DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

TRADITIONAL YEAR
AUGUST LUNCH MENU

Did you know—If you see a menu item in green, it's local, if you see it in blue, the meal has international influence and if you see it in orange it is a Fresh Feature Friday winner!

d.c. central kitchen

Monday	Tuesday	Wednesday	Thursday	Friday
1	**2**	**3**	**4**	**5**
8	**9**	**10**	**11**	**12**
15	**16**	**17**	**18**	**19**
22 Local Beef Burger Whole Wheat Bun BBQ Baked Beans Local Baked Potato Fries Fresh Local Peach Skim or 1% Milk Ketchup & Mustard	**23** Chicken Teriyaki Brown Rice Local Glazed Carrots Local Asian Broccoli Fresh Orange Wedges Skim or 1% Milk	**24** Whole Wheat Mac & Cheese Local Sautéed Green Beans Local Pizza Style Yellow Squash Fresh Local Apple Skim or 1% Milk	**25** Local Oven Fried Chicken Whole Wheat Roll Local Braised Collard Greens Local Steamed Corn Fresh Banana Skim or 1% Milk	**26** Turkey & Cheddar on a Whole Wheat Bun Local Romaine Lettuce with Local Tomatoes Fresh Local Watermelon Skim or 1% Milk Light Mayonnaise, Mustard & Italian Dressing
29 Whole Grain Waffle Sticks Turkey Sausage Local Hash Brown Potatoes Sautéed Peppers & Onions Fresh Local Peach Skim or 1% Milk All Natural Syrup & Ketchup	**30** Crispy Fish Sandwich on a Whole Wheat Bun Local Savory Sautéed Kale Local Mashed Sweet Potatoes Fresh Orange Wedges Skim or 1% Milk Hot Sauce	**31** Local Peruvian Chicken Drum Spanish Rice Red Beans Local Steamed Broccoli Fresh Local Apple Skim or 1% Milk		

Welcome Back Students!

This school year **DC Central Kitchen** will be providing healthy and delicious meals in your cafeteria!

Check out some of the fresh, local fruit we are featuring this month such as **watermelon**, **cantaloupe** and **peaches**.

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Monday	Tuesday	Wednesday	Thursday	Friday
1	**2**	**3**	**4**	**5**
8	**9**	**10**	**11**	**12**
15	**16**	**17**	**18**	**19**
22 Veggie Burger on a Whole Wheat Bun	**23** Stir Fried Brown Rice with Egg	**24** Powered Up Pasta with Chickpeas	**25** Caesar Salad with Mozzarella Cheese Whole Wheat Roll Parmesan Cream Dressing	**26** Gilled Cheese on Whole Wheat Bread
29 Whole Grain Waffle Sticks Veggie Breakfast Sausage	**30** Sunbutter & Jelly Sandwich on Whole Wheat Bread	**31** Cheese Quesadilla in a Whole Wheat Wrap		

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DC Central Kitchen
Lunch Analysis
Grades K-8

Monday, 8/22/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Beef Burger on WW Bun	1 burger	274	49	290	4.15	3.19	30.7	102	0.06	3.04	21.07	29.53	9.52	2.96	0.48
BBQ Baked Beans	.5 C	189	0	150	10.5	2.69	85.5	505	1.68	3.74	9.37	29.79	4.37	0.57	0
Baked Potato Fries	.25 C	48	0	73	1.09	0.43	7	69	9.31	0.41	1.04	8.6	1.16	0.18	0
Fresh Peach	1 peach	59	0	0	2.25	0.38	9	489	9.9	12.59	1.37	14.31	0.38	0.03	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Ketchup PC	1 each	10	0	100	0	0	0	0	0	0	0	2	0	0	0
Mustard PC	1 ea	10	0	71	0	0	0	0	0	*N/A*	0	0	0	0	*N/A*
Totals		691	61	790	17.99	6.76	437.3	1644	20.94	32.47	41.07	96.4	17.78	5.28	0

Tuesday, 8/23/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Chicken Teriyaki	2 oz	110	48	529	0.3	0.84	9.5	20	7.6	2.56	20.16	4.6	1.18	0.18	0
Brown Rice	1 C	236	0	289	2.35	1.04	22.9	273	0.15	0.11	4.8	45.4	3.93	0.68	0
Glazed Carrots	.5 C	64	0	213	3.25	0.38	48.3	17618	6.22	5.01	1.08	12.77	1.47	0.22	0
Asian Broccoli	.25 C	37	0	174	1.34	0.42	25.4	311	44.63	1.01	1.75	3.84	2.11	0.3	0
Orange Wedges - .5 C	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	8.6	0.86	10.81	0.11	0.01	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		593	61	1312	9.45	2.84	448	18907	107.54	29.98	36.88	89.59	11.15	2.94	0

