

## Lunch Menu

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Steak &amp; Cheese Sub</b> 3oz(N/M) 2oz Shaved Steak, 1oz Cheese, 2oz(SR) Sub Roll, 8oz(VGS)6oz Potato Puffs, 2oz Grilled Peppers & Onions, 4oz(FR) Mixed Fruit, 8oz(Dairy) Milk	<b>Chicken Alfredo</b> 2oz(N/M) Chicken, 4oz(SR) Pasta, 8oz(VGS) Broccoli, 4oz(FR) Oranges, 8oz(Dairy) Milk	<b>Lazy Man Lasagna</b> 2oz(N/M) Hamburg, 4oz(SR) Pasta, 4oz(VGS) Marinara Sauce, 4oz(VGS) Garden Salad & Parmesan Cheese, 4oz(FR) Peaches, 8oz(Dairy) Milk	<b>Chicken Fried Rice</b> 2oz(N/M) Chicken, 4oz(SR) Rice, 8oz(VGS) Eggroll/Peanut/Carrots, 4oz(FR) Apples, 8oz(Dairy) Milk	<b>BBQ Pulled Pork Sandwich</b> 3oz(N/M) Pork 2.5oz(SR) WS Roll, 8oz(VGS) Seasoned Wedge Fries, 4oz(FR) Oranges, 8oz(Dairy) Milk
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Spicy or Regular Chicken Patty on a Roll</b> 3oz(N/M) Chicken Patty, 2.5oz(SR) Roll, 8oz(VGS) Wedge Fries, 4oz(FR) Peas, 8oz(Dairy) Milk	<b>Grilled Ham &amp; Cheese Sandwich and Pasta Salad</b> 3oz(N/M) Ham/Cheese, 4oz(SR) Pasta Salad, 8oz(VGS) Baby Carrots, 4oz(FR) Apples, 8oz(Dairy) Milk	<b>Pasta &amp; Chicken Parm</b> 2oz(N/M) Chicken, 4oz(SR) Pasta, 4oz(VGS) Marinara Sauce, 4oz(VGS) Garden Salad, 4oz(FR) Peaches, 8oz(Dairy) Milk	<b>Beef &amp; Cheese Sub</b> 3oz(N/M) 2oz Hamburg, 1oz Cheese, 2oz(SR) Sub Roll, 8oz(VGS) Potato Puffs, 4oz(FR) Apples, 8oz(Dairy) Milk	<b>*Cilantro-Lime Rice Bowl*</b> 3oz(N/M) Chicken, 4oz(SR) Rice, 8oz(VGS) Corn Salsa, 4oz(FR) Mixed Fruit, 8oz(Dairy) Milk
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>

<b>Daily Vegetarian Options</b>
<b>Garden Salad</b> 8oz(VGS) Lettuce, 3oz(N/M) Feta/Mozzarella/Cheedar, 4oz(FR) Daily Fruit, 2oz(SR) Flatbread, 8oz(Dairy) Milk (Other NOT Vegetarian option salads may include 3oz(N/M) Grilled Chicken)
<b>Assorted Pizza</b> 2oz(N/M) Cheese, 2oz(VGS) Pizza Sauce, 2oz(SR) Flatbread, 6oz(VGS) Garden Salad, 4oz(FR) Peas, 8oz(Dairy) Milk (Other NOT Vegetarian option Pizzas MAY include Pepparoni, Meat Lovers, Hamburg 2oz(N/M))
<b>Sunbutter and Jelly Sandwich</b> 2oz(N/M) Sunbutter, 4oz(FR) Daily Fruit, 2oz(SR) Pullman Bread, 8oz(Dairy) Milk
<b>Hummus &amp; Pita Chips</b> 2oz(N/M) Cheese, 4oz(Veg) Hummus & Baby Carrots, 4oz(FR) Daily Fruit, 2oz(SR) Pita Chips, 8oz(Dairy) Milk
<b>Cheeseburger on a Bun (Line#3)</b> 4oz(N/M) Burger/Cheese, 2oz(SR) Rolls, 8oz(VGS) Daily Veg, 4oz(FR) Mixed Fruit, 8oz(Dairy) Milk
<b>Crunchy or Soft Tacos (Line #3)</b> 2oz(N/M) Seasoned Beef, 1oz(N/M) Cheese, 4oz(Veg) (2oz) Shredded Lettuce, (2oz) Tomatoes, 4oz(SR) Hard/Soft Shells, 4oz(VGS) Salsa
<b>Sandwiches Made to Order (Line #4)</b> 2oz(N/M) Turkey/Ham/Bologna/Salami 1oz Cheese, 4oz(FR) Daily Fruit, 2oz(SR) Pullman Bread, 8oz(Dairy) Milk
<b>*NEW MENU ITEM*</b>



<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Hot Dogs</b> 2oz(N/M) Hot Dogs, 2.5oz(SR) Rolls, 4oz(VGS) Cole Slaw, 4oz(VGS) Fries, 4oz(FR) Apples, 8oz(Dairy) Milk	<b>Orange Chicken</b> 2oz(N/M) Chicken, 4oz(SR) Rice, 8oz(VGS) Broccoli, 4oz(FR) Peaches, 8oz(Dairy) Milk	<b>Spaghetti &amp; Meatballs</b> 2oz(N/M) Meatballs, 4oz(SR) Pasta, 4oz(VGS) Marinara Sauce, 4oz(VGS) Caesar Salad, 4oz(FR) Mixed Fruit, 8oz(Dairy) Milk	<b>Northeast Famous Bowl</b> 3oz(N/M) Popcorn Chicken, 4oz(VGS) Mashed Potatoes, 4oz(VGS) Corn, 2oz(SR) Dinner Roll, 4oz(FR) Oranges, 8oz(Dairy) Milk	<b>Beef Stir Fry</b> 2oz(N/M) Beef, 4oz(SR) Rice, 8oz(VGS) Broccoli/Carrots, 4oz(FR) Apple Slices, 8oz(Dairy) Milk

<b>29</b>	<b>30</b>			
<b>Macaroni &amp; Cheese</b> 2oz(N/M) Cheese, 6oz(SR) Pasta, 8oz(VGS) Green Beans, 4oz(FR) Apples, 8oz(Dairy) Milk	<b>Spicy or Regular Chicken Patty on a Roll</b> 3oz(N/M) Chicken Patty, 2.5oz(SR) WS Roll, 8oz(VGS) Seasoned Wedge Fries, 4oz(FR) Peas, 8oz(Dairy) Milk			

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**2024**

# April

**HELLO SPRING**

## Breakfast Menu

### Cafeteria Signature Flavor or Strawberry-Banana or Pineapple-Mango

4oz Fruit, 4 oz Protein, 2oz Grain, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk



### Assorted Cereals

2oz (GR) Cereal, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk



### Ham/Sausage Egg & Cheese Sandwich

2 oz (GR) Bagel, 1.5 oz (M/MA) Ham/Sausage, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

### Blueberry/ Chocolate Chip Muffin

2 oz (GR) Muffin, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk



### Pancakes

2 oz (GR) Pancakes, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

### Cinnamon Roll

2 oz (GR) Cinn. Roll, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

### French Toast

2 oz (GR) French Toast Sticks, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk



### Yogurt with Granola

2.75 oz (GR) Yogurt/Granola, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk



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Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email:

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