



# Middle School Lunch - August 2019

SodexoMAGIC - DC Public Schools

MONDAY August 26, 2019	TUESDAY August 27, 2019	WEDNESDAY August 28, 2019	THURSDAY August 29, 2019	FRIDAY August 30, 2019
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## Choose One Entree

Choose One Entree	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Favorites</b>	Veggie Tortellini w/ Cheesy Breadstick <b>V</b>	Teriyaki Grilled Chicken w/ Vegetables and Brown Rice	Korean BBQ Turkey Taco w/ Pineapple Slaw	Kickn' Black Bean & Cheese Enchilada <b>V</b>	Rainbow Veggie Chili w/ Tortilla Chips <b>VE</b>
<b>Creations</b>	Honey BBQ Chicken Sandwich	Buffalo Chicken Pizza Cheese Pizza <b>V</b>	Grilled Cheese Sandwich <b>V</b>	Chicken Quesadilla	Turkey Sausage Pizza Cheese Pizza <b>V</b>
<b>Grab &amp; Go</b>	Turkey & Cheese Sub Sandwich	Chicken Salad Sandwich	Buffalo Chicken Wrap	Southwest Chicken Wrap	Cured Turkey Sub Sandwich
	Chicken Dipper Salad w/ Wheat Dinner Roll	Chicken Caesar Salad w/ Wheat Dinner Roll	Hearty Garden Salad w/ Wheat Dinner Roll <b>V</b>	Chicken Taco Salad w/ Tortilla Chips	Classic Chef Salad w/ Wheat Dinner Roll

## Available Vegetables

Available Vegetables	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>From the Field</b>	Lemon Roasted Broccoli	Steamed Carrots	Buffalo Cauliflower	Southwest Pinto Beans	Roasted Corn
<b>Garden Bar:</b> Kale Salad, Cherry Tomatoes, Curried Chickpeas, & Baby Carrots					

## Available Fruit

Available Fruit	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Fruits</b>	<ul style="list-style-type: none"> <li>Fresh Apple</li> <li>Diced Pears</li> </ul>	<ul style="list-style-type: none"> <li>Orange Smiles</li> <li>All-Mixed-Up-Fruit Cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Peach</li> <li>Applesauce Cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Cantaloupe</li> <li>Chilled Peaches</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Strawberries</li> <li>Applesauce Cup</li> </ul>

<b>Milk</b>	Nonfat or 1% White Milk
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**V** – Indicates Vegetarian  
**VE** – Indicates Vegan

Green Color Font – Indicates Local Produce



# Weekly - Nutrient Summary

Menu Names: Middle School W1

Site Group: Inspire  
 Serving Group: 6-8

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)(1)	658.72	686.54	700.35	670.38	660.75	[600.00 - 700.00]	675.35(M)	
Total Fat (g)	19.99 (27.31%)	26.44 (34.66%)	17.19 (22.09%)	15.49 (20.80%)	20.67 (28.15%)		19.96(M)	26.59 %
Sat Fat (g)(1)	5.10 (6.97%)	6.31 (8.28%)	4.81 (6.18%)	5.89 (7.91%)	7.75 (10.55%)	< 10.00 % of Calories	5.97(M)	7.96 %
Trans Fat (g)(2)	0.05	0.04	0.00	0.00	0.00		0.02(M)	
Sodium Target 1 (mg)(13)	1,037.16	873.95	1,857.22	1,002.14	1,105.20	< 1,360.00	1,175.13(M)	
Sodium Target 2 (mg)(13)	1,037.16	873.95	1,857.22	1,002.14	1,105.20	< 1,035.00	1,175.13(M)	
Carb (g)	88.21 (53.57%)	76.55 (44.60%)	105.82 (60.44%)	95.74 (57.12%)	88.42 (53.53%)		90.95(M)	53.87 %
Protein (g)	38.04 (23.10%)	39.67 (23.12%)	34.98 (19.98%)	39.76 (23.72%)	34.37 (20.81%)		37.37(M)	22.13 %

## Legend

(M) Indicates missing nutrient values.

- Standard Value is the daily average requirement for a school week.
- Trans Fat is provided for informational purposes, not for monitoring purposes.
- Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2024 and does not impact pass/fail compliance prior to that date.