

Meal Distributions at Early Childhood Academy PCS

Distribution Time
10am-3pm
ECA Alley

Free Bulk Meals, Fruits, and Vegetables for ALL children under 18 who live in D.C.

All meals are fully cooked and refrigerated to 41 degrees or lower before distribution.

All meals are provided reheating instructions prior to consumption.

All components of each meal including milk will be provided.

Monday's Distribution **Breakfast & Lunch**

Monday's Lunch
Tuesday's Breakfast & Lunch
Wednesday's Breakfast & Lunch ,
Thursday's breakfast

Thursday's Distribution **Breakfast & Lunch**

Thursday's Lunch
Friday's Breakfast and Lunch
Monday's breakfast
Fresh Fruit & Vegetables
For the whole week



Thursday's Fresh Fruit and Vegetable Distribution

- Beet
- Grapefruit
- Parsnip
- Squash
- Mandarin Oranges
- Radish
- Kiwi
- Persimmon
- Tangerine
- Pomegranate
- Cucumber
- Turnip