

Cafe Trendz High School Menu:
 Luke C. Moore, Washington Met, SWW High School



LUNCH	MONDAY 2/26/2018	TUESDAY 2/27/2018	WEDNESDAY 2/28/2018	THURSDAY 3/1/2018	FRIDAY 3/2/2018
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Favorites	Chicken Parm Pasta	Turkey Sausage Pizza	NACHO BAR	ACTION STATION Featuring	NO SCHOOL
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Side	Wheat Dinner Roll		Mexican Chicken or Southwest Black Beans ^v	Teriyaki Glazed Turkey w/ Broccoli, Carrots, & Peppers over Brown Rice	
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Creations	Classic Cheeseburger	Classic Cheese Pizza ^v	Toppings Include: Shredded Cheese, Diced Tomatoes, & Sour Cream	Max Mex Burger	
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Grab & Go	Sunbutter & Jelly Sandwich ^v	Turkey & Cheese Wrap	Asian Chicken Wrap	Southwest Wrap	
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	Classic Chef Salad	Asian Chicken Salad	Tuna Salad	Spinach Salad ^v	
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Side	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	
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From the Field	Roasted Broccoli	Collard Greens	Roasted Corn	Sweet Potato Wedges	
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Garden Bar: Super Salad

FRUITS	Fresh Apple	Orange Smiles	Fresh Banana	Fresh Pear	
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	Chilled Peaches	Applesauce Cup	Chilled Peaches	Fresh Apple	
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Notes *Menu Items highlighted in green include local produce. Entrée options followed by ^v indicate vegetarian option.*

Milk Nonfat & 1% White Milk



Cafe Trendz High School Menu:
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LUNCH	MONDAY 3/5/2018	TUESDAY 3/6/2018	WEDNESDAY 3/7/2018	THURSDAY 3/8/2018	FRIDAY 3/9/2018
Favorites	Turkey Pepperoni Pizza	Chicken Alfredo Macaroni	TACO BAR	ACTION STATION Featuring	Buffalo Chicken Drumstick
Side		Wheat Dinner Roll	Mexican Chicken or Turkey Carnitas	Sweet & Sour Chicken w/ Peppers, Broccoli, & Carrots over Brown Rice	Cilantro Rice
Creations	Classic Cheese Pizza ^v	Traditional Hamburger	Toppings Include: Lettuce, Salsa & Shredded Cheese	Mo'Burger w/ Cheese	Grilled Cheese Sandwich ^v
Grab & Go	Sunbutter & Jelly Sandwich ^v	Buffalo Chicken Wrap	American Sub Sandwich	Southwest Wrap	Garden Wrap ^v
	Chicken Dipper Salad	Spinach Salad ^v	Greek Salad ^v	Hearty Garden Salad ^v	Chef's Special
Side	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll
From the Field	Green Beans	Steamed Carrots	Mexican Black Beans	Roasted Broccoli	Roasted Corn
	<i>Garden Bar: Garden Salad w/ Tomatoes, Cucumbers, & Carrots</i>				
FRUITS	Fresh Apple	Orange Smiles	Fresh Banana	Fresh Pear	Fresh Banana
	Chilled Pears	Chilled Apricots	Chilled Pears	Chilled Apricots	Chilled Applesauce
Notes	<i>Menu Items highlighted in green include local produce. Entrée options followed by ^v indicate vegetarian option.</i>				
Milk	Nonfat & 1% White Milk				

Cafe Trendz High School Menu:
 Luke C. Moore, Washinton Met, SWW High School



LUNCH	MONDAY 3/12/2018	TUESDAY 3/13/2018	WEDNESDAY 3/14/2018	THURSDAY 3/15/2018	FRIDAY 3/16/2018
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Favorites	Sweet & Sour Grilled Chicken w/ Vegetables	Buffalo Chicken Pizza	QUESADILLAS	ACTION STATION Featuring	BBQ Turkey Mac & Cheese
Side	Brown Rice		Spicy Chicken or Cheese Quesadillas ^v	Tikka Masala w/ Chickpeas, Potatoes, & Broccoli Over Brown Rice	Wheat Dinner Roll
Creations	Hot Turkey & Cheese Sandwich	Cheese Pizza ^v	Toppings Include: Chunky Salsa & Sour Cream	Western Burger	Chipotle Chicken Sandwich

Grab & Go	Sunbutter & Jelly Sandwich ^v	Chicken Caesar Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap	Garden Wrap ^v
	Chicken Caesar Salad	Classic Chef Salad	Chicken Dipper Salad	Hearty Garden Salad ^v	Chef's Special
Side	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	

From the Field	Sesame Carrots	Roasted Ginger Kale	Southwest Pinto Beans	Baked Potato Wedges	Green Beans
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Garden Bar: Super Salad

FRUITS	Orange Smiles	Fresh Pear	Fresh Apple	Fresh Banana	Fresh Apple
	Mixed Fruit Salad	Diced Peaches	Mixed Fruit Salad	Applesauce Cup	Orange Smiles

Notes	<i>Menu Items highlighted in green include local produce. Entrée options followed by ^v indicate vegetarian option.</i>				
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Milk	Nonfat & 1% White Milk				
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Cafe Trendz High School Menu:
 Luke C. Moore, Washington Met, SWW High School



