DCPS High School Crossroads Cafe

August 22 - August 26

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

FAVORITES

Daily Special/Everyday

MONDAY	Mini Cheese stuffed Ravioli's with Marinara Sauce
TUESDAY	Thai-style Pineapple Fried Rice with Chicken
WEDNESDAY	Flakey Vegetable Quiche
THURSDAY	Tangy Barbecue Chicken with Cuban Style Brown Rice
FRIDAY	Spaghetti with Tuscan Meatballs

DELI

Daily Special/Everyday

Turkey Sandwich or Wrap

Turkey Ham or American Salad or Wrap

MONDAY	Asian Salad, Sandwich or Wrap
TUESDAY	Classic Chef Salad, Sandwich or Wrap
WEDNESDAY	Chicken Caesar Salad, Sandwich or Wrap
THURSDAY	Italian-style Salad, Sandwich or Wrap
FRIDAY	Buffalo Chicken Salad

CREATIONS

This Week's Feature:

Mexican Studded Black or
Huevos Rancheros Burrito
Alaskan Pollock Fish or
Mexi-Chicken Tacos
Fajita Vegetable or Jamaican Jerk Chicken Quesadilla
Southwest Black Bean or Kogi Chicken Nachos
Turkey Suiza Enchilada or
Vegetarian Tostada

SIDES

A Minimum of 6 Sides offered daily with lunch choices

MONDAY Spinach Salad Mix, Baby Carrots, White Bean & Jicama Salad, Cucumber Slices, Diced Tomatoes, Fresh Apples,& Chilled Applesauce

TUESDAY Super Salad Mix, Baby Carrots, White Bean & Jicama Salad, Asian Slaw, Diced Tomatoes, Bananas, Orange Smiles

WEDNESDAY Spinach Salad Mix, Ginger Carrot Salad, White Bean & Jicama Salad, Cucumber Slices, Tomato Basil Salad, Fresh Apples, & Chilled Apricots

THURSDAY Super Salad Mix, Baby Carrots, White bean & Jicama Salad, Asian Slaw, Diced Tomatoes, Bananas, Orange Smiles

FRIDAY Spinach Salad Mix, Ginger Carrot Salad, White Bean & Jicama Salad, Cucumber Slices, Tomato Basil Salad, Fresh Apples, & Mixed Fruit Salad

MARKET

Daily Special/Everyday

Specialty Grill Item or Pizza Daily

MONDAY	Turkey Katsu Sando, Deluxe Cheeseburger
TUESDAY	Hawaiian, Pep or Garden Pizza
WEDNESDAY	Banh Mi Turkey Sand, Cool Ranch Burger
THURSDAY	BBQ, Italian or Cheese Pizza
FRIDAY	Cajun Muffaletta, Turkey Cranberry or Spicy Blackbean Burger

FAST TAKES

Grab and Go Salad, Subs and

Variety of Turkey Ham, Turkey, Garden Subs

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

MONDAY	Baja Fish Wrap, Sunbutter & Jelly Sandwich
TUESDAY	Chef Salad Wrap, Muffaletta Biggie Sandwich
WEDNESDAY	Turkey Wrap, Alaskan Pollock Po' Boy
THURSDAY	Chicken Caesar Wrap, Garden Sub
FRIDAY	Fiery Dragon Wrap, Turkey Caprese Biggie Sandwich

This institution is an equal opportunity provider.

CROSS ROADS CAFE by sodexo

Nutrition Information
G9-12 Lunch

Aug 22, 2016 - Aug 26, 2016
Week 1

	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 – 08/22/2016	727	1270	25.06	31.03%	7.51	9.30%	0.00	0.00%
Tue - 08/23/2016	753	1153	23.52	28.10%	7.95	9.50%	0.00	0.00%
Wed - 08/24/2016	753	1182	28.04	33.50%	8.51	10.17%	0.00	0.00%
Thu - 08/25/2016	782	1225	25.69	29.58%	8.59	9.89%	0.00	0.00%
Fri - 08/26/2016	747	1119	22.67	27.31%	6.52	7.85%	0.00	0.00%
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***
[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.