Wednesday, 8/24/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Wheat Mac & Cheese 1.5oz	1 C	303	25	465	4.18	1.58	378	389	0.04	4.08	16.14	38.51	9.05	4.95	0.07
Sauteed Green Beans	.5 C	53	0	143	2.23	0.76	36.9	116	11	0.01	1.58	6.7	2.34	0.34	0
Pizza Style Yellow Squash	.25 C	54	2	180	0.94	0.61	49.4	187	11.8	1.88	1.83	6.42	2.54	0.66	0
Fresh Apple	1 apple	95	0	2	4.37	0.22	10.9	98	8.37	18.91	0.47	25.13	0.31	0.05	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		607	39	897	11.72	3.24	780.3	1269	31.21	37.56	28.25	88.94	16.61	7.55	0

Thursday, 8/25/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Oven Fried Chicken	1 drum	229	121	333	1.39	1.31	41.2	592	0.42	0.99	24.45	11.55	8.33	2.05	0
Whole Wheat Roll 1.5 oz	1.5 oz	100	0	210	5	1.08	40	0	0	2	5	20	1	0	0
Braised Collard Greens	.5 C	64	0	170	5.51	0.34	218.7	9853	52.96	1.47	3.77	10.63	1.73	0.25	0
Steamed Corn	.25 C	46	0	71	0.87	0.17	1.7	81	2.65	1.03	1.25	8.57	1.41	0.22	0
Fresh Banana	1 banana	105	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		646	133	892	15.83	3.28	612.6	11079	66.3	32.62	43.98	89.88	15.23	4.2	0

Friday, 8/26/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Turkey & Cheese on a WW Bun	1 sandwich	297	53	828	4	1.76	222.5	304	0	3	23.02	30.92	11.56	5.06	0
Romaine Salad	1 C	8	0	4	0.95	0.44	15	3951	1.81	0.54	0.56	1.49	0.14	0.02	0
Tomatoes	.25 C	11	0	3	0.72	0.16	6	501	8.23	1.58	0.53	2.34	0.12	0.02	0
Fresh Watermelon	.5 C	45	0	1	0.6	0.36	10.5	852	12.12	9.28	0.91	11.3	0.22	0.02	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Light Mayonnaise	1 ea	30	0	110	0	0	0	0	0	*N/A*	0	0	3	0	0
Mustard PC	1 ea	10	0	71	0	0	0	0	0	*N/A*	0	0	0	0	*N/A*
Italian Dressing	1 oz	81	0	24	0.19	0.34	8.8	54	0.34	0.26	0.07	0.61	8.68	1.2	0
Totals		583	65	1148	6.46	3.14	567.7	6139	22.51	27.35	33.32	58.83	26.09	7.87	0
Weekly Averages		**624**	**53**	**559**	**4**	**2**	**252**	**1848**	**6**	**8**	**20**	**39**	**12**	**4**	**0**
											13%	**25%**	**17%**	**6%**	**0%**

Monday, 8/29/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat[1] (g)
Whole Grain Waffle	2 each	140	0	250	2	1.08	20	25	0	5	4	27	2	0	0
Turkey Sausage	2 oz	100	40	340	0	0.72	0	200	0	*N/A*	10	0	8	2	0
Hash Brown Potatoes	.5 C	90	0	146	2.19	0.86	12.9	2	20.11	0.85	2.16	18.16	1.19	0.19	0
Sauteed Peppers & Onions	.25 C	21	0	48	0.96	0.16	11.5	115	26.35	1.56	0.53	3.46	0.84	0.14	0
Fresh Peach	1 peach	59	0	0	2.25	0.38	9	489	9.9	12.59	1.37	14.31	0.38	0.03	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
All Natural Syrup	1 packet	35	0	5	0	0	0	0	0	*N/A*	0	8	0	0	0
Ketchup PC	1 each	10	0	100	0	0	0	0	0	0	0	2	0	0	0
Totals		557	52	997	7.4	3.26	358.4	1310	56.36	32.68	26.28	85.11	14.77	3.91	0

