

DCPS High School Crossroads Cafe

August 29 - September 2

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

Daily Special/Everyday

FAVORITES

- MONDAY** Traditional Chicken Noodle Soup
- TUESDAY** Curried Sweet Potato Bowl
- WEDNESDAY** Mediterranean Vegetable Omelet with Biscuit & Homemade Jam
- THURSDAY** California Chicken Pot Pie with Vegetables & Biscuit Crust
- FRIDAY** Grilled Savory Chicken Dunks served with Honey BBQ Dip and Sweet Potatoes Bites

DELI

Daily Special/Everyday Turkey Sandwich or Wrap

Turkey Ham or American Salad or Wrap

- MONDAY** Classic Chef Salad, Sandwich or Wrap
- TUESDAY** Chicken Caesar Salad, Sandwich or Wrap
- WEDNESDAY** Spinach Salad, Sandwich or Wrap
- THURSDAY** Asian Salad, Sandwich or Wrap
- FRIDAY** Italian-style Salad, Sandwich or Wrap

CREATIONS

This Week's Feature:

CREATIONS

Chicken or Broccoli Alfredo Macaroni
Baked Penne or Sloppy Joe Mac
Spaghetti with Zesty Marinara or Meat Sauce
Fiesta Queso or Deluxe Macaroni & Cheese
Fiery Alfredo Macaroni or Pumpkin Penne

SIDES

A Minimum of 6 Sides Offered
Daily with Lunch Choices

MONDAY Spinach Salad Mix, Curried Chickpeas, Cucumber Slices, Diced Tomatoes, Fresh Apples, & Chilled Pineapple

TUESDAY Caesar Salad Mix, Baby Carrots, Curried Chickpeas, Roasted Corn, Diced Tomatoes, Bananas, & Orange Smiles

WEDNESDAY Spinach Salad Mix, Korean Carrots, Curried Chickpeas, Cucumber Slices, Roasted Butternut Squash, Fresh Apples, & Raisins

THURSDAY Caesar Salad Mix, Baby Carrots, Curried Chickpeas, Roasted Corn, Diced Tomatoes, Bananas, & Orange Smiles

FRIDAY Spinach Salad Mix, Korean Carrots, Curried Chickpeas, Cucumber Slices, Roasted Butternut Squash, Fresh Apples, & Mixed Fruit Salad

Daily Special/Everyday

Specialty Grill Item or Pizza Daily

MARKET

- MONDAY** Chipotle Chicken or Mo' Burger, Grilled Cheese
- TUESDAY** Alaska Five-O, Caprese Turkey, Garden Burger
- WEDNESDAY** Supreme, Pep or Spinach Pizza
- THURSDAY** Breakfast Bagel, Hamburger, Mushroom Lover Burger
- FRIDAY** Ched Ranch, Italian or Cheese Pizza

FAST TAKES

Grab and Go Salad, Subs and Variety of Turkey Ham, Turkey, Garden Subs

Variety of Chef, Spinach, Chicken Caesar, Hearty Garden Salad

- MONDAY** Crisp Vegetable Flatbread Rollup, Zesty Italian Sandwich
- TUESDAY** Asian Chicken Wrap, Turkey Katsu Sando
- WEDNESDAY** Thanksgiving Wrap, Double Decker Biggie Sandwich
- THURSDAY** Spinach Wrap, Sunbutter & Jelly Sandwich
- FRIDAY** Tuna Salad Wrap, Spicy Biggie Sandwich

This institution is an equal opportunity provider.

Nutrition Information

G9-12 Lunch

Aug 29, 2016 thru Sep 2, 2016

Week 2

	Cals (kcal)	Sodm (mg)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat ¹ (g)	Tr. Fat ¹ % Cals
Mon - 08/29/2016	744	1250	27.43	33.19%	8.58	10.38%	0.00	0.00%
Tue - 08/30/2016	776	1171	23.45	27.22%	6.97	8.09%	0.00	0.00%
Wed - 08/31/2016	752	1082	26.06	31.18%	8.37	10.02%	0.00	0.00%
Thu - 09/01/2016	780	1207	25.58	29.50%	8.28	9.56%	0.00	0.00%
Fri - 09/02/2016	745	1213	26.71	32.27%	8.00	9.66%	0.00	0.00%
Weighted Average	759	1184	25.85	30.63%	8.04	9.53%	0.00	0.00%

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.