

## DCPS Education Campus Lunch Menu



	MONDAY 4/2/2018	TUESDAY 4/3/2018	WEDNESDAY 4/4/2018	THURSDAY 4/5/2018	FRIDAY 4/6/2018
<b>Favorites</b>	Southwest Blackbean Nachos <sup>v</sup>	Turkey Sausage or Cheese Pizza <sup>v</sup>	Chicken Alfredo Macaroni	Breakfast Bagel Sandwich <sup>v</sup>	General Tso Chicken Stir Fry
<b>Side</b>			Wheat Dinner Roll		Brown Rice
<b>Creations</b>	Cheese Quesadilla <sup>v</sup>	Grilled Cheese Sandwich <sup>v</sup>	Traditional Hamburger	Turkey Burger	Turkey Tacos
<b>Grab &amp; Go</b>	Turkey Wrap	Italian Turkey Wrap	Sunbutter & Jelly Sandwich <sup>v</sup>	Tuna Salad Sandwich	Egg Salad Sandwich <sup>v</sup>
<b>Side</b>	Southwest Wrap	Chicken Caesar Wrap	Chicken Caesar Salad	Greek Salad <sup>v</sup>	Chicken Dipper Salad
			Wheat Dinner Roll	Tortilla Chips	Wheat Dinner Roll
<b>From the Field</b>	Roasted Corn	Seasoned Black Beans	Seasoned Potato Wedges	Mixed Garden Vegetables	Sesame Carrots
<b>FRUITS</b>	<i>Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Baby Carrots, &amp; Indian-Style Chickpeas</i>				
	Orange Smiles	Fresh Apple	Fresh Pear	Orange Smiles	Fresh Apple
	Applesauce Cup	Chilled Pineapple	Mixed Fruit Salad	Chilled Pineapple	Mixed Fruit Salad
<b>Milk</b>	Nonfat & 1% White Milk				
<b>NOTES</b>	<i>Menu items highlighted in green include local produce. Entrée options followed by <sup>v</sup> indicate vegetarian option.</i>				
<b>Special Events</b>					

## DCPS Education Campus Lunch Menu



	MONDAY 4/9/2018	TUESDAY 4/10/2018	WEDNESDAY 4/11/2018	THURSDAY 4/12/2018	FRIDAY 4/13/2018
<b>Favorites</b>	Glorious Macaroni & Cheese <sup>v</sup>	Jamaican Jerk Chicken Bowl	Barbecue Turkey Nachos	Sweet & Sour Grilled Chicken w/Vegetables	Chicken Parm Pasta
<b>Side</b>	Garlic Knot	Brown Rice		Brown Rice	Breadstick
<b>Creations</b>	Turkey Sloppy Joe	BBQ Chicken Drumstick w/ Spanish Rice	Chipotle Chicken Sandwich	Cheeseburger	Turkey Sausage or Cheese Pizza <sup>v</sup>
<b>Grab &amp; Go</b>	Buffalo Chicken Wrap	Garden Wrap <sup>v</sup>	Chicken Caesar Wrap	Sunbutter & Jelly Sandwich <sup>v</sup>	Egg Salad Sandwich <sup>v</sup>
<b>Side</b>	Lift-Off! Spinach Salad <sup>v</sup>	Chicken Caesar Salad	Hearty Garden Salad <sup>v</sup>	Classic Chef Salad	Chicken Dipper Salad
	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll
<b>From the Field</b>	Roasted Kale & Sweet Potatoes	Jerk Lentils	Sweet Potato Wedges	Asian Veggie Blend	Roasted Broccoli
<b>FRUITS</b>	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Baby Carrots, &amp; Corn</i>				
	Fresh Pear	Orange Smiles	Fresh Banana	Fresh Apple	Orange Smiles
	Mixed Fruit Salad	Chilled Peaches	Applesauce Cup	Diced Pears	Chilled Peaches
<b>Milk</b>	Nonfat & 1% White Milk				
<b>NOTES</b>	<i>Menu items highlighted in green include local produce. Entrée options followed by <sup>v</sup> indicate vegetarian option.</i>				
<b>Special Events</b>					

