



December 2020 DC Regional Menu

LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Asian Chicken & Rice Corn Apple Skim/1% Milk	2 Macaroni & Cheese Green Beans Orange Wedges Skim/1% Milk	3 Grilled Chicken Sandwich w/ Am. Cheese Fresh Carrots Apple Skim/1% Milk	4 Pizza Green Beans Diced Pears Skim/1% Milk
7 Jerk Chicken Brown Rice Aromatic Beans Raisin Pack Skim/1% Milk	8 Cheesy Meat Baked Ziti Green Beans Mandarin Oranges Skim/1% Milk	9 Chicken Ranch Wrap Sweet Potato Hummus Carrots Orange Wedges Skim/1% Milk	10 French Toast Casserole Tator Tots Apple Skim/1% Milk	11 Mac & Cheese Broccoli Chickpea Salad Diced Pears Skim/1% Milk
14 Teriyaki Chicken & Vegetables Brown Rice Raisin Pack Skim/1% Milk	15 Turkey & Bean Chili Whole Grain Dinner Roll Diced Pears Skim/1% Milk	16 Turkey Burger Roasted Potatoes Orange Wedges Skim/1% Milk	17 Spaghetti with Turkey Bolognese Lemon Garlic Broccoli Apple Skim/1% Milk	18 Pizza Green Beans Diced Pears Skim/1% Milk
21 Jerk Chicken Brown Rice Aromatic Beans Raisin Pack Skim/1% Milk	22 Cheesy Meat Baked Ziti Green Beans Pineapple Chunks Skim/1% Milk	23 Chicken Ranch Wrap Sweet Potato Hummus Carrots Orange Wedges Skim/1% Milk	24 French Toast Casserole Tator Tots Apple Skim/1% Milk NO SCHOOL	25 Mac & Cheese Broccoli Chickpea Salad Diced Pears Skim/1% Milk NO SCHOOL
28 Teriyaki Chicken & Vegetables Brown Rice Raisin Pack Skim/1% Milk NO SCHOOL	29 Turkey & Bean Chili Whole Grain Dinner Roll Diced Pears Skim/1% Milk NO SCHOOL	30 Turkey Burger Roasted Potatoes Orange Wedges Skim/1% Milk NO SCHOOL	31 Spaghetti with Turkey Bolognese Lemon Garlic Broccoli Apple Skim/1% Milk NO SCHOOL	All meals are served with Assorted Fruit & Skim/1% Milk NOTE: Menu Subject to Change

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BREAKFAST				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Whole Grain Bagel Cream Cheese Raisins Skim/1% Milk	Darlington Breakfast Bar Apple Juice Skim/1% Milk	Cereal & Yogurt Apple Skim/1% Milk	Egg & Cheese Sandwich Assorted Fruit Skim/1% Milk
Yogurt Parfait Granola Assorted Fruit Skim/1% Milk	Whole Grain English Muffin Jam Assorted Fruit Skim/1% Milk	Whole Grain Bagel Cream Cheese Assorted Fruit Skim/1% Milk	Whole Grain Muffin String Cheese Assorted Fruit Skim/1% Milk	Genuine Breakfast Bread Assorted Fruit Skim/1% Milk
Whole Grain Pancakes Assorted Fruit Skim/1% Milk	Whole Grain Bagel Assorted Fruit Skim/1% Milk	Genuine Breakfast Bread Assorted Fruit Skim/1% Milk	Cereal & Yogurt Assorted Fruit Skim/1% Milk	Egg & Cheese Sandwich Assorted Fruit Skim/1% Milk
Yogurt Parfait Granola Assorted Fruit Skim/1% Milk	Whole Grain English Muffin Jam Assorted Fruit Skim/1% Milk	Whole Grain Bagel Cream Cheese Assorted Fruit Skim/1% Milk	Whole Grain Muffin String Cheese Assorted Fruit Skim/1% Milk NO SCHOOL	Genuine Breakfast Bread Assorted Fruit Skim/1% Milk NO SCHOOL
Whole Grain Pancakes Assorted Fruit Skim/1% Milk NO SCHOOL	Whole Grain Bagel Assorted Fruit Skim/1% Milk NO SCHOOL	Genuine Breakfast Bread Assorted Fruit Skim/1% Milk NO SCHOOL	Cereal & Yogurt Assorted Fruit Skim/1% Milk NO SCHOOL	All meals are served with Assorted Fresh Fruit & Skim/1% Milk NOTE: Menu Subject to Change

