

# DCPS Elementary School Lunch Menu ESY



	MONDAY 8/13/2018	TUESDAY 8/14/2018	WEDNESDAY 8/15/2018	THURSDAY 8/16/2018	FRIDAY 8/17/2018
<b><i>Favorites</i></b>	Cheese Quesadilla <sup>v</sup>	Oven Baked Lasagna Roll <sup>v</sup>	Rainbow Veggie Chili <sup>v</sup>	Bean & Cheese Enchilada <sup>v</sup>	BBQ Chicken Drumstick w/ Rice Pilaf
<b>Side</b>		Breadstick	Tortilla Chips		Wheat Dinner Roll
<b><i>Creations</i></b>	Chicken Quesadilla	Turkey Sausage or Cheese Pizza <sup>v</sup>	Grilled Cheese Sandwich <sup>v</sup>	Hot Turkey & Cheese Sandwich	Honey BBQ Chicken Sandwich
<b><i>Grab &amp; Go</i></b>	Southwest Chicken Wrap	Italian Wrap	Sunbutter & Jelly Sandwich <sup>v</sup>	Chicken Dipper Salad	Cured Turkey Sub Sandwich
<b>Side</b>				Wheat Dinner Roll	
<b><i>From the Field</i></b>	Southwest Pinto Beans	Green Beans	Steamed Carrots	Roasted Corn	Lemon Roasted Broccoli
<b>FRUITS</b>	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Curried Chickpeas, &amp; Baby Carrots</i>				
	Fresh Apple	Orange Smiles	Fresh Banana	Fresh Honeydew Cubes	Fresh Cantaloupe Cubes
	Diced Pears	Mixed Fruit Salad	Applesauce Cup	Chilled Peaches	Applesauce Cup
<b>Milk</b>	<b>Nonfat &amp; 1% White Milk</b>				
<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 Elementary School Lunch Menu ESY



	MONDAY 8/20/2018	TUESDAY 8/21/2018	WEDNESDAY 8/22/2018	THURSDAY 8/23/2018	FRIDAY 8/24/2018
<b>Favorites</b>	Glorious Macaroni & Cheese <sup>v</sup>	Jamaican Jerk Chicken Bowl	Barbecue Turkey Nachos	Sweet & Sour 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	Traditional Hamburger	Turkey Sausage or Cheese Pizza <sup>v</sup>
<b>Grab &amp; Go</b>	Lift-Off! Spinach Salad <sup>v</sup>	Hummus & Veggie Wrap <sup>v</sup>	Hearty Garden Salad <sup>v</sup>	Sunbutter & Jelly Sandwich <sup>v</sup>	Chicken Dipper Salad
<b>Side</b>	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	Parmesean Roasted Broccoli
<b>FRUITS</b>	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Baby Carrots &amp; Corn</i>				
	Fresh Nectarine	Fresh Peach	Fresh Strawberries	Fresh Honeydew Cubes	Fresh Cantaloupe Cubes
	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 Elementary School Lunch Menu ESY



	MONDAY 8/27/2018	TUESDAY 8/28/2018	WEDNESDAY 8/29/2018	THURSDAY 8/30/2018	FRIDAY 8/31/2018
<b>Favorites</b>					
<b>Favorites</b>	Cheese Quesadilla <sup>v</sup>	Teriyaki Grilled Chicken w/ Vegetables	Korean BBQ Turkey Taco w/ Pineapple Slaw	Bean & Cheese Enchilada <sup>v</sup>	Rainbow Veggie Chili <sup>v</sup>
<b>Side</b>		Brown Rice			Tortilla Chips
<b>Creations</b>					
<b>Creations</b>	Chicken Quesadilla	Teriyaki Veggie Burger w/ Pineapple slaw <sup>v</sup>	Honey BBQ Chicken Sandwich	Grilled Cheese Sandwich <sup>v</sup>	Turkey Sausage or Cheese Pizza <sup>v</sup>
<b>Grab &amp; Go</b>					
<b>Grab &amp; Go</b>	Chicken Taco Salad	Chicken Salad Sandwich	Hearty Garden Salad <sup>v</sup>	Chicken Dipper Salad	Cured Turkey Sub Sandwich
<b>Side</b>	Tortilla Chips		Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll
<b>From the Field</b>					
<b>From the Field</b>	Southwest Pinto Beans	Lemon Roasted Broccoli	Steamed Carrots	Roasted Corn	Green Beans
<b>FRUITS</b>	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Curried Chickpeas, &amp; Baby Carrots</i>				
	Fresh Nectarine	Fresh Peach	Fresh Strawberries	Fresh Honeydew Cubes	Fresh Cantaloupe Cubes
	Diced Pears	Mixed Fruit Salad	Applesauce Cup	Chilled Peaches	Applesauce Cup
<b>Milk</b>	<b>Nonfat &amp; 1% White Milk</b>				
<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: Elementary W1  
 Site Group: Inspire  
 Serving Group: K-5

