DC Parks & Rec
Breakfast

JULY 2025

MON	TUE	WED	THU	FRI
	1 *Grain (Daily 1 oz equivalent)* **Whole-Wheat Graham Crackers w/ Strawberry Yogurt *(V)*** *Juice/Fruit/Veg (Daily 1/2 cup)* **Diced Pineapple**	2 *Grain (Daily 1 oz equivalent)* **Whole-Grain Cinnamon Raisin Bagel w/ Butter *(V)*** *Juice/Fruit/Veg (Daily 1/2 cup)* **Diced Peaches**	3 *Grain (Daily 1 oz equivalent)* **Whole-Grain Corn Muffin *(V)*** *Juice/Fruit/Veg (Daily 1/2 cup)* **Apple Slices**	4 **Holiday No Service**
7 *Grain (Daily 1 oz equivalent)* **Whole-Grain Frosted Corn Flakes *(V)*** *Juice/Fruit/Veg (Daily 1/2 cup)* **Apple Slices**	8 *Grain (Daily 1 oz equivalent)* **Whole-Wheat Graham Crackers w/ Strawberry Yogurt *(V)*** *Juice/Fruit/Veg (Daily 1/2 cup)* **Diced Pineapple**	9 *Grain (Daily 1 oz equivalent)* **Whole-Grain Banana Muffin *(V)*** *Juice/Fruit/Veg (Daily 1/2 cup)* **Diced Peaches**	10 *Grain (Daily 1 oz equivalent)* **Whole-Grain Cinnamon Crisp Breakfast Bar *(V)*** *Juice/Fruit/Veg (Daily 1/2 cup)* **Apple Slices**	11 *Grain (Daily 1 oz equivalent)* **Whole-Grain Cinnamon Toast Crunch (Reduced Sugar) *(V)*** *Juice/Fruit/Veg (Daily 1/2 cup)* **Mixed Fruit Cup**
14 *Grain (Daily 1 oz equivalent)* **Multi-Grain Cheerios *(V)*** *Juice/Fruit/Veg (Daily 1/2 cup)* **Apple Slices**	15 *Grain (Daily 1 oz equivalent)* **Whole-Grain Apple Cinnamon Muffin *(V)*** *Juice/Fruit/Veg (Daily 1/2 cup)* **Diced Peaches**	16 *Grain (Daily 1 oz equivalent)* **Whole-Wheat Graham Crackers w/ Vanilla Yogurt *(V)*** *Juice/Fruit/Veg (Daily 1/2 cup)* **Diced Pineapple**	17 *Grain (Daily 1 oz equivalent)* **Whole-Grain Honey Wheat Bagel w/ Cream Cheese *(V)*** *Juice/Fruit/Veg (Daily 1/2 cup)* **Mixed Fruit Cup**	18 *Grain (Daily 1 oz equivalent)* **Whole-Grain Frosted Corn Flakes *(V)*** *Juice/Fruit/Veg (Daily 1/2 cup)* **Apple Slices**
21 *Grain (Daily 1 oz equivalent)* **Whole-Grain Cinnamon Crisp Breakfast Bar *(V)*** Juice/Fruit/Veg (Daily 1/2 cup) **Apple Slices**	22 *Grain (Daily 1 oz equivalent)* **Whole-Wheat Graham Crackers w/ Strawberry Yogurt *(V)*** *Juice/Fruit/Veg (Daily 1/2 cup)* **Diced Pineapple**	23 *Grain (Daily 1 oz equivalent)* **Rice Chex Cereal *(V)*** *Juice/Fruit/Veg (Daily 1/2 cup)* **Diced Peaches**	24 *Grain (Daily 1 oz equivalent)* **Whole-Grain Blueberry Muffin *(V)*** *Juice/Fruit/Veg (Daily 1/2 cup)* **Mandarin Oranges**	25 *Grain (Daily 1 oz equivalent)* **Whole-Grain Honey Wheat Bagel w/ Cream Cheese *(V)*** *Juice/Fruit/Veg (Daily 1/2 cup)* **Mixed Fruit Cup**
28 *Grain (Daily 1 oz equivalent)* **Multi-Grain Cheerios *(V)*** *Juice/Fruit/Veg (Daily 1/2 cup)* **Apple Slices**	29 *Grain (Daily 1 oz equivalent)* **Whole-Wheat Graham Crackers w/ Vanilla Yogurt *(V)*** *Juice/Fruit/Veg (Daily 1/2 cup)* **Diced Pineapple**	30 *Grain (Daily 1 oz equivalent)* **Whole-Grain Cinnamon Raisin Bagel w/ Butter *(V)*** *Juice/Fruit/Veg (Daily 1/2 cup)* **Diced Peaches**	31 *Grain (Daily 1 oz equivalent)* **Whole-Grain Corn Muffin *(V)*** *Juice/Fruit/Veg (Daily 1/2 cup)* **Apple Slices**	

DID YOU KNOW...

