

# INSPIRE CAFÉ

## DC Public High Schools

September 5 - 9

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

### From the Field

**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 Specials

### Favorites

<b>MONDAY</b>	No School Today
<b>TUESDAY</b>	Hearty Vegetarian Black Bean Chili Pie
<b>WEDNESDAY</b>	Glorious Macaroni & Cheese
<b>THURSDAY</b>	Boiled Egg with Turkey Sausage & French Toast Sticks
<b>FRIDAY</b>	Thai Sweet Potato Bowl

### Daily Specials

*Pizza: Mon & Thurs; Specialty Grill Item: Tuesday, Wednesday, & Friday*

### Market

<b>MONDAY</b>	No School Today
<b>TUESDAY</b>	Sloppy Joe/ Cheeseburger/ Blackbean
<b>WEDNESDAY</b>	Cuban Sandwich/ Maxi Mexi Burger/ Thai Style Veggie Sandwich
<b>THURSDAY</b>	Hawaiian/Pepperoni/ Margherita
<b>FRIDAY</b>	Pollock Sandwich/Bistro Burger/ or Grilled Cheese with Egg & Spinach

### Daily Special

### Deli

*Turkey, Turkey Ham, or American Sandwich or Wrap Available Everyday*

<b>MONDAY</b>	No School Today
<b>TUESDAY</b>	Classic Chef Salad/ Sandwich/Wrap
<b>WEDNESDAY</b>	Italian-style Sandwich/Salad/Wrap
<b>THURSDAY</b>	Chicken Caesar Salad/ Sandwich /Wrap
<b>FRIDAY</b>	Buffalo Chicken Sandwich/Salad/Wrap

### Grab and Go Entrees

### Grab & Go

*Special Sandwich or Wrap and Salad Daily Chef Salad Available Everyday*

<b>MONDAY</b>	No School Today
<b>TUESDAY</b>	Chef Salad Wrap/ Antipasto Salad
<b>WEDNESDAY</b>	Egg Salad Sandwich/Chicken Dipper Salad
<b>THURSDAY</b>	Sunny Apple Sandwich/ Southern BBQ Salad
<b>FRIDAY</b>	Mediterranean Wrap/Tuna Salad

### Daily Sides

### From the Field

*A Variety of Fruit & Vegetable Choices*

<b>MONDAY</b>	No School Today
<b>TUESDAY</b>	Butternut Squash, Black Beans, Carrots, Cucumber Salad, Tomatoes, Apples, Pears
<b>WEDNESDAY</b>	Carrots Escabeche, Black Beans, Spinach Mix, Cucumber, Tomato Cilantro Salad, Fresh Apples, Watermelon
<b>THURSDAY</b>	Butternut Squash, Black Beans, Carrots, Cucumber Salad, Tomatoes, Bananas, Orange Smiles
<b>FRIDAY</b>	Spinach Mix, Carrot Escabeche, Black Beans, Cucumber, Tomatoes, Apples, Mixed Fruit

### V Vegetarian



### Mindful

We use menu identifiers in the café to help students recognize Vegetarian & Mindful options. Mindful selections meet specific criteria for fat, sodium & calories.

*This institution is an equal opportunity provider.*

# INSPIRE CAFÉ

## DC Public High Schools

September 12 -16

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

### From the Field

**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 Specials

### Favorites

<b>MONDAY</b>	Super Veggie Mac -n- Cheese	<b>V</b>
<b>TUESDAY</b>	Chimichurri Fusion Alaskan Pollock w/Rice	
<b>WEDNESDAY</b>	Chipotle BBQ Meatloaf w/ Potatoes	
<b>THURSDAY</b>	Italian Meatball Sandwich	
<b>FRIDAY</b>	Bagel Sandwich w/ Turkey Ham & Cheese	

