SODEXO FOOD SERVICES <u>PRE-K & HEAD START</u> FALL 2022 LUNCH MENU



Gossner 1% White Milk is served daily.

Dates	MONDAY	TACO TUESDAY	WEDNESDAY	LOCAL THURSDAY	PIZZA FRIDAY
8/08-08/12	Chicken Nuggets 5 EACH	Beef Taco W/ Tortilla Wrap 2 OZ	WG Breaded Fish Sandwich W/ Tartar Sauce	Pulled Pork Carnitas 2 OZ	WG Cheese Pizza 1 EACH
/05-09/09			1 EACH		
/03-10/07	Brown Rice 1/2 Cup	Shredded Cheese & Salsa 1 OZ	WW Hamburger Bun 1 EACH	Brown Rice 1/2 Cup	Green Beans 1/2 Cup
)/31-11/04	Peas 1/2 Cup	Black Beans 1/2 Cup	Local Salad	Carrots 1/2 Cup	Fruit Mix 1/2 Cup
1/28-12/02	Fresh Orange 1 EACH	Pineapple Tidbits 1/2 Cup	3/4 Cup Diced Pears 1/2 Cup	Diced Peaches 1/2 Cup	
8/15-08/19	Chicken Ala King 1 Cup	2 OZ Beef Taco Salad Tortilla Chips 10 PCS	Chicken Tender Bowi 1/2 Cup Mashed Potato	Bistek 4 PCS	WG Pepperoni Pizza 1 EACH
9/12-09/16	Brown Rice	2 OZ Cheese Sauce 1 OZ Salsa	2 OZ Gravy	Brown Rice	Corn
0/10-10/14	1/2 Cup	Black Beans	Local Salad 3/4 Cup	1/2 Cup	1/2 Cup
1/07-11/11	Carrots 1/2 Cup	1/2 Cup	Diced Peaches	Green Beans 1/2 Cup	Fruit Mix 1/2 Cup
2/05-12/09	Fresh Orange 1 EACH	Pineapple Tidbits 1/2 Cup	1/2 Cup	Diced Pears 1/2 Cup	
8/22-08/26	Beef Hot Dog W/ Chili Beans	Chicken Taco W/ Tortilla Wrap	Cheeseburger	Eggless Loco Moco	WG Cheese Pizza
9/19-09/23	1 ÉACH Wg Bun 1 Each	and Salsa 2 OZ Shredded Cheese	1 EACH WG Bun 1 EACH	1 EA Hamburger Patty 2 OZ Gravy	1 EACH Carrots
0/17-10/21		1/2 OZ	Local Salad	Brown Rice	1/2 Cup
1/14-11/18	Potato Wedges 1/2 Cup	Black Beans	3/4 Cup	1/2 Cup	Fruit Mix
2/12-12/16	Fresh Orange	1/2 Cup	Diced Pears	Green Beans 1/2 Cup	1/2 Cup
2/12-12/10	1 EACH	Pineapple Tidbits 1/2 Cup	1/2 Cup	Diced Peaches 1/2 Cup	
8/29-09/02	4 OZ Spaghetti Meat Sauce 1/2 Cup Spaghetti Noodles	Chicken Taco Meat W/ Brown Rice and Salsa	Breaded Chicken Patty 1 EACH	Beef & Broccoli 1 Cup	WG Pepperoni Pizza 1 EACH
9/26-09/30		2 OZ	WG Bun 1 EACH		Carrots
0/24-10/28	Corn 1/2 Cup	Shredded Cheese 1/2 OZ		Brown Rice 1/2 Cup	1/2 Cup
1/21-11/25	Fresh Orange	Black Beans	Local Salad 3/4 Cup	Green Beans	Fruit Mix
112 1-1 1125	1 EACH	1/2 Cup Pineapple Tidbits 1/2 Cup	Diced Peaches 1/2 Cup	1/2 Cup Diced Pears 1/2 Cup	1/2 Cup

