegetables Hard boiled eggs Assorted dressings | | 7 Club Panini On Ciabatta Roll Smoked Turkey Breast Crisp Bacon & Cheddar Cheese Baked Chip Fresh Fruit | 8 Penne Pasta With Homemade Marinara Sauce Side Salad Fresh Fruit | 9 Grilled Steak Or Chicken Breast On Wheat Sub Baked Chips Chocolate Chip Cookie | 10 Friday Pizza Lunch |
| Our Beverages: Milk Water | 13 Roasted Turkey Sandwich Baked Chips Fresh Fruit | 14 Burrito Bowl w/ Ground Turkey Brown Rice Pico de Gallo Lettuce & Sour Cream | 15 Mac and Cheese Side Salad Fresh Fruit | 16 Taco - Chicken or Beef W/ Lettuce, Sour Cream & Cheese Chocolate Brownie | 17 Friday Pizza Lunch |
| Menu is subject to changes and substitutions without notice due to product availability | 20 Grilled Steak Or Chicken Breast On Wheat Sub Baked Chips Fresh Fruit | 21 Taco - Chicken or Beef Brown Rice Beans, Pico de Gallo Lettuce, Corn & Sour Cream Fresh Fruit | 22 Grilled Cheese On Wheat Bread Baked French Fries Fresh Fruit | 23 Homemade Chicken Tenders W/ Parsley Potatoes Chocolate Chip Cookie | 24 Friday Pizza Lunch |
| | 27 Chicken & Veggie Stir Fry Brown Rice Fresh Fruit | 28 Turkey Club Wrap Crisp Bacon & Cheddar Cheese Baked Chips and Fresh Fruit | 29 Spaghetti w/ Vegetables Side Salad Fresh Fruit | 30 Grilled Chicken Breast Sandwich On Wheat Sub Baked Chips and Chocolate Brownie | 31 Friday Pizza Lunch |

October

2021

Dietary Restrictions? Contact Beth Damte @202-368-1630

| Our Daily Selections: | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|--------------------------|
| Assorted Fresh Greens Garden Fresh Vegetables Shredded Cheese Hard-Boiled Eggs Assorted Dressings | 4 Taco - Chicken or Beef W/ Lettuce, Sour Cream & Cheese Fresh fruit | 5 Cheese Burger w/ Oven Baked Potato Wedges Fresh Fruit | 6 Spaghetti w/ Vegetables Side Salad Fresh Fruit | 7 Club Panini Smoked Turkey Breast Crisp Bacon & Cheddar Cheese and Baked Chips Chocolate Chip Cookie | 8 Friday Pizza Lunch |
| Our Beverages: Milk Water | 11 NO SCHOOL | 12 Philly Cheese Chicken Baked Chips Fresh Fruit | 13 Penne Pasta With Homemade Marinara Sauce Side Salad Fresh Fruit | 14 Grilled Chicken Breast Sandwich On Wheat Sub Baked Chips & Chocolate Brownie | 15 Friday Pizza Lunch |
| Menu is subject to changes and substitutions without notice due to product | 18 Lemon Roasted Chicken, With Brown Rice Topped With Our Own Creamy Sauce, | 19 Grilled Steak Or Chicken Breast On Wheat Sub Baked Chips Chocolate Chip Cookie | 20 Mac and Cheese Whole Wheat Garlic Bread Side Salad Fresh Fruit | 21 Chicken & Veggie Stir Fry Brown Rice Chocolate Chip Cookie | 22 Friday Pizza Lunch |
| | 25 Club Panini Smoked Turkey Breast Crisp Bacon & Cheddar Cheese and Baked Chips Fresh Fruit | 26 Grilled Chicken Breast Sandwich On Wheat Sub Fresh Fruit Baked Chips | 27 Grilled Cheese On Wheat Bread Baked French Fries & Fresh Fruit | 28 Taco - Chicken or Beef W/ Lettuce, Sour Cream & Cheese Chocolate Brownie | 29 Friday Pizza Lunch |
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November

