



# November 2020 DC Regional Menu

BREAKFAST				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Cereal &amp; Muffin</b> 2 Assorted Fruit Skim/1% Milk	<b>Breakfast Bar or Bagel</b> 3 Assorted Fruit Skim/1% Milk	<b>Cereal &amp; String Cheese</b> 4 Assorted Fruit Skim/1% Milk	<b>Breakfast Bar or Bagel</b> 5 Assorted Fruit Skim/1% Milk	<b>Grahams &amp; Yogurt</b> 6 Assorted Fruit Skim/1% Milk
<b>Cereal &amp; Muffin</b> 9 Assorted Fruit Skim/1% Milk	<b>Breakfast Bar or Bagel</b> 10 Assorted Fruit Skim/1% Milk	<b>Cereal &amp; String Cheese</b> 11 Assorted Fruit Skim/1% Milk	<b>Breakfast Bar or Bagel</b> 12 Assorted Fruit Skim/1% Milk	<b>Grahams &amp; Yogurt</b> 13 Assorted Fruit Skim/1% Milk
<b>Cereal &amp; Muffin</b> 16 Assorted Fruit Skim/1% Milk	<b>Breakfast Bar or Bagel</b> 17 Assorted Fruit Skim/1% Milk	<b>Cereal &amp; String Cheese</b> 18 Assorted Fruit Skim/1% Milk	<b>Breakfast Bar or Bagel</b> 19 Assorted Fruit Skim/1% Milk	<b>Grahams &amp; Yogurt</b> 20 Assorted Fruit Skim/1% Milk
<b>Cereal &amp; Muffin</b> 23 Assorted Fruit Skim/1% Milk	<b>Breakfast Bar or Bagel</b> 24 Assorted Fruit Skim/1% Milk	<b>NO SCHOOL</b> 25	<b>NO SCHOOL</b> 26	<b>NO SCHOOL</b> 27
<b>Cereal &amp; Muffin</b> 30 Assorted Fruit Skim/1% Milk				All meals are served with Assorted Fresh Fruit & Skim/1% Milk  NOTE: Menu Subject to Change

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DC Regional Menu

LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <b>Turkey Burger</b> Baked Beans  Assorted Fruit Skim/1% Milk	2 <b>Chicken Caesar Wrap</b> Romaine Lettuce Celery Sticks Diced Pears Skim/1% Milk
5 <b>Pasta with Broccoli &amp; Chicken</b> Extra Broccoli (1/2 cup)  Assorted Fruit Skim/1% Milk	6 <b>Drumstick Chicken Bowl</b> Brown Rice Steamed Corn Assorted Fruit Skim/1% Milk	7 <b>Chicken Taco Bowl</b> Brown Rice & Beans Salsa Assorted Fruit Skim/1% Milk	8 <b>Roast Beef &amp; Cheddar Sandwich</b> Baby Carrots  Assorted Fruit Skim/1% Milk	9 <b>Chicken Ranch Wrap</b> Romaine Lettuce Celery Sticks Diced Pears Skim/1% Milk
12 <b>Baked Ziti</b> Sauteed Green Beans  Assorted Fruit Skim/1% Milk	13 <b>Beef Burger</b> Baked Beans  Assorted Fruit Skim/1% Milk	14 <b>Jerk Chicken</b> Brown Rice Glazed Carrots Assorted Fruit Skim/1% Milk	15 <b>BBQ Chicken Salad Sandwich</b> Roasted Potato Salad  Assorted Fruit Skim/1% Milk	16 <b>Chicken Caesar Wrap</b> Romaine Lettuce Celery Sticks Diced Pears Skim/1% Milk
19 <b>Pasta with Broccoli &amp; Chicken</b> Extra Broccoli (1/2 cup)  Assorted Fruit Skim/1% Milk	20 <b>Drumstick Chicken Bowl</b> Brown Rice Steamed Corn Assorted Fruit Skim/1% Milk	21 <b>NO SCHOOL</b>	22 <b>NO SCHOOL</b>	23 <b>NO SCHOOL</b>
26 <b>French Toast Casserole</b> Sauteed Green Beans  Assorted Fruit Skim/1% Milk				All meals are served with Assorted Fruit & Skim/1% Milk  NOTE: Menu Subject to Change

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