DCPS Middle School Café Menu

August 22 - August 26

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

THRIVE

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.

TRADITIONS

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

STACKS

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

FAST TAKES

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

THRIVE

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
WEDNESDAY	Spinach Salad Mix and Ginger Carrot
THURSDAY	Super Salad Mix, Baby Carrots, White Bean & Jicama Salad Asian
FRIDAY	Slaw Spinach Salad Mix, Ginger Carrot Salad, White Bean & Jicama Salad

REVOLVE

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

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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%