### Daily Specials

*Specialty Grill Items: Mon, Wed, & Th  
Pizza: Tuesday & Friday*

### Market

<b>MONDAY</b>	Honey BBQ Chicken Sandwich/ Mo' Burger/ Bahama Burger
<b>TUESDAY</b>	Chicken Bruschetta/ Italian Sausage/ Cheese
<b>WEDNESDAY</b>	Turkey Burger/ Bistro Burger/ Black Bean Burger
<b>THURSDAY</b>	Caprese Turkey Burger/ Meatloaf Sandwich/ Cool Ranch Burger
<b>FRIDAY</b>	Supreme/ Pepperoni/ Calzone

### Daily Specials

*Turkey, Turkey Ham, or American Sub  
Available Everyday*

### Deli

<b>MONDAY</b>	Chicken Caesar Salad/Sandwich/Wrap
<b>TUESDAY</b>	Classic Chef Salad/Sandwich/ Wrap
<b>WEDNESDAY</b>	Asian Salad/Sandwich/Wrap
<b>THURSDAY</b>	Italian Salad/Sandwich/Wrap
<b>FRIDAY</b>	Buffalo Chicken Salad/ Sandwich/ Wrap

### Grab and Go Entrées

*Special Sandwich or Wrap and Salad Daily  
Chef Salad Available Everyday*

### Grab & Go

<b>MONDAY</b>	Fiery Dragon Wrap/ Chicken Dipper Salad
<b>TUESDAY</b>	Southern BBQ Wrap/ Spinach Salad
<b>WEDNESDAY</b>	Greek Wrap/ Chicken Caesar Salad
<b>THURSDAY</b>	Greens & Gourds Wrap/ Chicken Caesar Salad
<b>FRIDAY</b>	Chilly Philly Sandwich/ Southwest Salad

### Daily Sides

*A Variety of Fruit & Vegetable Choices*

### From the Field

<b>MONDAY</b>	Spinach Salad, Carrots, Pinto Beans, Cucumbers, Tomatoes, Apples, Peaches
<b>TUESDAY</b>	Salad Mix, Carrots, Pinto Beans, Jicama, Cucumbers, Tomatoes, Bananas, Oranges
<b>WEDNESDAY</b>	Salad Mix, Mo' Rockin' Slaw, Pintos Beans, Cucumbers, Tomato Salad, Apples, Cranberries
<b>THURSDAY</b>	Garden Salad, Carrots, Pinto Beans, Jicama, Cucumbers, Tomatoes, Bananas, or Oranges
<b>FRIDAY</b>	Spinach Salad, Mo' Rockin' Slaw, Pinto Beans, Cucumbers, Tomato Basil Salad, Apples, Mixed Fruit

### **V** Vegetarian



### Mindful

We use menu identifiers in the café to help students recognize Vegetarian & Mindful options. Mindful selections meet specific criteria for fat, sodium & calories.

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# INSPIRE CAFÉ

## DC Public High Schools

September 19 - 23

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

### From the Field

**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 Specials

### Favorites

<b>MONDAY</b>	Turkey & Gravy w/ Mashed Potatoes
<b>TUESDAY</b>	Jamaican Jerk Chicken w/ Lentil
<b>WEDNESDAY</b>	Rice Grilled Chicken w/ WG Waffles
<b>THURSDAY</b>	Baked Cheesy Lasagna Roll
<b>FRIDAY</b>	Scrambled Eggs w/ Pancakes & Warm Cinnamon Apples

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### Daily Specials

*Pizza: Mon & Thurs; Specialty Grill  
Items: Tues, Wed, & Friday*

### Creations

<b>MONDAY</b>	Supreme/ Pepperoni/ Margherita
<b>TUESDAY</b>	Turkey Ham Sandwich/ Cajun Burger/ Classic Hamburger
<b>WEDNESDAY</b>	Turkey Dog/ Indian Turkey Burger/ Mexi Burger
<b>THURSDAY</b>	Taco/ Italian Sausage/ Cheese
<b>FRIDAY</b>	Memphis Meltdown Sandwich/ Garden Burger/ Cheeseburger

