

DCPS High School Crossroads Cafe

August 22 - August 26

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



**A MINIMUM OF 6 SIDES
OFFERED DAILY WITH
LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Daily Special/Everyday



- MONDAY** Mini Cheese stuffed Ravioli's with Marinara Sauce
- TUESDAY** Thai-style Pineapple Fried Rice with Chicken
- WEDNESDAY** Flakey Vegetable Quiche
- THURSDAY** Tanga Barbecue Chicken with Cuban Style Brown Rice
- FRIDAY** Spaghetti with Tuscan Meatballs



Daily Special/Everyday Turkey Sandwich or Wrap

Turkey Ham or American Salad or Wrap

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



This Week's Feature:



- Mexican Studded Black or Huevos Rancheros Burrito
- Alaskan Pollock Fish or Mexi-Chicken Tacos
- Fajita Vegetable or Jamaican Jerk Chicken Quesadilla
- Southwest Black Bean or Kogi Chicken Nachos
- Turkey Suiza Enchilada or Vegetarian Tostada

Daily Special/Everyday

Specialty Grill Item or Pizza Daily



- MONDAY** Turkey Katsu Sando, Deluxe Cheeseburger
- TUESDAY** Hawaiian, Pep or Garden Pizza
- WEDNESDAY** Banh Mi Turkey Sand, Cool Ranch Burger
- THURSDAY** BBQ, Italian or Cheese Pizza
- FRIDAY** Cajun Muffaletta, Turkey Cranberry or Spicy Blackbean Burger



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

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

- MONDAY** Baja Fish Wrap, Sunbutter & Jelly Sandwich
- TUESDAY** Chef Salad Wrap, Muffaletta Biggie Sandwich
- WEDNESDAY** Turkey Wrap, Alaskan Pollock Po' Boy
- THURSDAY** Chicken Caesar Wrap, Garden Sub
- FRIDAY** Fiery Dragon Wrap, Turkey Caprese Biggie Sandwich

This institution is an equal opportunity provider.



Nutrition Information

G9-12 Lunch

Aug 22, 2016 - Aug 26, 2016

Week 1

	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 - 08/22/2016	727	1270	25.06	31.03%	7.51	9.30%	0.00	0.00%
Tue - 08/23/2016	753	1153	23.52	28.10%	7.95	9.50%	0.00	0.00%
Wed - 08/24/2016	753	1182	28.04	33.50%	8.51	10.17%	0.00	0.00%
Thu - 08/25/2016	782	1225	25.69	29.58%	8.59	9.89%	0.00	0.00%
Fri - 08/26/2016	747	1119	22.67	27.31%	6.52	7.85%	0.00	0.00%
Weighted Average	752	1190	25.00	29.90%	7.82	9.35%	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.