

**July 2010 2010 Summer Menu**  
**Next Step Public Charter School**  
1419 Columbia Road, NW  
Washington, DC 20009

Lunch Menu  
Ages 12-Over

7/01/10-7/30/10

Monday	Tuesday	Wednesday	Thursday	Friday
			01 8oz 2%Milk or skim milk 4oz baked chicken 3oz Caesar salad 2oz whole grain roll Seasonal fruit Boxed lunches	02 8oz 2%Milk or skim milk 1cup garlic shrimp 1cup couscous 1cup roasted veg 4oz lemonade 1 Seasonal fruit 1 cupcake
05 No School?	06 8oz 2%Milk or skim milk 4oz jerk wings 1 whole wheat tortilla 1 cup salsa 1 Lime slice 1 Seasonal fruit	07 8oz 2%Milk or skim milk 4oz lasagna 1cup steamed broccoli Half cup brown rice 1 Seasonal fruit	8 8oz 2%Milk or skim milk 4oz baked chicken 3oz Greek salad 2oz whole grain roll 1 Seasonal fruit	9 8oz 2%Milk or skim milk 4oz roast beef sandwiches, lettuce, tomato 2oz local chips 4oz lemonade 1 Seasonal fruit 1 cupcake <b>BOXED LUNCHES GO OUT WITH BFEST</b>
12 8oz 2%Milk or skim milk 4oz seared bbq chicken breast 2oz sweet potatoes 2oz string beans 4oz lemonade 1 Cup Cake	13 8oz 2%Milk or skim milk 4oz local fish tacos 1oz sautéed squash 1cup lemon herb rice 1 Seasonal fruit	14 8oz 2%Milk or skim milk 4oz beef Hot dog 1cup potato salad 1cup French fries 1 Seasonal fruit	15 8oz 2%Milk or skim milk 4oz sweet sour chicken 3oz Oriental salad 2oz whole grain roll 1 Seasonal fruit	16 8oz 2%Milk or skim milk 1personal pizza 3oz garlic broccoli 1 Seasonal fruit 4oz lemonade 1 cupcake
19 8oz 2%Milk or skim milk 4oz seared chicken 3oz tomato mozzarella salad 1 slice fruit 4oz lemonade 1 Cup Cake	20 8oz 2%Milk or skim milk 4oz salmon 3oz wheat berries 2oz sautéed spinach 1 Seasonal fruit	21 8oz 2%Milk or skim milk 4oz sausage paella 2oz garlic spinach 1oz roll 4oz lemonade 1 Seasonal fruit	22 8oz 2%Milk or skim milk 4oz baked chicken 3oz Cobb salad 2oz whole grain roll 1 Seasonal fruit	23 8oz 2%Milk or skim milk 4oz pasta with marinara 1cup garlic broccoli 1 whole grain roll 1 Seasonal fruit 1 cupcake
26 8oz 2%Milk or skim milk 4oz BBQ chicken breast 2oz sweet potatoes 2oz string beans 4oz lemonade 1 Cup Cake 1 Seasonal fruit	27 8oz 2%Milk or skim milk 4oz beef fajitas 1 whole wheat tortilla 1 cup salsa 1 Lime slice 1 Seasonal fruit	28 8oz 2%Milk or skim milk 4oz jerk chicken wings 1cup steamed broccoli Half cup brown rice 1 Seasonal fruit	29 8oz 2%Milk or skim milk 4oz chicken with tomato basil sauce 3oz Caesar salad 2oz whole grain roll Seasonal fruit	30 8oz 2%Milk or skim milk 1cup garlic shrimp 1cup couscous 1cup roasted veg 4oz lemonade 1 Seasonal fruit 1 cupcake

Daily salad bar provided. Please keep in mind that the menu is subject to change and that we will be serving fruit and vegetables of the season.

**July 2010 2010 Summer Menu**  
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Breakfast Menu

Ages 12-Over

7/01/10-7/30/10

Monday	Tuesday	Wednesday	Thursday	Friday
			01 8oz 2%Milk or skim milk 1cup orange juice Yogurt parfait with granola 1 Seasonal fruit	02 8oz 2%Milk or skim milk 1cup orange juice 1 whole wheat pancake 1 turkey sausage 1 Seasonal fruit
05 No School	06 8oz 2%Milk or skim milk 1cup orange juice 1 whole wheat pancake, 3oz 1 turkey sausage 1 Seasonal fruit	07 8oz 2%Milk or skim milk 1cup orange juice 4oz farm eggs scramble 1oz bacon 1 Seasonal fruit	8 8oz 2%Milk or skim milk 1cup orange juice Yogurt parfait 1 Seasonal fruit	9 8oz 2%Milk or skim milk 1cup orange juice 1 whole wheat pancake, 3oz 1 turkey sausage 1 Seasonal fruit <b>BOXED LUNCHES GO OUT WITH BFAST</b>
12 8oz 2%Milk or skim milk 1cup orange juice 1 breakfast burrito 2oz salsa 1 Seasonal fruit	13 8oz 2%Milk or skim milk 1cup orange juice 1 whole wheat pancake, 3oz 1 turkey sausage 1 Seasonal fruit	14 8oz 2%Milk or skim milk 1cup orange juice 4oz farm eggs scramble 1oz bacon 1 Seasonal fruit	15 8oz 2%Milk or skim milk 1cup orange juice Yogurt parfait 1 Seasonal fruit	16 8oz 2%Milk or skim milk 1cup orange juice 1 whole wheat pancake, 3oz 1 turkey sausage 1 Seasonal fruit
19 8oz 2%Milk or skim milk 1cup orange juice 1 breakfast burrito 2oz salsa 1 Seasonal fruit	20 8oz 2%Milk or skim milk 1cup orange juice 1 whole wheat pancake, 3oz 1 turkey sausage 1 Seasonal fruit	21 8oz 2%Milk or skim milk 1cup orange juice 4oz farm eggs scramble 1oz bacon 1 Seasonal fruit	22 8oz 2%Milk or skim milk 1cup orange juice Yogurt parfait 1 Seasonal fruit	23 8oz 2%Milk or skim milk 1cup orange juice 1 whole wheat pancake, 3oz 1 turkey sausage 1 Seasonal fruit
26 8oz 2%Milk or skim milk 1cup orange juice 1 breakfast burrito 2oz salsa 1 Seasonal fruit	27 8oz 2%Milk or skim milk 1cup orange juice 1 whole wheat pancake, 3oz 1 turkey sausage 1 Seasonal fruit	28 8oz 2%Milk or skim milk 1cup orange juice 4oz farm eggs scramble 1oz bacon 1 Seasonal fruit	29 8oz 2%Milk or skim milk 1cup orange juice Yogurt parfait 1 Seasonal fruit	30 8oz 2%Milk or skim milk 1cup orange juice 1 whole wheat pancake, 3oz 1 turkey sausage 1 Seasonal fruit

Please keep in mind that the menu is subject to change and that we will be serving fruit and vegetables of the season.