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2022-2023 MENU

DAILY ENTRÉE Dates Monday Wednesday **Taco Tuesday 5 EA Chicken Nuggets 2 OZ Beef Taco 1 EA WG Breaded Fish** 08/08-08/12 **Composed Salad 1 Cup Brown Rice** W/ Tortilla Wrap Sandwich 1 OZ Shredded Cheese & Salsa W/ WG Bun & Tartar Sauce OR 09/05-09/09 **1 EA Ham & Cheese** 1/2 Cup Brown Rice OR **1 Cup Beef Chili Bowl** Sandwich OR Monday: Turkey & Cheese 10/03-10/07 **1 EA Turkey & Cheese** W/ 1 Cup Brown Rice **Tuesday: Ham & Cheese 1 Cup Peas** Sandwich 1 Cup Corn OR 10/31-11/04 Wednesday: Sliced Chicken 1 1/2 Cup Local Salad **1 Cup Black Beans** OR W/ Assorted Dressing OR **1 1/2 Cup Local Salad Thursday: Turkey & Cheese** 11/28-12/02 **1 1/2 Cup Local Salad** W/ Assorted Dressing **1 Cup Mandarin Orange** W/ Assorted Dressing **Friday: Tuna or Chicken Salad 1 Cup Diced Pears 1 Cup Pineapple Tidbits Choice of Dressing Daily 1 Cup Chicken Ala King** 2 OZ Beef Taco Salad **Chicken Tender Bowl** 08/15-08/19 **1 Cup Brown Rice 20 PCS Tortilla Chips 1 Cup Mashed Potato** 2 OZ Cheese Sauce & 2 OZ Gravy OR 09/12-09/16 **Don't forget your Fruit & Milk with this 1 EA Hamburger W/ WG Bun 1 OZ Salsa 1 Each WW Dinner Roll** OR OR option! 10/10-10/14 **1 EA Ham & Cheese Sandwich 1 EA Meatball Sub on WG Hot 1 Cup Carrots Composed Salad** OR Bun Mixed Greens, Corn, Carrots, Black Beans, Cucumbers **1 1/2 Cup Local Salad 1 Cup Black Beans** 11/07-11/11 w/ 2 oz of Protein and 1 oz of Cheese. W/ Assorted Dressing **1 Cup Broccoli** OR 1 1/2 Cup Local Salad OR Served in our Ozzie Green washable container. 12/05-12/09 **1 Cup Mandarin Orange** W/ Assorted Dressing **1 1/2 Local Salad** Be Green and Clean! **W/ Assorted Dressing 1 Cup Pineapple Tidbits 1 Cup Diced Peaches** Build **1 EA Beef Hot Dog W/ Chili** 2 OZ Chicken Taco W/ Tortilla **1 EA Cheeseburger W/ WG Bun** START 08/22-08/26 vour Beans on a WG Bun Wrap and Salsa & OR WITH A: **12 PCS General Tso's Chicken** OR 1/2 Cup Brown Rice 09/19-09/23 **1 OZ Shredded Cheese** 1 Cup Ham Macaroni & W/ 1 Cup Brown Rice Vegetable Cheese OR 10/17-10/21 **1 Cup Corn 1 EA Ham, Turkey, and Cheese** or **1 Cup Potato Wedges** Sandwich ÔR **1 Cup Black Beans 1 1/2 Cup Local Salad** OR Fruit 11/14-11/18 **1 1/2 Cup Local Salad** OR W/ Assorted Dressing Better yet, W/ Assorted Dressing **1 1/2 Local Salad** choose both! 12/12-12/16 **1 Cup Diced Pears** W/ Assorted Dressing **1 Cup Mandarin Orange** Choose **1 Cup Pineapple Tidbits** whole 2 OZ Chicken Taco Meat **1 EA Breaded Chicken Patty W/** 08/29-09/02 4 OZ Spaghetti Meat Sauce grains W/ 1 Cup Spaghetti Noodles W/ Salsa and 1 Cup Brown Rice WG Bun 1/2 OZ Shredded Cheese OR OR 09/26-09/30 Pick a 1 EA Pork Rib Patty W/ WG **1 EA Ham & Cheese Sandwich** take OR **1 EA Salisbury Steak W/ 1 Cup** Bun lean 10/24-10/28 Brown Rice & 2 OZ Gravy **1 Cup Chili Beans** least protein **1 Cup Corn** OR **1 Cup Black Beans 1 1/2 Cup Local Salad** OR 11/21-11/25 **1 1/2 Cup Local Salad** OR W/ Assorted Dressing Add a W/ Assorted Dressing **1 1/2 Cup Local Salad** 1000 serving W/ Assorted Dressing **1 Cup Diced Peaches** of dairy **1 Cup Mandarin Orange 1 Cup Pineapple Tidbits**

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employer.

ing, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and

7.28.22

Gossner Non Fat Chocolate Milk and 1% White Milk is served daily.