- ✓ All grain products are whole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

1% Milk and Skim Milk

Please Note

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V"

WHITSONS® Culinary Group

This institution is an equal opportunity provider.

DC Parks & Rec
Lunch

JULY 2025

MON	TUE	WED	THU	FRI
	1 *M/MA (2oz Daily) Grain (1 oz Daily)* **Deli Chicken Breast & Cheese Sandwich Whole-Wheat Bun** *Fruit/Vegetables (3/4 cup Daily)* **Potato Salad Diced Pear Cup**	2 *M/MA (2oz Daily) Grain (1 oz Daily)* **BBQ Chicken Sandwich Whole-Wheat Bun** *Fruit/Vegetables (3/4 cup Daily)* **Coleslaw Fresh Nectarine**	3 *M/MA (2oz Daily) Grain (1 oz Daily)* **Make Your Own Pizza Kit (V): Mozzarella Cheese Whole-Wheat Pita Bread** *Fruit/Vegetables (3/4 cup Daily)* **Tomato Marinara Sauce Diced Pear Cup**	4 **Holiday No Service**
7 *M/MA (2oz Daily) Grain (1 oz Daily)* **BBQ Chicken Sandwich Whole-Wheat Bun** *Fruit/Vegetables (3/4 cup Daily)* **Coleslaw Fresh Nectarine**	8 *M/MA (2oz Daily) Grain (1 oz Daily)* **Turkey-Bologna & Cheese Sandwich Whole-Wheat Bread** *Fruit/Vegetables (3/4 cup Daily)* **Potato Salad Applesauce**	9 *M/MA (2oz Daily) Grain (1 oz Daily)* **Chicken Caesar Wrap Whole-Wheat Tortilla** *Fruit/Vegetables (3/4 cup Daily)* **Celery Sticks w/ Ranch Dressing Fresh Pear**	10 *M/MA (2oz Daily) Grain (1 oz Daily)* **Honey Mustard Turkey & Cheese Sandwich Whole Wheat Bread** *Fruit/Vegetables (3/4 cup Daily)* **Coleslaw Mandarin Oranges**	11 M/MA (2oz Daily) Grain (1 oz Daily) Fruit/Vegetables (3/4 cup Daily) **Garden Entree Salad : Romaine Lettuce, Carrot Match Sticks, Grape Tomato & Cheddar Cheese (V)** **Whole-Wheat Pita Bread** **Fresh Plum**
14 *M/MA (2oz Daily) Grain (1 oz Daily)* **Tuna Salad Sandwich Whole-Grain Ciabatta Bun** *Fruit/Vegetables (3/4 cup Daily)* **Broccoli Slaw Diced Peaches**	15 *M/MA (2oz Daily) Grain (1 oz Daily)* **Hero Sandwich (Roast Turkey, Turkey Ham & Cheese) Whole-Wheat Club Roll** *Fruit/Vegetables (3/4 cup Daily)* **Potato Salad Applesauce**	16 *M/MA (2oz Daily) Grain (1 oz Daily)* **Turkey Ham & Cheese Sandwich Whole-Wheat Bread** *Fruit/Vegetables (3/4 cup Daily)* **Celery Sticks w/ Ranch Dressing Fresh Peach**	17 M/MA (2oz Daily) Grain (1 oz Daily) **Make Your Own Pizza Kit: Mozzarella Cheese Whole-Wheat Pita Bread** Fruit/Vegetables (3/4 cup Daily) **Tomato Marinara Sauce Diced Pear Cup**	18 *M/MA (2oz Daily) Grain (1 oz Daily)* **Buttermilk Ranch Chicken Wrap Whole-Wheat Tortilla** *Fruit/Vegetables (3/4 cup Daily)* **Garden Side Salad w/Ranch Dressing Mandarin Oranges**
21 *M/MA (2oz Daily) Grain (1 oz Daily)* **BBQ Chicken Sandwich Whole-Wheat Bun** *Fruit/Vegetables (3/4 cup Daily)* **Coleslaw Fresh Nectarine**	22 *M/MA (2oz Daily) Grain (1 oz Daily)* **Buffalo Chicken Sandwich Whole-Grain Flatbread** *Fruit/Vegetables (3/4 cup Daily)* **Celery Sticks w/ Ranch Dressing Applesauce**	23 *M/MA (2oz Daily) Grain (1 oz Daily) Fruit/Vegetables (3/4 cup Daily)* **Cobb Entree Salad: Romaine Lettuce, Carrot Match Sticks, Grape Tomato, & Boiled Egg (V)** **Whole-Wheat Pita Bread** **Fresh Apple**	24 *M/MA (2oz Daily) Grain (1 oz Daily)* **Deli Chicken Breast & Cheese Sandwich Whole-Wheat Bun** Fruit/Vegetables (3/4 cup Daily) **Potato Salad Diced Pear Cup**	25 *M/MA (2oz Daily) Grain (1 oz Daily)* **Turkey & Cheese Sandwich Whole-Wheat Bread** *Fruit/Vegetables (3/4 cup Daily)* **Garden Side Salad w/ Ranch Dressing Fresh Pear**
28 M/MA (2oz Daily) Grain (1 oz Daily) **Chicken Salad Sandwich Whole-Grain Ciabatta** Fruit/Vegetables (3/4 cup Daily) **Broccoli Slaw Mandarin Oranges**	29 *M/MA (2oz Daily) Grain (1 oz Daily)* **Deli Chicken Breast & Cheese Sandwich Whole-Wheat Bun** *Fruit/Vegetables (3/4 cup Daily)* **Potato Salad Diced Pear Cup**	30 *M/MA (2oz Daily) Grain (1 oz Daily)* **BBQ Chicken Sandwich Whole-Wheat Bun** *Fruit/Vegetables (3/4 cup Daily)* **Coleslaw Fresh Nectarine**	31 *M/MA (2oz Daily) Grain (1 oz Daily)* **Make Your Own Pizza Kit (V): Mozzarella Cheese Whole-Wheat Pita Bread** *Fruit/Vegetables (3/4 cup Daily)* **Tomato Marinara Sauce Diced Pear Cup**	