2021

Dietary Restrictions? Contact Beth Damte @202-368-1630

| Our Daily Selections: | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|--------------------------|
| Assorted Fresh Greens Garden Fresh Vegetables Shredded Cheese Hard-Boiled Eggs Assorted Dressings | Chicken or Beef Taco 1 Fresh Fruit | Grilled Chicken Breast Sandwich. 2 On Wheat Sub Baked Chips | Mac and Cheese 3 Whole Wheat Garlic Bread Side Salad Fresh Fruit | 4 NOON D | 5 Friday Pizza Lunch |
| Our Beverages: Milk Water | 8 Chicken Noodle Soup w/ Garlic Bread | 9 Cheese Burger w/ Oven Baked Potato Wedges Fresh Fruit | 10 Penne Pasta With Homemade Marinara Sauce Side Salad Fresh Fruit | 11 Club Panini Smoked Turkey Breast Crisp Bacon & Cheddar Cheese and Baked Chips | 12 NO SCHOOL |
| Menu is subject to changes and substitutions without notice due to product availability | 15 Club Panini Smoked Turkey Breast Crisp Bacon & Cheddar Cheese and Baked Chips | 16 Homemade Chicken Tenders W/ Parsley Potatoes Fresh Fruit | 17 Spaghetti w/ Vegetables Side Salad Fresh Fruit | 18 Philly Cheese Chicken Baked Chips Fresh Fruit Chocolate Brownie | 19 Friday Pizza Lunch |
| | 22 Lemon Roasted Chicken, With Brown Rice Topped With Our Own Creamy Sauce, Mixed Vegetables, Fresh Fruit | 23 Grilled Steak Or Chicken Breast On Wheat Sub Baked Chips | 24 NO SCHOOL | 25 NO SCHOOL | 26 NO SCHOOL |
| | 29 Chicken or Beef Taco Fresh Fruit | 30 Grilled Chicken Breast Sandwich On Wheat Sub Baked Chips | | | |

December

2021

Dietary Restrictions? Contact Beth Damte @202-368-1630

| Our Daily Selections: | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|--------------------|
| Assorted Fresh Greens Garden Fresh Vegetables Shredded Cheese Hard-Boiled Eggs Assorted Dressings | Cheese Burger w/ Oven Baked Potato Wedges Fresh Fruit | Club Panini Smoked Turkey Breast Crisp Bacon & Cheddar Cheese and Baked Chips | Penne Pasta With Homemade Marinara Sauce Side Salad Fresh Fruit | Burrito Bowl w/ Ground Turkey Brown Rice Pico de Gallo Lettuce & Sour Cream Chocolate Brownie | Friday Pizza Lunch |
| Our Beverages: Milk Water | Chicken Club Wrap Grilled Chicken Breast Crisp Bacon & Cheddar Cheese Fresh Fruit | Meatball Spaghetti Topped w/ Homemade Marinara Sauce Side Salad Fresh Fruit | Mac and Cheese Side Salad Fresh Fruit | Chicken Noodle Soup w/ Garlic Bread Chocolate Chip Cookie | Friday Pizza Lunch |
| Menu is subject to changes and substitutions without notice due to product availability | Turkey Club Wrap Crisp Bacon & Cheddar Cheese Baked Chips and Fresh Fruit | Chicken & Veggie Stir Fry Brown Rice Fresh Fruit | Tomato Basil Soup w/ Garlic Bread Fresh Fruit | Homemade Chicken Tenders W/ Parsley Potatoes Chocolate Brownie | HALF DAY |
| | NO SCHOOL | NO SCHOOL | NO SCHOOL | NO SCHOOL | NO SCHOOL |
| | NO SCHOOL | NO SCHOOL | NO SCHOOL | NO SCHOOL | 31 NO SCHOOL |