# DCPS Education Campus Lunch Menu



	MONDAY 4/16/2018	TUESDAY 4/17/2018	WEDNESDAY 4/18/2018	THURSDAY 4/19/2018	FRIDAY 4/20/2018
<b>Favorites</b>	NO SCHOOL	Chicken Soft Tacos	Teriyaki Grilled Chicken w/ Vegetables	Honey BBQ Chicken Sandwich	Turkey Carnitas Bowl
<b>Side</b>			Brown Rice		Brown Rice
<b>Creations</b>		Cheese Quesadilla <sup>v</sup>	Grilled Cheese Sandwich <sup>v</sup>	Bean & Cheese Enchilada <sup>v</sup>	Turkey Sausage or Cheese Pizza <sup>v</sup>
<b>Grab &amp; Go</b>		Chicken Salad Sandwich	Southwest Chicken Wrap	American Sub Sandwich w/ Turkey & Cheese	Buffalo Chicken Wrap
<b>Side</b>		Chicken Taco Salad	Classic Chef Salad	Chicken Dipper Salad	Hearty Garden Salad <sup>v</sup>
		Tortilla Chips	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll
<b>From the Field</b>		Southwest Pinto Beans	Steamed Carrots	Roasted Broccoli	Roasted Corn
<b>FRUITS</b>	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Curried Chickpeas, &amp; Baby Carrots</i>				
		Orange Smiles	Fresh Banana	Fresh Pear	Fresh Banana
		Mixed Fruit Salad	Applesauce Cup	Chilled Peaches	Applesauce Cup
<b>Milk</b>	Nonfat & 1% White Milk				
<b>NOTES</b>	<i>Menu items highlighted in green include local produce. Entrée options followed by <sup>v</sup> indicate vegetarian option.</i>				
<b>Special Events</b>					

## DCPS Education Campus Lunch Menu



	MONDAY 4/23/2018	TUESDAY 4/24/2018	WEDNESDAY 4/25/2018	THURSDAY 4/26/2018	FRIDAY 4/27/2018
<b>Favorites</b>	Baked Penne w/ Tomato Sauce <sup>v</sup>	Breakfast for Lunch: Boiled Egg, Turkey Sausage, & French Toast Sticks	Chicken Quesadilla	Teriyaki Chicken Drumstick w/ Rice Pilaf	NO SCHOOL
<b>Side</b>	Breadstick			Wheat Dinner Roll	
<b>Creations</b>	Turkey Dog	Turkey Chili	Garden Burger <sup>v</sup>	Hot Turkey & Cheese Sandwich	
<b>Grab &amp; Go</b>	Turkey Wrap	Sunbutter & Jelly Sandwich <sup>v</sup>	Cured Turkey Sandwich	Tuna Salad Sandwich	
<b>Side</b>	Chicken Caesar Salad	Asian Chicken Wrap	Classic Chef Salad	Hearty Garden Salad <sup>v</sup>	
	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	
<b>From the Field</b>	Braised Beans & Greens	Sweet Potato Bites	Black Bean & Corn Salsa	Roasted Ginger Kale	
<b>FRUITS</b>	<i>Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Corn, &amp; Baby Carrots</i>				
	Orange Smiles	Fresh Pear	Fresh Apple	Fresh Banana	
	Mixed Fruit Salad	Diced Peaches	Mixed Fruit Salad	Applesauce Cup	
<b>Milk</b>	Nonfat & 1% White Milk				
<b>NOTES</b>	<i>Menu items highlighted in green include local produce. Entrée options followed by <sup>v</sup> indicate vegetarian option.</i>				
<b>Special Events</b>					