DID YOU KNOW...

- ✓ All grain productsarewhole grain rich
- ✓ There are no pork products on this menu
- ✓ Meats are lean and cheeses are low fat
- ✓ All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Lunch Milk Choices

1% Milk and Skim Milk

Please Note

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DC Parks & Rec
Vegetarian Lunch

JULY 2025

MON	TUE	WED	THU	FRI
	1 *M/MA (2oz Daily)* *Grain (1 oz Daily)* **Chickpea Salad Sandwich** **Whole-Grain Flatbread** *Fruit/Vegetables (3/4 cup Daily)* **Coleslaw** **Applesauce**	2 *M/MA (2oz Daily)* *Grain (1 oz Daily)* **Caribbean Rice Salad** **(Brown Rice & Kidney Beans)** *Fruit/Vegetables (3/4 cup Daily)* **Celery Sticks w/ Ranch** **Dressing** **Diced Peaches**	3 *M/MA (2oz Daily)* *Grain (1 oz Daily)* **Make Your Own Pizza Kit:** **Mozzarella Cheese Whole-** **Wheat Pita Bread** *Fruit/Vegetables (3/4 cup Daily)* **Tomato Marinara Sauce** **Diced Pear Cup**	4 **Holiday** **No Service**
7 *M/MA (2oz Daily)* *Grain (1 oz Daily)* **Make Your Own Nachos Kit:** **Cheddar Cheese** **Whole-Grain Tortilla Chips** *Fruit/Vegetables (3/4 cup Daily)* **Refried Beans** **Diced Peaches**	8 *M/MA (2oz Daily)* *Grain (1 oz Daily)* **Chickpea Salad Sandwich** **Whole-Grain Flatbread** Fruit/Vegetables (3/4 cup Daily) **Coleslaw** **Applesauce**	9 *M/MA (2oz Daily)* *Grain (1 oz Daily)* **Caribbean Rice Salad** **(Brown Rice & Kidney Beans)** Fruit/Vegetables (3/4 cup Daily) **Celery Sticks w/ Ranch** **Dressing** **Diced Peaches**	10 *M/MA (2oz Daily)* *Grain (1 oz Daily)* **Make Your Own Pizza Kit:** **Mozzarella Cheese** **Whole-Wheat Pita Bread** *Fruit/Vegetables (3/4 cup Daily)* **Tomato Marinara Sauce** **Diced Pear Cup**	11 *M/MA (2oz Daily)* *Grain (1 oz Daily)* **Thai Noodle Bowl** **(Edamame & Black Beans)** **Whole-Grain Pasta** *Fruit/Vegetables (3/4 cup Daily)* **Celery Sticks w/ Ranch** **Dressing** **Diced Peaches**
14 *M/MA (2oz Daily)* *Grain (1 oz Daily)* **Make Your Own Nachos Kit:** **Cheddar Cheese** **Whole-Grain Tortilla Chips** *Fruit/Vegetables (3/4 cup Daily)* **Refried Beans** **Diced Peaches**	15 *M/MA (2oz Daily)* *Grain (1 oz Daily)* **Chickpea Salad Sandwich** **Whole-Grain Flatbread** *Fruit/Vegetables (3/4 cup Daily)* **Coleslaw** **Applesauce**	16 *M/MA (2oz Daily)* *Grain (1 oz Daily)* **Caribbean