January

2022

Dietary Restrictions? Contact Beth Damte @202-368-1630

| Our Daily Selections: | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|--------------------------|
| Assorted Fresh Greens Garden Fresh Vegetables Shredded Cheese Hard-Boiled Eggs Assorted Dressings | 3 Hot Dog Oven Baked Potato Wedges Fruit Fruit | 4 Chicken & Veggie Stir Fry Brown Rice Fresh Fruit | 5 Grilled CHEESE ON WHEAT Bread French Fries Fresh Fruit | 6 Lemon Roasted Chicken, With Brown Rice Topped With Our Own Creamy Sauce, Mixed Vegetables Chocolate Brownie | 7 Friday Pizza Lunch |
| Our Beverages: Milk Water | 10 Burrito Bowl w/ Ground Turkey Brown Rice Pico de Gallo Lettuce & Sour Cream | 11 Leek and Potato Soup w/ Garlic Bread Fresh Fruit | 12 Mac and Cheese Whole Wheat Garlic Bread Side Salad Fresh Fruit | 13 Club Panini Smoked Turkey Breast Crisp Bacon & Cheddar Cheese and Baked Chips Chocolate Chip Cookie | 14 Friday Pizza Lunch |
| Menu is subject to changes and substitutions without notice due to product availability | 17 Chicken Noodle Soup w/ Garlic Bread Fresh Fruit | 18 Chicken or Beef Taco Baked Chips Fresh Fruit | 19 Penne Pasta With Homemade Marinara Sauce Side Salad Fresh Fruit | 20 Homemade Chicken Tenders W/ Parsley Potatoes Chocolate Brownie | 21 Friday Pizza Lunch |
| | 24 NO SCHOOL | 25 Meatball Spaghetti Topped w/ Homemade Marinara Sauce and Side Salad Fresh Fruit | 26 Mac and Cheese Whole Wheat Garlic Bread Side Salad Fresh Fruit | 27 Philly Cheese Chicken Baked Chips Chocolate Chip Cookie | 28 Friday Pizza Lunch |
| | 31 Chicken & Veggie Stir Fry Brown Rice Fresh Fruit | | 2 | | |

February

2022

Dietary Restrictions? Contact Beth Damte @202-368-1630

| Our Daily Selections: | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|--------------------------|
| Assorted Fresh Greens Garden Fresh Vegetables Shredded Cheese Hard-Boiled Eggs Assorted Dressings | | 1 Philly Cheese Chicken Baked Chips Fresh Fruit | 2 Mac and Cheese Side salad Fresh fruit | 3 Meatball Spaghetti Topped w/ Homemade Marinara Sauce Chocolate Brownie | 4 Friday Pizza Lunch |
| Our Beverages: Milk Water | 7 Chicken Noodle Soup w/ Garlic Bread Fresh Fruit | 8 Burrito Bowl w/ Ground Turkey Brown Rice Pico de Gallo Lettuce & Sour Cream | 9 Penne Pasta With Homemade Marinara Sauce Side Salad Fresh Fruit | 10 Chicken Club Wrap Grilled Chicken Breast Crisp Bacon & Cheddar Cheese Chocolate Chip Cookie | 11 Friday Pizza Lunch |
| Menu is subject to changes and substitutions without notice due to product availability | 14 Meatball Spaghetti Topped w/ Homemade Marinara Sauce | 15 Homemade Chicken Tenders W/ Parsley Potatoes | 16 Tomato Basil Soup w/ Garlic Bread Fresh Fruit | 17 Chicken Noodle Soup w/ Garlic Bread Chocolate Brownie | 18 Friday Pizza Lunch |
| | 21 NO SCHOOL | 22 Chicken & Veggie Stir Fry Brown Rice Fresh Fruit | 23 Grilled Cheese On Wheat Bread Baked French Fries Fresh Fruit | 24 Chicken or Beef Taco Baked Chips Chocolate Chip Cookie | 25 Friday Pizza Lunch |
| | 28 Baked Chicken w/ Brown Rice Green Beans Fresh Fruit | | | | |