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)	556.26	557.27	627.54	701.85	496.43	[550.00 - 650.00]	587.87(M)	
Fat (g)	19.19 (31.04%)	15.24 (24.62%)	22.06 (31.64%)	17.89 (22.94%)	15.58 (28.24%)		17.99(M)	27.54%
Sfat (g)	6.19 (10.01%)	5.50 (8.89%)	6.65 (9.54%)	5.69 (7.30%)	2.60 (4.71%)	< 10.00 % of Calories	5.33(M)	8.16%
TFat (g)	0.00	0.01	0.00	0.00	0.05		0.01(M)	
Sodium Target 1 (mg)	1098.83	1198.01	841.78	1118.39	1227.70	< 1,230.00	1,096.94(M)	
Sodium Target 2 (mg)	1098.83	1198.01	841.78	1118.39	1227.70	< 935.00	1,096.94(M)	
Carb (g)	67.86 (48.80%)	77.93 (55.94%)	81.22 (51.77%)	96.37 (54.92%)	70.83 (57.07%)		78.84(M)	53.65%
Pro (g)	32.51 (23.37%)	29.81 (21.40%)	28.70 (18.29%)	43.55 (24.82%)	24.55 (19.78%)		31.82(M)	21.65%

## Legend

(M) Indicates missing nutrient values.

# Weekly Nutrient Summary

Menu Names: Elementary W2  
 Site Group: Inspire  
 Serving Group: K-5

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)	632.24	649.08	601.55	603.59	615.63	[550.00 - 650.00]	620.42(M)	
Fat (g)	17.81 (25.35%)	21.44 (29.72%)	10.41 (15.57%)	15.30 (22.82%)	22.06 (32.25%)		17.40(M)	25.24%
Sfat (g)	6.56 (9.33%)	3.67 (5.08%)	2.30 (3.45%)	6.19 (9.24%)	7.30 (10.67%)	< 10.00 % of Calories	5.20(M)	7.55%
TFat (g)	0.00	0.08	0.00	0.00	0.01		0.02(M)	
Sodium Target 1 (mg)	1363.10	712.20	1845.36	988.73	1003.85	< 1,230.00	1,182.65(M)	
Sodium Target 2 (mg)	1363.10	712.20	1845.36	988.73	1003.85	< 935.00	1,182.65(M)	
Carb (g)	81.13 (51.33%)	86.87 (53.54%)	106.39 (70.75%)	86.74 (57.49%)	75.80 (49.25%)		87.39(M)	56.34%
Pro (g)	39.71 (25.12%)	34.03 (20.97%)	27.02 (17.97%)	35.38 (23.45%)	30.30 (19.69%)		33.29(M)	21.46%

## Legend

(M) Indicates missing nutrient values.

# Weekly Nutrient Summary

Menu Names: Elementary W3  
 Site Group: Inspire  
 Serving Group: K-5

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)	556.26	557.27	627.54	701.85	496.43	[550.00 - 650.00]	587.87(M)	
Fat (g)	19.19 (31.04%)	15.24 (24.62%)	22.06 (31.64%)	17.89 (22.94%)	15.58 (28.24%)		17.99(M)	27.54%
Sfat (g)	6.19 (10.01%)	5.50 (8.89%)	6.65 (9.54%)	5.69 (7.30%)	2.60 (4.71%)	< 10.00 % of Calories	5.33(M)	8.16%
TFat (g)	0.00	0.01	0.00	0.00	0.05		0.01(M)	
Sodium Target 1 (mg)	1098.83	1198.01	841.78	1118.39	1227.70	< 1,230.00	1,096.94(M)	
Sodium Target 2 (mg)	1098.83	1198.01	841.78	1118.39	1227.70	< 935.00	1,096.94(M)	
Carb (g)	67.86 (48.80%)	77.93 (55.94%)	81.22 (51.77%)	96.37 (54.92%)	70.83 (57.07%)		78.84(M)	53.65%
Pro (g)	32.51 (23.37%)	29.81 (21.40%)	28.70 (18.29%)	43.55 (24.82%)	24.55 (19.78%)		31.82(M)	21.65%

## Legend

(M) Indicates missing nutrient values.