### Daily Specials

*Turkey, Turkey Ham, or American Sub*

### Deli

*Available Everyday*

<b>MONDAY</b>	Classic Chef Salad/Sandwich/Wrap
<b>TUESDAY</b>	Chicken Caesar Salad/Sandwich/Wrap
<b>WEDNESDAY</b>	Italian Style Salad/Sandwich/Wrap
<b>THURSDAY</b>	Asian Salad/Sandwich/Wrap
<b>FRIDAY</b>	Spinach Salad/Sandwich/Wrap

### Grab and Go Entrées

*Special Sandwich or Wrap and Salad Daily*

### Grab & Go

*Chef Salad Available Everyday*

<b>MONDAY</b>	Zesty Italian Sub/ Hoppin' John Salad
<b>TUESDAY</b>	Chef Salad Wrap/ Antipasto Salad
<b>WEDNESDAY</b>	Sunny Apple Sandwich/Southern BBQ Salad
<b>THURSDAY</b>	Egg Salad Sandwich/ Chicken Caesar Salad
<b>FRIDAY</b>	Mediterranean Wrap/Tuna Salad

### Daily Sides

*A Variety of Fruit & Vegetable Choices*

### Market

<b>MONDAY</b>	Spinach Salad, Carrots, Garbanzo Beans, Cucumbers, Tomatoes, Apples, Pears
<b>TUESDAY</b>	Caesar Salad, Carrots Garbanzo Beans, Aztec Corn, Tomatoes, Bananas, Oranges
<b>WEDNESDAY</b>	Spinach Salad, Carrot Escabeche, Garbanzo Beans, Cucumbers, Butternut Squash, Apples, Melon
<b>THURSDAY</b>	Caesar Salad, Carrots, Garbanzo Beans, Aztec Corn, Tomatoes, Bananas, Oranges
<b>FRIDAY</b>	Spinach Salad, Carrot Escabeche, Garbanzo Beans, Cucumbers, Butternut Squash, Apples, Fruit Mix

**V Vegetarian**



**Mindful**

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# INSPIRE CAFÉ

## DC Public High Schools

September 26 - 30

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

### From the Field

**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 Specials

### Favorites

<b>MONDAY</b>	Cheese Stuffed Ravioli
<b>TUESDAY</b>	Thai Pineapple Fried Rice w/ Chicken
<b>WEDNESDAY</b>	Flakey Vegetable Quiche
<b>THURSDAY</b>	Tangy BBQ Chicken w/ Cuban Rice
<b>FRIDAY</b>	No School Today

### Daily Specials

*Specialty Grill Items: Mon, Wed, & Fri  
Pizza: Tues & Thurs*

### Market

<b>MONDAY</b>	Turkey Katsu Sando/ Deluxe Cheeseburger/ Sloppy Joe
<b>TUESDAY</b>	Hawaiian/ Pepperoni/ Garden Pizza
<b>WEDNESDAY</b>	Banh Mi Sandwich/ Ranch Burger/ Sunbutter & Banana Sandwich
<b>THURSDAY</b>	BBQ Chicken/ Italian Sausage/ Cheese
<b>FRIDAY</b>	No School Today

### Deli

### Daily Specials

*Turkey, Turkey Ham, or American Subs  
Available Everyday*

<b>MONDAY</b>	Asian Salad/Sandwich/Wrap
<b>TUESDAY</b>	Classic Chef Salad/ Sandwich /Wrap
<b>WEDNESDAY</b>	Chicken Caesar Salad/Sandwich/Wrap
<b>THURSDAY</b>	Italian Style Salad/Sandwich/Wrap
<b>FRIDAY</b>	No School Today

### Grab & Go

### Grab and Go Entrées

*Special Sandwich or Wrap and Salad Daily  
Chef Salad Available Everyday*

<b>MONDAY</b>	Baja Fish Wrap/ Chicken Dipper Salad
<b>TUESDAY</b>	Muffaletta Biggie Sandwich/ Antipasto Salad
<b>WEDNESDAY</b>	Alaskan Pollock Po' Boy/ Yaki Soba Salad
<b>THURSDAY</b>	Garden Sub/ Southern BBQ Salad
<b>FRIDAY</b>	No School Today