March

2022

Dietary Restrictions? Call Beth Damte @202-368-1630

| Our Daily Selections: | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|--------------------|
| Assorted Fresh Greens Garden Fresh Vegetables Shredded Cheese Hard-Boiled Eggs Assorted Dressings | Turkey Club Wrap Crisp Bacon & Cheddar Cheese Baked Chips Fresh Fruit | Cheese Burger w/ Oven Baked Potato Wedges Fresh Fruit | Mac and Cheese Whole Wheat Garlic Bread Side Salad Fresh Fruit | Lemon Roasted Chicken, W/Brown Rice Topped With Our Own Creamy Sauce, Mixed Vegetables Chocolate Chip Cookie | Friday Pizza Lunch |
| Our Beverages: Milk Water | Chicken Noodle Soup w/ Garlic Bread Fresh Fruit | Homemade Chicken Tenders W/ Parsley Potatoes Fresh Fruit | Penne Pasta With Homemade Marinara Sauce Side Salad Fresh Fruit | Turkey Club Wrap Crisp Bacon & Cheddar Cheese Baked Chips Chocolate Brownie | NO SCHOOL |
| Menu is subject to changes and substitutions without notice due to product availability | Baked Chicken w/ Brown Rice Green Beans Fresh Fruit | Burrito Bowl w/ Ground Turkey Brown Rice Lettuce & Sour Cream Fresh Fruit | Grilled Cheese On Wheat Bread Baked French Fries Fresh Fruit | Club Panini Smoked Turkey Breast Crisp Bacon & Cheddar Cheese and Baked Chips Chocolate Chip Cookie | Friday Pizza Lunch |
| | Chicken & Veggie Stir Fry Brown Rice Fresh Fruit | Hot dog w/ Oven Baked Potato Wedges Fresh Fruit | Mac and Cheese Whole Wheat Garlic Bread Side Salad Fresh Fruit | Turkey Club Wrap Crisp Bacon & Cheddar Cheese Baked Chips Chocolate Brownie | Friday Pizza Lunch |
| | NO SCHOOL | NO SCHOOL | NO SCHOOL | NO SCHOOL | NO SCHOOL |

April

2022

Dietary Restrictions? Contact Beth Damte @202-368-1630

| Our Daily Assortments: | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|-----------------------|
| Assorted Fresh Greens Garden Fresh Vegetables Shredded Cheese Hard-Boiled Eggs | Roasted Turkey 4 And cheese sandwich BAKED Chips Fresh fruit | Chicken or Beef Taco 1 Fresh Fruit 5 | 6 Penne Pasta With Homemade Marinara Sauce Side Salad Fresh Fruit | 7 Cheese Burger w/ Oven Baked Potato Wedges Chocolate Chip Cookie | Friday Pizza Lunch |
| Our Beverages: Milk Water | Chicken or Beef Taco Fresh Fruit 11 | Lemon Roasted Chicken, With Brown Rice Topped With Our Own Creamy Sauce, Mixed Vegetables, Fresh Fruit 12 | Mac and Cheese Whole Wheat Garlic Bread Side Salad Fresh Fruit 13 | Chicken Club Wrap Grilled Chicken Breast Crisp Bacon & Cheddar Cheese Chocolate Brownie 14 | Friday Pizza Lunch 15 |
| Menu is subject to changes and substitutions without notice due to product availability | NO SCHOOL 18 | 19 Chicken & Veggie Stir Fry Brown Rice Fresh Fruit | 20 Grilled Cheese On Wheat Bread Baked French Fries Fresh Fruit | 21 Grilled Chicken Breast Sandwich On Wheat Sub Baked Chips Chocolate Brownie | Friday Pizza Lunch 22 |
| | 25 | 26 | 27 | 28 | 29 |