# DCPS Education Campus Lunch Menu



	MONDAY 4/30/2018	TUESDAY 5/1/2018	WEDNESDAY 5/2/2018	THURSDAY 5/3/2018	FRIDAY 5/4/2018
<b>Favorites</b>	Oven Baked Lasagna Roll <sup>v</sup>	Chicken Nachos	Spaghetti w/ Turkey Meatballs	Buffalo Chicken Drumstick w/ Cilantro Rice	Breakfast for Lunch: Cheesy Omelet & Pancakes <sup>v</sup>
<b>Side</b>	Breadstick		Breadstick	Cinnamon Wheel	
<b>Creations</b>	Grilled Chicken Sandwich	Turkey Pepperoni or Cheese Pizza <sup>v</sup>	Mushroom Lover Burger	Alaskan Pollock Po'boy	Meatball Sub Sandwich
<b>Grab &amp; Go</b>	Cured Turkey Sub Sandwich	Chicken Salad Sandwich	American Sub Sandwich w/ Turkey & Cheese	Sunbutter & Jelly Sandwich <sup>v</sup>	Chef Salad Wrap
<b>Side</b>	Chicken Caesar Salad	Greek Salad <sup>v</sup>	Hearty Garden Salad <sup>v</sup>	Classic Chef Salad	Chicken Dipper Salad
	Wheat Dinner Roll	Tortilla Chips	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll
<b>From the Field</b>	Roasted Kale & Sweet Potatoes	Mexican Black Beans	Citrus Glazed Carrots	Collard Greens	Roasted Potatoes
<b>FRUITS</b>	<i>Garden Bar: Mixed Salad Greens, Cucumber Slices, Cherry Tomatoes, &amp; Baby Carrots</i>				
	Fresh Apple	Orange Smiles	Fresh Banana	Fresh Pear	Orange Smiles
	Chilled Peaches	Applesauce Cup	Chilled Pears	Chilled Peaches	Applesauce Cup
<b>Milk</b>	Nonfat & 1% White Milk				
<b>NOTES</b>	<i>Menu items highlighted in green include local produce. Entrée options followed by <sup>v</sup> indicate vegetarian option.</i>				
<b>Special Events</b>					

# Weekly Nutrient Summary

Menu Names: Education Campus Lunch Week 1  
 Site Group: Inspire  
 Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014  
 Calculation Method: Weighted Analysis  
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	613.92	513.15	705.16	633.31	700.69	[600.00 - 650.00]	633.24	
Fat (g)	16.05 (23.52%)	14.24 (24.97%)	22.20 (28.33%)	17.02 (24.19%)	20.04 (25.74%)		17.91	25.45%
Sfat (g)	6.87 (10.07%)	5.22 (9.15%)	5.31 (6.78%)	6.35 (9.03%)	5.07 (6.52%)	< 10.00 % of Calories	5.76	8.19%
TFat (g)	0.00	0.34	0.00	0.00	0.02		0.07(M)	
Sodium Target 1 (mg)	856.80	772.54	867.50	1045.45	1009.01	< 1,230.00	910.26	
Sodium Target 2 (mg)	856.80	772.54	867.50	1045.45	1009.01	< 935.00	910.26	
Carb (g)	91.15 (59.39%)	69.91 (54.50%)	98.33 (55.78%)	87.50 (55.26%)	89.61 (51.15%)		87.30	55.14%
Pro (g)	27.16 (17.70%)	31.15 (24.28%)	34.43 (19.53%)	36.66 (23.15%)	43.26 (24.70%)		34.53	21.81%

## Legend

(M) Indicates missing nutrient values.

# Weekly Nutrient Summary

Menu Names: Education Campus Lunch Week 2  
 Site Group: Inspire  
 Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014  
 Calculation Method: Weighted Analysis  
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	627.45	625.94	727.59	525.60	656.26	[600.00 - 650.00]	632.57(M)	
Fat (g)	18.77 (26.93%)	18.97 (27.27%)	21.19 (26.21%)	18.03 (30.87%)	23.03 (31.58%)		20.00(M)	28.45%
Sfat (g)	4.56 (6.54%)	3.84 (5.52%)	3.27 (4.05%)	4.67 (7.99%)	5.68 (7.79%)	< 10.00 % of Calories	4.40(M)	6.27%
TFat (g)	0.00	0.01	0.00	0.01	0.09		0.02(M)	
Sodium Target 1 (mg)	1118.43	1127.15	1087.23	662.84	991.16	< 1,230.00	997.36(M)	
Sodium Target 2 (mg)	1118.43	1127.15	1087.23	662.84	991.16	< 935.00	997.36(M)	
Carb (g)	92.19 (58.77%)	89.94 (57.47%)	98.73 (54.28%)	65.49 (49.84%)	82.99 (50.58%)		85.87(M)	54.30%
Pro (g)	33.69 (21.48%)	34.47 (22.02%)	27.16 (14.93%)	29.06 (22.12%)	38.53 (23.48%)		32.58(M)	20.60%

## Legend

(M) Indicates missing nutrient values.