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Mac & Cheese Green Beans</p> <p>Raisin Pack Skim/1% Milk</p>	<p>3</p> <p>Turkey & Cheese Sandwich Fresh Tomato & Corn Salad</p> <p>Diced Pears Skim/1% Milk</p>	<p>4</p> <p>Teriyaki Glazed Carrots</p> <p>Orange Wedges Skim/1% Milk</p>	<p>5</p> <p>Turkey Burger Baked Beans</p> <p>Apple Skim/1% Milk</p>	<p>6</p> <p>Chicken Caesar Wrap Romaine Lettuce Celery Sticks Diced Pears Skim/1% Milk</p>
<p>9</p> <p>Pasta with Broccoli & Chicken Extra Broccoli (1/2 cup)</p> <p>Raisin Pack Skim/1% Milk</p>	<p>10</p> <p>Drumstick Chicken Bowl Brown Rice Steamed Corn Mandarin Oranges Skim/1% Milk</p>	<p>11</p> <p>Chicken Taco Bowl Brown Rice & Beans Salsa</p> <p>Orange Wedges Skim/1% Milk</p>	<p>12</p> <p>Roast Beef & Cheddar Sandwich Baby Carrots</p> <p>Apple Skim/1% Milk</p>	<p>13</p> <p>Chicken Ranch Wrap Romaine Lettuce Celery Sticks Diced Pears Skim/1% Milk</p>
<p>16</p> <p>Baked Ziti Sauteed Green Beans</p> <p>Raisin Pack Skim/1% Milk</p>	<p>17</p> <p>Beef Burger Baked Beans</p> <p>Diced Pears Skim/1% Milk</p>	<p>18</p> <p>Jerk Chicken Brown Rice Glazed Carrots Orange Wedges Skim/1% Milk</p>	<p>19</p> <p>BBQ Chicken Salad Sandwich Roasted Potato Salad</p> <p>Apple Skim/1% Milk</p>	<p>20</p> <p>Chicken Caesar Wrap Romaine Lettuce Celery Sticks Diced Pears Skim/1% Milk Paul Turkey Dinners - 100 Kits</p>
<p>23</p> <p>Pasta with Broccoli & Chicken Extra Broccoli (1/2 cup)</p> <p>Raisin Pack Skim/1% Milk</p>	<p>24</p> <p>Drumstick Chicken Bowl Brown Rice Steamed Corn Pineapple Chunks Skim/1% Milk</p>	<p>25</p> <p>Chicken Wrap Sandwich Raisins</p>	<p>26</p> <p>NO SCHOOL No Food</p>	<p>27</p> <p>Grilled BBQ Chicken Sandwich Am. Cheese Carrots Raisins</p>
<p>30</p> <p>French Toast Casserole Tater Tots</p> <p>Apples Skim/1% Milk</p>				<p>All meals are served with Assorted Fruit & Skim/1% Milk</p> <p>NOTE: Menu Subject to Change</p>

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BREAKFAST				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal & Muffin Apples Skim/1% Milk	Breakfast Bar or Bagel Apples Skim/1% Milk	Cereal & String Cheese Apples Skim/1% Milk	Breakfast Bar or Bagel Apples Skim/1% Milk	Grahams & Yogurt Apples Skim/1% Milk
Cereal & Muffin Apples Skim/1% Milk	Breakfast Bar or Bagel Apples Skim/1% Milk	Cereal & String Cheese Apples Skim/1% Milk	Breakfast Bar or Bagel Apples Skim/1% Milk	Grahams & Yogurt Apples Skim/1% Milk
Cereal & Muffin Apples Skim/1% Milk	Breakfast Bar or Bagel Apples Skim/1% Milk	Cereal & String Cheese Apples Skim/1% Milk	Breakfast Bar or Bagel Apples Skim/1% Milk	Grahams & Yogurt Apples Skim/1% Milk
Cereal & Muffin Apples Skim/1% Milk	Breakfast Bar Raisins Skim/1% Milk	Hot Cereal & Cheese Stick Raisins	No Food Happy Thanksgiving!!	Cold Cereal/Muffin Raisins
Cereal & Cheese Stick Apples Skim/1% Milk				All meals are served with Assorted Fresh Fruit & Skim/1% Milk NOTE: Menu Subject to Change

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September 2020

School Name

Monday	Tuesday	Wednesday	Thursday	Friday	
	1	2	3	4	Date Entree Side1/Veg1 Side2/Veg2 Other Allergens
7	8	9	10	11	Date Entree Side1/Veg1 Side2/Veg2 Other Allergens
14	15	16	17	18	Date Entree Side1/Veg1 Side2/Veg2 Other Allergens
21	22	23	24	25	Date Entree Side1/Veg1 Side2/Veg2 Other Allergens
28	29	30			Date Entree Side1/Veg1 Side2/Veg2 Other Allergens