

*Menu subject to change

Monday

Tuesday

Wednesday

Thursday

Friday

National Frozen Yogurt Day 5

Nutri-grain bar/frozen yogurt
 OR
 Cinnamon graham crackers/frozen yogurt
 Variety of fruit
 100% fruit/veg juice

6

Mini Donuts
 OR
 Cereal bar/cheese stick
 Variety of fruit
 100% fruit/veg juice

7

Biscuits/sausage gravy
 OR
 Assorted cereal/toast
 Variety of fruit
 100% fruit/veg juice

8

Breakfast mash
 OR
 Uncrustables
 Variety of fruit
 100% fruit/veg juice

9

Cherry fruit frudel
 OR
 Warm egg & cheese biscuit
 Variety of fruit
 100% fruit/veg juice

12

Apple bosco stick
 OR
 Mini chocolate chip French toast
 Variety of fruit
 100% fruit/veg juice

13

Hammy scrambled eggs/toast
 Assorted cereal/warm churro
 Variety of fruit
 100% fruit/veg juice

14

Valentine donut ring
 OR
 Valentine granola parfait
 Variety of fruit
 100% fruit/veg juice

15

Sausage breakfast round/crispy crowns
 OR
 Assorted cereal/crispy crowns
 Variety of fruit
 100% fruit/veg juice

16

Dutch waffle/fresh fruit
 OR
 Surprise!
 Variety of fruit
 100% fruit/veg juice

19

French toast/syrup
 OR
 Combo bar/toast
 Variety of fruit
 100% fruit/veg juice

National Muffin Day 20

Ham & cheese omelet/muffin
 OR
 Assorted cereal/muffin
 Variety of fruit
 100% fruit/veg juice

National Pancake Day 21

Egg and sausage griddle sandwich
 OR
 Blueberry mini pancakes
 Variety of fruit
 100% fruit/veg juice

22

Scrambled egg and ham flatbread
 OR
 Cereal bar/cheese stick
 Variety of fruit
 100% fruit/veg juice

National Banana Bread Day 23

Banana bread/hardboiled egg
 OR
 Assorted cereal/banana bread
 Variety of fruit
 100% fruit/veg juice

Lunch for breakfast 26

Cheese bread dunkers
 OR
 Chicken strips
 Variety of fruit
 100% fruit /veg juice

National Strawberry Day 27

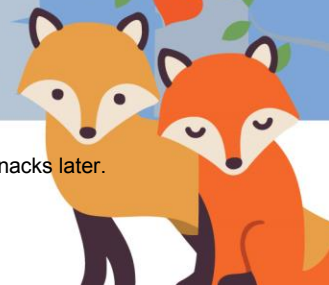
Strawberry mini pancakes
 OR
 Strawberry fruited oatmeal cup/cinnamon nugget bites
 Variety of fruit
 100% fruit/veg juice

28

Mini biscuits with gravy
 OR
 Assorted cereal/toast
 Variety of fruit
 100% fruit/veg juice

Eating a nutritious breakfast helps kick start your metabolism. When you start your day with a healthy breakfast you are less likely to reach for less healthy snacks later. Go for the breakfast power to start your day at DC West!!

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5

Chicken strips (regular or hot)
 OR
 Cheesy garlic French bread pizza
 Fresh spinach/raspberries
 M&M trail mix
 Fruit/veggie bar

12

National PB&J Day
 PB&J
 OR
 Hoagie
 Baked chips
 Mixed fruit
 Fruit/veggie bar

19

NO SCHOOL

26

Crispitos/cheese sauce
 OR
 Rib patty on hoagie
 Oven fries
 Sweet mandarin oranges
 Fruit/veggie bar

6

Turkey and gravy
 OR
 Breaded pork steak
 Bread slice/margarine
 Loaded mashed potatoes
 Blushing pears
 Fruit/veggie bar

13

Fiestada
 OR
 Lasagna roll up
 Green beans with bacon
 Diced pears
 Fruit/veggie bar

20

Sloppy joes on bun
 OR
 Brat on bun
 Baked beans and franks
 Rosy applesauce
 Fruit/veggie bar

27

Corn dog nuggets
 OR
 Pizza crunchers
 Fresh baby carrots
 Fresh red apple
 Fruit/veggie bar

7

State fair corn dog
 OR
 Hamburger on bun
 Curly fries
 Fresh orange slices
 Fruit/veggie bar

14

Happy Valentines Day
 Chicken parmesan/buttered bow ties
 OR
 Fish melt sandwich
 Tomato mozzarella salad
 Strawberry cup
 Valentines cookie

21

Chicken sticks
 OR
 Shrimp poppers
 Cheesy veggies
 Fresh fruit medley
 Cupcake
 Fruit/veggie bar

28

Roasted chicken
 OR
 Salisbury steak
 Mashed potatoes/country gravy
 Pineapple with cherries
 Warm banana bread
 Fruit/veggie bar

1

Chicken alfredo/breadstick
 OR
 Cheese ravioli/breadstick
 Steamed broccoli florets
 Cinnamon apple slices
 Fruit/veggie bar

8

Crispitos/cheese sauce
 OR
 Turkey BLT croissant
 Fresh sliced cucumbers
 Fresh apple slices/caramel dip
 Fruit/veggie bar

15

National Chewing Gum Day
 Cheeseburger macaroni
 OR
 Chicken soft taco
 Cilantro lime black beans
 100% fruit slush
 Sugar-free gum

22

Pulled pork nachos
 OR
 Turkey rotini bake
 Asian salad
 Fresh cutie clementine
 Fruit/veggie bar

2

Teriyaki chicken/veggie "fried" rice
 OR
 Philly cheesesteak flatbread
 Sautéed peppers and mushrooms
 Fresh banana
 Fruit/veggie bar

9

Beef taco salad
 OR
 BBQ pulled pork sandwich
 Steamed corn
 Red grape clusters
 Fruit/veggie bar

16

Cheese pizza slice
 OR
 Surprise!
 Glazed carrots
 Cubed fresh fruit
 Fruit/veggie bar

23

National Chili Day
 Homemade chili/gold fish crackers
 OR
 Baked potato/broccoli cheese topper
 Celery sticks/peanut butter
 Diced peaches
 Fruit/veggie bar

DC West offers a variety of all five-food groups daily, which includes protein, whole grains, vegetables, fruit and low-fat dairy. We follow the myplate.gov they recommend half your plate be filled with colorful fruits and vegetables.

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