# Weekly Nutrient Summary

Menu Names: Education Campus Lunch Week 3  
 Site Group: Inspire  
 Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014  
 Calculation Method: Weighted Analysis  
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	749.27	617.76	567.21	600.50	[600.00 - 650.00]	633.68	
Fat (g)	21.71 (26.08%)	19.06 (27.77%)	16.18 (25.67%)	12.52 (18.77%)		17.37	24.67%
Sfat (g)	6.77 (8.13%)	5.60 (8.16%)	4.90 (7.77%)	3.45 (5.16%)	< 10.00 % of Calories	5.18	7.35%
TFat (g)	0.00	0.01	0.02	0.08		0.03(M)	
Sodium Target 1 (mg)	1498.73	921.73	896.50	709.48	< 1,230.00	1,006.61	
Sodium Target 2 (mg)	1498.73	921.73	896.50	709.48	< 935.00	1,006.61	
Carb (g)	97.74 (52.18%)	83.05 (53.78%)	75.01 (52.89%)	99.37 (66.19%)		88.79	56.05%
Pro (g)	46.62 (24.89%)	34.35 (22.24%)	34.54 (24.36%)	29.26 (19.49%)		36.19	22.84%

## Legend

(M) Indicates missing nutrient values.



# Weekly Nutrient Summary

Menu Names: Education Campus Lunch Week 4  
 Site Group: Inspire  
 Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014  
 Calculation Method: Weighted Analysis  
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	667.77	565.95	548.71	643.12	[600.00 - 650.00]	606.38(M)	
Fat (g)	18.84 (25.39%)	16.25 (25.84%)	13.28 (21.78%)	12.16 (17.02%)		12.11(M)	22.46%
Sfat (g)	7.52 (10.13%)	3.97 (6.31%)	5.50 (9.01%)	3.23 (4.52%)	< 10.00 % of Calories	4.04(M)	7.50%
TFat (g)	0.01	2.03	0.00	0.00		0.41(M)	
Sodium Target 1 (mg)	1579.64	562.58	900.62	981.19	< 1,230.00	804.80(M)	
Sodium Target 2 (mg)	1579.64	562.58	900.62	981.19	< 935.00	804.80(M)	
Carb (g)	94.16 (56.40%)	78.14 (55.23%)	81.31 (59.27%)	104.58 (65.04%)		71.64(M)	59.07%
Pro (g)	38.67 (23.17%)	28.94 (20.46%)	32.53 (23.71%)	34.17 (21.25%)		26.86(M)	22.15%

## Legend

(M) Indicates missing nutrient values.

# Weekly Nutrient Summary

Menu Names: Education Campus Lunch Week 5  
 Site Group: Inspire  
 Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014  
 Calculation Method: Weighted Analysis  
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	574.13	716.02	623.95	723.77	609.81	[600.00 - 650.00]	649.54(M)	
Fat (g)	11.66 (18.27%)	21.30 (26.77%)	13.63 (19.66%)	31.29 (38.91%)	18.25 (26.94%)		19.23(M)	26.64%
Sfat (g)	3.86 (6.04%)	7.64 (9.60%)	4.24 (6.12%)	6.26 (7.79%)	5.52 (8.15%)	< 10.00 % of Calories	5.50(M)	7.63%
TFat (g)	0.00	0.00	0.01	0.01	0.00		0.00(M)	
Sodium Target 1 (mg)	866.03	799.72	1322.85	912.32	950.58	< 1,230.00	970.30(M)	
Sodium Target 2 (mg)	866.03	799.72	1322.85	912.32	950.58	< 935.00	970.30(M)	
Carb (g)	89.60 (62.43%)	103.30 (57.71%)	96.16 (61.65%)	92.75 (51.26%)	86.08 (56.46%)		93.58(M)	57.63%
Pro (g)	34.14 (23.79%)	34.21 (19.11%)	35.62 (22.84%)	35.81 (19.79%)	27.11 (17.78%)		33.38(M)	20.56%

## Legend

(M) Indicates missing nutrient values.