Tuesday, 8/30/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
Crispy Fish Sandwich	1 sandwich	380	73	612	4.82	2.66	79.5	284	0.07	3.9	31.33	39.52	12.12	1.61	0
Savory Sauteed Kale	.5 C	66	0	188	3.51	1.45	132.1	7813	95.26	3.25	3.76	11.03	1.91	0.28	0
Mashed Sweet Potatoes	.25 C	78	0	81	2.57	0.54	28.1	11745	1.99	5.07	1.31	18.44	0.05	0.02	0
Orange Wedges - .5 C	.5 C	43	0	0	2.21	0.09	36.8	207	48.94	8.6	0.86	10.81	0.11	0.01	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Hot Sauce PC	1 pack	0	0	32	0	0.01	0.1	2	0.9	0.02	0.01	0.02	0	0	*N/A*
Totals		670	86	1021	13.12	4.82	581.6	20529	147.17	33.52	45.49	92	16.55	3.47	0

Wednesday, 8/31/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
Peruvian Chicken	2 oz	221	121	423	0.92	0.45	32.4	175	1.08	0.15	23.53	2.33	12.25	2.55	0
Spanish Rice	.75 C	212	0	378	2.71	1.38	24.6	602	29.21	1.64	4.21	38.85	4.71	0.79	0
Red Beans	.5 C	152	0	75	5.96	2.67	37.2	104	2.79	0.42	8.67	24.4	2.65	0.4	0
Steamed Broccoli	.25 C	31	0	86	1.27	0.37	23	304	43.49	0.83	1.38	3.24	1.8	0.24	0
Fresh Apple	1 apple	95	0	2	4.37	0.22	10.9	98	8.37	18.91	0.47	25.13	0.31	0.05	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Totals		813	133	1071	15.22	5.17	433.2	1760	84.95	34.64	46.48	106.12	24.08	5.58	0

Thursday, 9/1/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
Turkey Meatballs & Sauce	8 meatballs	269	80	1109	1.42	3.64	100.1	671	12.38	4.21	28.5	15.3	14.12	4.12	0
Whole Wheat Pasta	.75 C	187	0	209	4.74	1.14	0.1	0	0	0	5.53	32.38	4.45	0.48	0
Romaine Salad	1 C	8	0	4	0.95	0.44	15	3951	1.81	0.54	0.56	1.49	0.14	0.02	0
Cucumber Coins	.25 C	6	0	1	0.18	0.1	5.9	39	1.03	0.62	0.24	1.34	0.04	0.01	0
Fresh Banana	1 banana	105	0	1	3.07	0.31	5.9	76	10.27	14.43	1.29	26.95	0.39	0.13	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
Honey Mustard Dressing	1 oz	25	0	82	0.04	0.08	2.9	0	0.48	2.12	0.16	3.02	1.42	0.17	0
Totals		702	92	1513	10.4	5.78	435	5214	25.98	34.61	44.5	92.66	22.92	6.48	0

Friday, 9/2/16

Menu Item	Portion Size	Calories	Cholst (mg)	Sodium (mg)	Fiber (g)	Iron (mg)	Calcium (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Trans Fat¹ (g)
BBQ Chicken Tenders	2 oz	121	48	175	0.32	0.95	13.3	329	3.99	8.36	19.23	10.93	0.48	0.06	0
Whole Wheat Roll 1.5 oz	1.5 oz	100	0	210	5	1.08	40	0	0	2	5	20	1	0	0
Baby Carrots	.5 C	25	0	55	2.03	0.63	22.3	9694	1.86	*N/A*	0.44	5.73	0.08	0.01	0
Cole Slaw	.25 C	47	1	114	1.29	0.25	23.8	1184	15.71	2.85	0.72	5.74	2.45	0.44	0
Fresh Watermelon	.5 C	45	0	1	0.6	0.36	10.5	852	12.12	9.28	0.91	11.3	0.22	0.02	0
1% Lowfat Milk	8 oz	102	12	107	0	0.07	305	478	0	12.69	8.22	12.18	2.37	1.54	*N/A*
House Ranch Dressing	1 oz	40	4	148	0.05	0.06	28.9	80	1.2	1.29	0.78	3.04	2.75	0.98	0
Totals		480	66	810	9.29	3.4	443.8	12618	34.88	36.46	35.31	68.91	9.34	3.06	0
Weekly Averages		**644**	**86**	**1082**	**11**	**4**	**450**	**8286**	**70**	**34**	**40**	**89**	**18**	**5**	**0**
											25%	**55%**	**24%**	**6%**	**0%**