

DCPS Middle School Café Menu

August 29 - September 2

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** Chicken Alfredo Macaroni with Broccoli
- TUESDAY** Baked Penne with Creamy Tomato Sauce
- WEDNESDAY** Mediterranean 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 Potato Bites



Daily Special/Everyday

American, Turkey, Turkey Ham Wraps, Sandwiches and Subs

Chef, Spinach, Chicken Caesar Subs

- MONDAY** Crispy 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** Creamy Tuna Salad Wrap, Spicy Biggie Sandwich



This Week's Feature:

- Chipotle Chicken Breast Burger or Grilled Cheese Sandwich
- Alaska Five-O or Caprese Turkey Burger
- Supreme or Pepperoni Pizza
- Mushroom Lover or Hamburger
- Zesty Italian Stromboli or Cheese Pizza



Daily Special/Everyday

American, Turkey or Turkey Ham Salad, Sandwich 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



Nutrition Information

G6-8 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	578	1091	20.11	31.33%	6.81	10.61%	0.00	0.00%
Tue - 08/30/2016	637	1061	19.67	27.78%	6.22	8.78%	0.00	0.00%
Wed - 08/31/2016	629	987	21.88	31.33%	8.42	12.06%	0.00	0.00%
Thu - 09/01/2016	647	1147	21.76	30.28%	7.59	10.57%	0.00	0.00%
Fri - 09/02/2016	600	1109	18.83	28.25%	5.14	7.72%	0.00	0.00%
Weighted Average	618	1079	20.45	29.78%	6.84	9.96%	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.