

# DCPS High School Crossroads Cafe

August 29 - September 2

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

## SIDES

**OFFERED DAILY WITH LUNCH CHOICES**

Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

## Daily Special/Everyday

## FAVORITES

<b>MONDAY</b>	Traditional Chicken Noodle Soup
<b>TUESDAY</b>	Curried Sweet Potato Bowl
<b>WEDNESDAY</b>	Mediterranean Vegetable Omelet with Biscuit & Homemade Jam
<b>THURSDAY</b>	California Chicken Pot Pie with Vegetables & Biscuit Crust
<b>FRIDAY</b>	Grilled Savory Chicken Dunks served with Honey BBQ Dip and Sweet Potatoes Bites

## Daily Special/Everyday

*Specialty Grill Item or Pizza Daily*

## MARKET

<b>MONDAY</b>	Chipotle Chicken or Mo' Burger, Grilled Cheese
<b>TUESDAY</b>	Alaska Five-O, Caprese Turkey, Garden Burger
<b>WEDNESDAY</b>	Supreme, Pep or Spinach Pizza
<b>THURSDAY</b>	Breakfast Bagel, Hamburger, Mushroom Lover Burger
<b>FRIDAY</b>	Ched Ranch, Italian or Cheese Pizza

## FAST TAKES

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

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

<b>MONDAY</b>	Crisp Vegetable Flatbread Rollup, Zesty Italian Sandwich
<b>TUESDAY</b>	Asian Chicken Wrap, Turkey Katsu Sando
<b>WEDNESDAY</b>	Thanksgiving Wrap, Double Decker Biggie Sandwich
<b>THURSDAY</b>	Spinach Wrap, Sunbutter & Jelly Sandwich
<b>FRIDAY</b>	Tuna Salad Wrap, Spicy Biggie Sandwich

## CREATIONS

**This Week's Feature:**

## CREATIONS

Chicken or Broccoli Alfredo Macaroni  
Baked Penne or Sloppy Joe Mac  
Spaghetti with Zesty Marinara or Meat Sauce  
Fiesta Queso or Deluxe Macaroni & Cheese  
Fiery Alfredo Macaroni or Pumpkin Penne

This institution is an equal opportunity provider.

CROSSROADS  
**CAFE**  
by *sodexo*

## Nutrition Information

### G9-12 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 <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Mon - 08/29/2016	744	1250	27.43	33.19%	8.58	10.38%	0.00	0.00%
Tue - 08/30/2016	776	1171	23.45	27.22%	6.97	8.09%	0.00	0.00%
Wed - 08/31/2016	752	1082	26.06	31.18%	8.37	10.02%	0.00	0.00%
Thu - 09/01/2016	780	1207	25.58	29.50%	8.28	9.56%	0.00	0.00%
Fri - 09/02/2016	745	1213	26.71	32.27%	8.00	9.66%	0.00	0.00%
Weighted Average	759	1184	25.85	30.63%	8.04	9.53%	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.