

DC Parks & Rec Breakfast

JUNE 2025

MON	TUE	WED	THU	FRI
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23 <i>Grain (Daily 1 oz equivalent)</i> Whole-Grain Cinnamon Crisp Breakfast Bar (V) <i>Juice/Fruit/Veg (Daily 1/2 cup)</i> Apple Slices	24 <i>Grain (Daily 1 oz equivalent)</i> Whole-Wheat Graham Crackers w/ Strawberry Yogurt (V) <i>Juice/Fruit/Veg (Daily 1/2 cup)</i> Diced Pineapple	25 <i>Grain (Daily 1 oz equivalent)</i> Rice Chex Cereal (V) <i>Juice/Fruit/Veg (Daily 1/2 cup)</i> Diced Peaches	26 <i>Grain (Daily 1 oz equivalent)</i> Whole-Grain Blueberry Muffin (V) <i>Juice/Fruit/Veg (Daily 1/2 cup)</i> Mandarin Oranges	27 <i>Grain (Daily 1 oz equivalent)</i> Whole-Grain Honey Wheat Bagel w/ Cream Cheese (V) <i>Juice/Fruit/Veg (Daily 1/2 cup)</i> Mixed Fruit Cup
30 <i>Grain (Daily 1 oz equivalent)</i> Multi-Grain Cheerios (V) <i>Juice/Fruit/Veg (Daily 1/2 cup)</i> 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"



DC Parks & Rec Lunch

JUNE 2025

MON	TUE	WED	THU	FRI
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23 <i>M/M/A (2oz Daily) Grain (1 oz Daily)</i> BBQ Chicken Sandwich Whole-Wheat Bun <i>Fruit/Vegetables (3/4 cup Daily)</i> Coleslaw Fresh Nectarine	24 <i>M/M/A (2oz Daily) Grain (1 oz Daily)</i> Buffalo Chicken Sandwich Whole-Grain Flatbread <i>Fruit/Vegetables (3/4 cup Daily)</i> Celery Sticks w/ Ranch Dressing Applesauce	25 <i>M/M/A (2oz Daily) Grain (1 oz Daily) Fruit/Vegetables (3/4 cup Daily)</i> Cobb Entree Salad: Romaine Lettuce, Carrot Match Sticks, Grape Tomato, & Boiled Egg (V) Whole-Wheat Pita Bread Fresh Apple	26 <i>M/M/A (2oz Daily) Grain (1 oz Daily)</i> Deli Chicken Breast & Cheese Sandwich Whole- Wheat Bun <i>Fruit/Vegetables (3/4 cup Daily)</i> Potato Salad Diced Pear Cup	27 <i>M/M/A (2oz Daily) Grain (1 oz Daily)</i> Turkey & Cheese Sandwich Whole-Wheat Bread <i>Fruit/Vegetables (3/4 cup Daily)</i> Garden Side Salad w/ Ranch Dressing Fresh Pear
30 <i>M/M/A (2oz Daily) Grain (1 oz Daily)</i> Chicken Salad Sandwich Whole-Grain Ciabatta <i>Fruit/Vegetables (3/4 cup Daily)</i> Broccoli Slaw Mandarin Oranges	<i>M/M/A (2oz Daily) Grain (1 oz Daily)</i> Deli Chicken Breast & Cheese Sandwich Whole-Wheat Bun <i>Fruit/Vegetables (3/4 cup Daily)</i> Potato Salad Diced Pear Cup			

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

Lunch Milk Choices

1% Milk and Skim Milk

Please Note

Menu is subject to change.

Vegetarian Meal Options are indicated with a "V"



This institution is an equal opportunity provider.

DC Parks & Rec

Vegetarian Lunch

JUNE 2025

MON	TUE	WED	THU	FRI
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23 <i>M/MA (2oz Daily) Grain (1 oz Daily)</i> Make Your Own Nachos Kit: Cheddar Cheese Whole-Grain Tortilla Chips <i>Fruit/Vegetables (3/4 cup Daily)</i> Refried Beans Diced Peaches	24 <i>M/MA (2oz Daily) Grain (1 oz Daily)</i> Chickpea Salad Sandwich Whole-Grain Flatbread <i>Fruit/Vegetables (3/4 cup Daily)</i> Coleslaw Applesauce	25 <i>M/MA (2oz Daily) Grain (1 oz Daily)</i> Caribbean Rice Salad (Brown Rice & Kidney Beans) <i>Fruit/Vegetables (3/4 cup Daily)</i> Celery Sticks w/ Ranch Dressing Diced Peaches	26 <i>M/MA (2oz Daily) Grain (1 oz Daily)</i> Make Your Own Pizza Kit: Mozzarella Cheese Whole-Wheat Pita Bread <i>Fruit/Vegetables (3/4 cup Daily)</i> Tomato Marinara Sauce Diced Pear Cup	27 <i>M/MA (2oz Daily) Grain (1 oz Daily)</i> Thai Noodle Bowl (Edamame & Black Beans) Whole Grain Pasta <i>Fruit/Vegetables (3/4 cup Daily)</i> Celery Sticks w/ Ranch Dressing Diced Peaches
30 <i>M/MA (2oz Daily) Grain (1 oz Daily)</i> Make Your Own Nachos Kit: Cheddar Cheese Whole-Grain Tortilla Chips <i>Fruit/Vegetables (3/4 cup Daily)</i> Refried Beans Diced Peaches				

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

Lunch Milk Choices

1% Milk and Skim Milk

Please Note

Menu is subject to change.



This institution is an equal opportunity provider.