Local Thursday	Pizza Friday
2 OZ Pulled Pork Carnitas W/ 1 Cup Brown Rice	1 EA WG Cheese Pizza OR
OR 1 EA Chicken Patty Sandwich W/ WG Bun	1 EA Tuna Salad on WG Bread
1 Cup Carrots	1 Cup Green Beans OR
OR 1 Cup Local Cucumber Salad	1 1/2 Cup Local Salad W/ Assorted Dressing
1 Cup Diced Peaches	1 Cup Fruit Mix
4 PCS Bistek 1 Cup Brown Rice OR Turkey & Cheese Sandwich	1 EA WG Pepperoni Pizza OR 4 OZ Chicken Salad W/ 2 SL WG Bread
1 Cup Green Beans OR	1 Cup Corn OR
1 Cup Local Cucumber Salad	1 1/2 Local Salad W/ Assorted Dressing
1 Cup Diced Pears	1 Cup Fruit Mix
Eggless Loco Moco 1 EA Hamburger Patty 2 OZ Gravy 1 Cup Brown Rice OR 1 EA Corn Dog 1 Cup Green Beans OR 1 Cup Green Beans OR 1 Cup Local Cucumber Salad 1 Cup Diced Peaches	1 EA WG Cheese Pizza OR 1 EA Tuna Salad on WG Bread 1 Cup Carrots OR 1 1/2 Cup Local Salad W/ Assorted Dressing 1 Cup Fruit Mix
1 Cup Beef & Broccoli 1 Cup Brown Rice OR 1 EA Turkey & Cheese Sand- wich	1 EA WG Pepperoni Pizza OR 4 OZ Chicken Salad W/ 2 SL WG Bread
1 Cup Green Beans OR 1 Cup Local Cucumber Salad	1 Cup Carrots OR 1 1/2 Cup Local Salad W/ Assorted Dressing
1 Cup Diced Pears	1 Cup Fruit Mix

500

QUALITY OF LIFE SERVICES

Sodexo Food Services K-5 2022 LUNCH MENU



2022-2023 MENU

Maximum 5 EACH 2 OZ W/ Harster Sauce 2 OZ 005-0000 Brown Rice Shredded Chesse Salsan 1 OZ Brown Rice 0 Or 1003-1007 1/2 Cup Bisck Beans 3/4 Cup Brown Rice 0 Or 003-1007 1/2 Cup Bisck Beans 3/4 Cup 1/2 Cup 3/4 Cup 0 Or 013-11/04 3/4 Cup 1/2 Cup 1/2 Cup 3/4 Cup 1/2 Cup 3/4 Cup 1/28-12/02 Mandarin Orange 1/2 Cup Pineapple Tibits Diced Pears Diced Pears 1/2 Cup 1/28-12/02 Mandarin Orange 1/0 Z Stasa Coless Sauce 2/0 Z Gravy Brown Rice 1/0 Z Cup 9/12-09/16 Brown Rice 1/0 Z Stasa Local Salad 1/2 Cup Brown Rice 1/0 Z Cup 9/12-09/16 Brown Rice 1/0 Z Cup 1/0 Z Cup Brown Rice 1/0 Z Cup 0/0 Algebra 1/07-11/11 Cup Side Cup 3/4 Cup Biack Beans 1/1/2 Cup Green Beans 1/2 Cup 1/07-11/11 Cup 1/2 Cup Biack Beans 1/1/2 Cup 1/2 Cup 0/0 Algebra 1/07-11/11 Cup 1/2 Cup Diced Pears 1/2 Cup 1/2 Cup 1/07-11/11	ates	MONDAY	TACO TUESDAY	WEDNESDAY	LOCAL THURSDAY	PIZZA FRIDAY
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07/28/22

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Gossner Non Fat Chocolate Milk and 1% White Milk is served daily