### From the Field

### Daily Sides

*A Variety of Fruit & Vegetable Choices*

<b>MONDAY</b>	Spinach Salad, Carrots, Bean & Jicama Salad, Cucumbers, Tomatoes, Apples,
<b>TUESDAY</b>	Applesauce Super Salad, Carrots, Bean & Jicama Salad, Asian Slaw, Tomatoes, Bananas, Oranges
<b>WEDNESDAY</b>	Spinach Salad, Ginger Carrots, Bean & Jicama Salad, Cucumbers, Tomato Basil Salad, Apples, Apricots
<b>THURSDAY</b>	Salad Mix, Carrots, Bean & Jicama Salad, Asian Slaw, Tomatoes, Bananas, Oranges
<b>FRIDAY</b>	No School Today

### V Vegetarian



### Mindful

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## Nutrition Information

### Sep 5, 2016 - Sep 9, 2016

#### G9-12 Lunch

	Cals (kcal)	Sodm (mg)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Mon - 09/05/2016	-	-	-	-	-	-	-	-
Tue - 09/06/2016	792	1463	22.72	25.83%	7.55	8.59%	0.00	0.00%
Wed - 09/07/2016	742	1450	21.71	26.35%	6.77	8.21%	0.00	0.00%
Thu - 09/08/2016	727	1098	22.80	28.24%	7.37	9.13%	0.00	0.00%
Fri - 09/09/2016	739	1504	22.23	27.08%	6.15	7.49%	0.00	0.00%
Weighted Average	754	1420	22.49	26.86%	7.26	8.66%	0.00	0.00%

### Sep 12, 2016- Sep 16, 2016

#### G9-12 Lunch

	Cals (kcal)	Sodm (mg)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Mon - 09/12/2016	748	1458	24.26	29.17%	7.97	9.59%	0.00	0.00%
Tue - 09/13/2016	749	1208	23.11	27.76%	7.78	9.35%	0.00	0.00%
Wed - 09/14/2016	751	1389	21.91	26.25%	6.96	8.34%	0.00	0.00%
Thu - 09/15/2016	754	1262	23.04	27.50%	7.07	8.44%	0.00	0.00%
Fri - 09/16/2016	751	1411	23.31	27.94%	8.62	10.34%	0.00	0.00%
Weighted Average	751	1346	23.13	27.72%	7.68	9.21%	0.00	0.00%

### Sep 19, 2016- Sep 23, 2016

#### G9-12 Lunch

	Cals (kcal)	Sodm (mg)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Mon - 09/19/2016	724	1120	24.61	30.58%	8.08	10.04%	0.00	0.00%
Tue - 09/20/2016	775	1210	22.35	25.94%	6.58	7.64%	0.00	0.00%
Wed - 09/21/2016	747	1188	25.69	30.94%	7.06	8.50%	0.00	0.00%
Thu - 09/22/2016	776	1191	22.85	26.49%	7.74	8.97%	0.00	0.00%
Fri - 09/23/2016	726	1075	24.64	30.57%	7.03	8.72%	0.00	0.00%
Weighted Average	750	1157	24.03	28.84%	7.30	8.76%	0.00	0.00%

### Sep 26, 2016-Sep 30, 2016

#### G-9-12 Lunch

	Cals (kcal)	Sodm (mg)	T-Fat (g)	T. Fat % Cals	S-Fat (g)	S. Fat % Cals	Tr-Fat <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Mon - 09/26/2016	727	1270	25.06	31.03%	7.51	9.30%	0.00	0.00%
Tue - 09/27/2016	753	1153	23.52	28.10%	7.95	9.50%	0.00	0.00%
Wed - 09/28/2016	753	1182	28.04	33.50%	8.51	10.17%	0.00	0.00%
Thu - 09/29/2016	782	1225	25.69	29.58%	8.59	9.89%	0.00	0.00%
Fri - 09/30/2016	-	-	-	-	-	-	-	-
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

<sup>1</sup> - 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.