Rice Salad** **(Brown Rice & Kidney Beans)** *Fruit/Vegetables (3/4 cup Daily)* **Celery Sticks w/ Ranch** **Dressing** **Diced Peaches**	17 *M/MA (2oz Daily)* *Grain (1 oz Daily)* **Make Your Own Pizza Kit:** **Mozzarella Cheese** **Whole-Wheat Pita Bread** *Fruit/Vegetables (3/4 cup Daily)* **Tomato Marinara Sauce** **Diced Pear Cup**	18 *M/MA (2oz Daily)* *Grain (1 oz Daily)* **Thai Noodle Bowl** **(Edamame & Black Beans)** **Whole Grain Pasta** *Fruit/Vegetables (3/4 cup Daily)* **Celery Sticks w/ Ranch** **Dressing** **Diced Peaches**
21 *M/MA (2oz Daily)* *Grain (1 oz Daily)* **Make Your Own Nachos Kit:** **Cheddar Cheese** **Whole-Grain Tortilla Chips** *Fruit/Vegetables (3/4 cup Daily)* **Refried Beans** **Diced Peaches**	22 *M/MA (2oz Daily)* *Grain (1 oz Daily)* **Chickpea Salad Sandwich** **Whole-Grain Flatbread** ***Fruit/Vegetables (3/4 cup Daily)*** **Coleslaw** **Applesauce**	23 *M/MA (2oz Daily)* *Grain (1 oz Daily)* **Caribbean Rice Salad** **(Brown Rice & Kidney Beans)** *Fruit/Vegetables (3/4 cup Daily)* **Celery Sticks w/ Ranch** **Dressing** **Diced Peaches**	24 *M/MA (2oz Daily)* *Grain (1 oz Daily)* **Make Your Own Pizza Kit:** **Mozzarella Cheese** **Whole-Wheat Pita Bread** *Fruit/Vegetables (3/4 cup Daily)* **Tomato Marinara Sauce** **Diced Pear Cup**	25 *M/MA (2oz Daily)* *Grain (1 oz Daily)* **Thai Noodle Bowl** **(Edamame & Black Beans)** **Whole Grain Pasta** *Fruit/Vegetables (3/4 cup Daily)* **Celery Sticks w/ Ranch** **Dressing** **Diced Peaches**
28 *M/MA (2oz Daily)* *Grain (1 oz Daily)* **Make Your Own Nachos Kit:** **Cheddar Cheese** **Whole-Grain Tortilla Chips** *Fruit/Vegetables (3/4 cup Daily)* **Refried Beans** **Diced Peaches**	29 *M/MA (2oz Daily)* *Grain (1 oz Daily)* **Chickpea Salad Sandwich** **Whole-Grain Flatbread** *Fruit/Vegetables (3/4 cup Daily)* **Coleslaw** **Applesauce**	30 *M/MA (2oz Daily)* *Grain (1 oz Daily)* **Caribbean Rice Salad** **(Brown Rice & Kidney Beans)** *Fruit/Vegetables (3/4 cup Daily)* **Celery Sticks w/ Ranch** **Dressing** **Diced Peaches**	31 *M/MA (2oz Daily)* *Grain (1 oz Daily)* **Make Your Own Pizza Kit:** **Mozzarella Cheese** **Whole-Wheat Pita Bread** *Fruit/Vegetables (3/4 cup Daily)* **Tomato Marinara Sauce** **Diced Pear Cup**	

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