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|--|--|---|---|--|--------------------|
| | Chicken Club Wrap Grilled Chicken Breast Crisp Bacon & Cheddar Cheese Fresh Fruit | Burrito Bowl w/ Ground Turkey Brown Rice Pico de Gallo Lettuce & Sour Cream Fresh Fruit | Cheese Nacho w/ Tortilla Chips and Corn Fresh Fruit | Philly Cheese Chicken Baked Chips Fresh Fruit Chocolate Chip Cookie | Friday Pizza Lunch |
| | Club Panini Smoked Turkey Breast Crisp Bacon & Cheddar Cheese and Baked Chips | Chicken or Beef Taco Fresh Fruit | Mac and Cheese Whole Wheat Garlic Bread Side Salad Fresh Fruit | Chicken or Beef Taco Fresh Fruit Chocolate Brownie | |
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May

2022

Dietary Restrictions? Contact Beth Damte @202-368-1630

| Our Daily Assortments: | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|--------------------------|
| Assorted Fresh Greens Garden Fresh Vegetables Shredded Cheese Hard-Boiled Eggs Assorted Dressings | 2 Chicken or Beef Taco Fresh Fruit | 3 Burrito Bowl w/ Ground Turkey Brown Rice Lettuce & Sour Cream Fresh Fruit | 4 Mac and Cheese Whole Wheat Garlic Bread Side Salad Fresh Fruit | 5 Hot dog W/Oven Baked potato Wedges Chocolate t Browine | 6 |
| Our Beverages: Milk Water | 9 Burrito Bowl w/ Ground Turkey Brown Rice Lettuce & Sour Cream Fresh Fruit | 10 Chicken Club Wrap Grilled Chicken Breast Crisp Bacon & Cheddar Cheese Fresh Fruit | 11 Cheese Nacho w/ Tortilla Chips and Corn Fresh Fruit | 12 Chicken & Veggie Stir Fry Brown Rice Fresh Fruit Chocolate Chip Cookie | 13 |
| Menu is subject to changes and substitutions without notice due to product availability | 16 Club Panini Smoked Turkey Breast Crisp Bacon & Cheddar Cheese and Baked Chips | 17 Lemon Roasted Chicken w/ Brown Rice Topped With Our Own Creamy Sauce, Mixed Vegetables | 18 Penne Pasta With Homemade Marinara Sauce Side Salad Fresh Fruit | 19 Philly Cheese Chicken Baked Chips Fresh Fruit Chocolate Brownie | 20 |
| | 23 Chicken or Beef Taco Fresh Fruit | 24 Hot Dog Oven Baked Potato Wedges Fruit Fruit | 25 Spaghetti w/ Vegetables Side Salad Fresh Fruit | 26 Club Panini Smoked Turkey Breast Crisp Bacon & Cheddar Cheese and Baked Chips Chocolate Chip Cookie | 27 Friday Pizza Lunch |
| | NO SCHOOL 30 | Burrito Bowl w/ Ground Turkey Fresh Fruit Brown Rice. 31 | | | |

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June

2022

Dietary Restrictions? Call Beth Damte @202-368-1630

| Our Daily Assortments: | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|-------------------------|
| Assorted Fresh Greens Garden Fresh Vegetables Shredded Cheese Hard-Boiled Eggs Assorted Dressings | | | 1 Mac and Cheese Whole Wheat Garlic Bread Side Salad Fresh Fruit | 2 Club Panini Smoked Turkey Breast Crisp Bacon & Cheddar Cheese Baked Chips Chocolate Chip Cookie | 3 Friday Pizza Lunch |
| Our Beverages: Milk Water | 6 Turkey Club Wrap Crisp Bacon & Cheddar Cheese Baked Chips Fresh Fruit | 7 Chicken or Beef Taco Fresh Fruit Chocolate Chip Cookie | 8 HALF DAY | 9 HALF DAY | 10 |
| Menu is subject to changes and substitutions without notice due to product availability | 15 | 16 | 17 | 18 | 19 |
| | 22 | 23 | 24 | 25 | 26 |
| | 29 | 30 | | | |