Sodexo Food Services 6-8 2022 LUNCH MENU



2022-2023 MENU

	Dates	Monday	Taco Tuesday	Wednesday
Build	08/08-08/12	5 EA Chicken Nuggets 1/2 Cup Brown Rice OR	2 OZ Beef Taco W/ Tortilla Wrap 1 OZ Shredded Cheese & Salsa OR	1 EA WG Breaded Fish Sandwich W/ WG Bun & Tartar Sauce OR
	09/05-09/09	OK 1 EA Ham & Cheese Sandwich	OK 1 EA Turkey & Cheese Sandwich	UK 1 Cup Beef Chili Bowl W/ 1/2 Cup Brown Rice
WITH A:	10/03-10/07	3/4 Cup Peas OR	3/4 Cup Black Beans OR	3/4 Cup Corn
	40/04 44/04	1 1/2 Cup Local Salad W/ Assorted Dressing	1 1/2 Cup Local Salad W/ Assorted Dressing	OR 1 1/2 Cup Local Salad
• Vegetable	10/31-11/04	1/2 Cup Mandarin Orange	1/2 Cup Pineapple Tidbits	W/ Assorted Dressing
	11/28-12/02	1/2 Cup manuarin Grange	1/2 oup rineapple fluxits	1/2 Cup Diced Pears
healthy or				
• Fruit	08/15-08/19	1 Cup Chicken Ala King 1/2 Cup Brown Rice	2 OZ Beef Taco Salad 10 PCS Tortilla Chips	Chicken Tender Bowl 1/2 Cup Mashed Potato
	09/12-09/16	OR 1 EA Hamburger W/ WG Bun	2 OZ Cheese Sauce & 1 OZ Salsa OR	2 OZ Gravy OR
Better yet,	10/10-10/14	3/4 Cup Carrots	1 EA Ham & Cheese Sandwich	1 EA Meatball Sub on WG Hot Bun
choose both!		OR 1 1/2 Cup Local Salad W/ Accorted Pressing	3/4 Cup Black Beans OR	3/4 Cup Broccoli OR 1 1/2 Local Salad
	11/07-11/11	W/ Assorted Dressing	1 1/2 Cup Local Salad W/ Assorted Dressing	1 1/2 Local Salad W/ Assorted Dressing
• Choose	12/05-12/09	1/2 Cup Mandarin Orange	1/2 Cup Pineapple Tidbits	1/2 Cup Diced Peaches
whole				
	08/22-08/26	1 EA Beef Hot Dog W/ Chili Beans on a WG Bun	2 OZ Chicken Taco W/ Tortilla Wrap and Salsa	1 EA Cheeseburger W/ WG Bun OR 10 DOS Company Tagle Objektor
grains	09/19-09/23	OR 1 Cup Ham Macaroni & Cheese	1 OZ Shredded Cheese OR 1 EA Ham, Turkey, and Cheese	12 PCS General Tso's Chicken W/ 1/2 Cup Brown Rice
	10/17-10/21	3/4 Cup Potato Wedges OR	Sandwich	3/4 Cup Corn OR
Pick a	11/14-11/18	1 1/2 Cup Local Salad W/ Assorted Dressing	3/4 Cup Black Beans OR	1 1/2 Cup Local Salad W/ Assorted Dressing
10Ke lean		1/2 Cup Mandarin Orange	1 1/2 Local Salad W/ Assorted Dressing	1/2 Cup Diced Pears
dt leall	12/12-12/16		1/2 Cup Pineapple Tidbits	
least protein	08/29-09/02	4 OZ Spaghetti Meat Sauce	2 OZ Chicken Taco Meat	1 EA Breaded Chicken Patty W/ WG
leur.	08/29-09/02	W/ 1/2 Cup Spaghetti Noodles OR	W/ Salsa and 1/2 Cup Brown Rice 1/2 OZ Shredded Cheese	Bun OR
• Add a	09/26-09/30	1 EA Pork Rib Patty W/ WG Bun	OR 1 EA Salisbury Steak W/ 1/2 Cup	1 EA Ham & Cheese Sandwich
food	10/24-10/28	3/4 Cup Corn OR	Brown Rice & 2 OZ Gravy	3/4 Cup Chili Beans OR
serving	11/21-11/25	1 1/2 Cup Local Salad W/ Assorted Dressing	3/4 Cup Black Beans OR	1 1/2 Cup Local Salad W/ Assorted Dressing
drouns of dairy		1/2 Cup Mandarin Orange	1 1/2 Cup Local Salad W/ Assorted Dressing	1/2 Cup Diced Peaches
groups.			1/2 Cup Pineapple Tidbits	
Gains Potein Deiry	In accordance with federal	law and U.S. Department of Agriculture policy, this instituti	ion is prohibited from discriminating on the basis of race, cold W, Whitten Building,1400 Independence Avenue, SW, Wash	pr, natural origin, sex, age or disability. To file a ington D C. 20250-9410 or call (202) 720-5964
What's on your tray today?		an equal opportunity provider and employer.	,	
Fulls Vegetables				

Gossner Non Fat Chocolate Milk and 1% White Milk is served daily.

