

DCPS Middle School Café Menu

August 22 - August 26

Our menus are aligned with the USDA's Healthier U.S. School Challenge.



**A MINIMUM OF 6 SIDES
OFFERED DAILY WITH
LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Daily Special/Everyday



- MONDAY** Mexican Studded Bean Burrito
- TUESDAY** Alaskan Pollock Tacos with Mexican Slaw & Flatbread
- WEDNESDAY** Jamaican Jerk Chicken Quesadilla & Garlic Knot
- THURSDAY** Tangy Barbecue Chicken with Cuban Style Brown Rice
- FRIDAY** Spaghetti with Tuscan Meatballs & Roll

Daily Special/Everyday



American, Turkey or Turkey Ham Salad, Sandwich 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



Daily Special/Everyday

American, Turkey, Turkey Ham Wraps, Sandwiches and Subs

Chef, Spinach, Chicken Caesar Subs

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



This Week's Feature:



- Tangy Turkey Katsu Sando
- Deluxe Cheeseburger with Green Leaf Lettuce
- Hawaiian style Pizza Garden Vegetable Pizza
- Cool Ranch Burger with Green Leaf Lettuce
- Grilled Sunbutter & Banana Sandwich
- BBQ Chicken Pizza Classic Cheese Pizza
- Cajun Muffaletta Sandwich
- Spicy Blackbean Burger



Nutrition Information

G6-8 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	604	1094	20.20	30.10%	6.61	9.85%	0.00	0.00%
Tue - 08/23/2016	608	920	18.32	27.11%	6.33	9.36%	0.00	0.00%
Wed - 08/24/2016	644	1028	25.43	35.56%	8.01	11.20%	0.00	0.00%
Thu - 08/25/2016	652	1201	19.78	27.31%	6.83	9.42%	0.00	0.00%
Fri - 08/26/2016	601	925	18.14	27.16%	5.23	7.83%	0.00	0.00%
Weighted Average	622	1034	20.37	29.49%	6.60	9.56%	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.