LUNCH	MONDAY 3/19/2018	TUESDAY 3/20/2018	WEDNESDAY 3/21/2018	THURSDAY 3/22/2018	FRIDAY 3/23/2018
Favorites	Chicken Parm Pasta	Turkey Sausage Pizza	NACHO BAR	Japan Day Japanese Chicken Curry	BBQ Chicken Drumstick w/ Spanish Rice
Side	Wheat Dinner Roll		Mexican Chicken or Southwest Black Beans ^v	Brown Rice	Breadstick
Creations	Classic Cheeseburger	Classic Cheese Pizza ^v	Toppings Include: Shredded Cheese, Diced Tomatoes, & Sour Cream	Japanese Veggie Curry w/ Brown Rice ^v	Turkey Dog
Grab & Go	Sunbutter & Jelly Sandwich ^v	Turkey & Cheese Wrap	Asian Chicken Wrap	Southwest Wrap	Egg Salad Sandwich ^v
Side	Classic Chef Salad	Asian Chicken Salad	Tuna Salad	Spinach Salad ^v	Chef's Special
	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	
From the Field	Roasted Broccoli	Collard Greens	Roasted Corn	Boiled Vegetables	Seasoned Black Beans
	Garden Bar: Garden Salad w/ Tomatoes, Cucumbers, & Carrots				
FRUITS	Fresh Apple	Orange Smiles	Fresh Banana	Fresh Pear	Fresh Banana
	Chilled Peaches	Applesauce Cup	Chilled Peaches	Fresh Apple	Applesauce Cup
Notes	Menu Items highlighted in green include local produce. Entrée options followed by ^v indicate vegetarian option.				
Milk	Nonfat & 1% White Milk				

Cafe Trendz High School Menu:
 Luke C. Moore, Washington Met, SWW High School



LUNCH	MONDAY 3/26/2018	TUESDAY 3/27/2018	WEDNESDAY 3/28/2018	THURSDAY 3/29/2018	FRIDAY 3/30/2018
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<i>Favorites</i>	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
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<i>Side</i>					
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<i>Creations</i>					
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<i>Grab & Go</i>					
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<i>Side</i>					
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<i>From the Field</i>					
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FRUITS					

Notes	<p align="center"><i>Menu Items highlighted in green include local produce.</i> <i>Entrée options followed by v indicate vegetarian option.</i></p>				
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Milk	Nonfat & 1% White Milk				
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Weekly Nutrient Summary

Generated on: 2/25/2018 6:30:35 PM by Megan Geiger

Menu Names: Cafe Trends HS Lunch W1
 Site Group: Inspire
 Serving Group: 9-12

Meal Pattern: [USDA]Meal Pattern SY 2017-2022
 Calculation Method: Weighted Analysis
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Day 4	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	740.26	722.28	749.58	795.43	[750.00 - 850.00]	751.89	
Fat (g)	26.26 (31.92%)	25.21 (31.41%)	16.65 (19.99%)	18.20 (20.59%)		21.58	25.83%
Sfat (g)(1)	7.35 (8.94%)	10.35 (12.89%)	5.53 (6.64%)	3.67 (4.15%)	< 10.00 % of Calories	6.73	8.05%
Na (mg)(1)	1111.24	1205.98	1019.42	926.58	< 1,420.00	1,065.80	
Carb (g)	92.48 (49.97%)	92.96 (51.48%)	119.56 (63.80%)	134.96 (67.87%)		109.99	58.51%
Pro (g)	40.08 (21.66%)	38.25 (21.19%)	39.37 (21.01%)	27.02 (13.59%)		36.18	19.25%

Legend

(M) Indicates missing nutrient values.

1 Standard Value is the daily average requirement for a school week.

Weekly Nutrient Summary

Generated on: 2/25/2018 6:32:52 PM by Megan Geiger

Menu Names: Cafe Trends HS Lunch W2

Site Group: Inspire
Serving Group: 9-12

Meal Pattern: [USDA]Meal Pattern SY 2017-2022
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)	885.90	712.12	904.59	636.68	656.77	[750.00 - 850.00]	759.21	
Fat (g)	35.05 (35.61%)	21.02 (26.57%)	28.08 (27.93%)	16.35 (23.11%)	22.46 (30.77%)		24.59	29.15%
Sfat (g)(1)	10.76 (10.93%)	6.33 (8.00%)	10.72 (10.67%)	4.68 (6.62%)	5.26 (7.21%)	< 10.00 % of Calories	7.55	8.95%
Na (mg)(1)	1283.95	1414.61	1501.64	838.05	782.70	< 1,420.00	1,164.19	
Carb (g)	102.24 (46.16%)	98.05 (55.08%)	119.47 (52.83%)	96.58 (60.68%)	101.61 (61.88%)		103.59	54.58%
Pro (g)	47.01 (21.23%)	36.25 (20.36%)	48.71 (21.54%)	29.56 (18.57%)	32.52 (19.81%)		38.81	20.45%

Legend

(M) Indicates missing nutrient values.

1 Standard Value is the daily average requirement for a school week.

Weekly Nutrient Summary

Generated on: 2/25/2018 8:23:58 PM by Megan Geiger

Menu Names: Cafe Trends HS Lunch W3

Site Group: Inspire
Serving Group: 9-12

Meal Pattern: [USDA]Meal Pattern SY 2017-2022
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)	862.89	654.19	766.21	766.52	745.53	[750.00 - 850.00]	759.07	
Fat (g)	30.74 (32.06%)	20.33 (27.97%)	18.36 (21.56%)	15.32 (17.99%)	22.30 (26.91%)		21.41	25.38%
Sfat (g)(1)	6.03 (6.29%)	7.48 (10.30%)	7.14 (8.39%)	4.50 (5.28%)	9.34 (11.27%)	< 10.00 % of Calories	6.90	8.18%
Na (mg)(1)	1377.03	1032.26	1492.29	1051.70	1260.52	< 1,420.00	1,242.76	
Carb (g)	117.79 (54.60%)	87.84 (53.71%)	110.02 (57.43%)	128.44 (67.02%)	103.72 (55.65%)		109.56	57.73%
Pro (g)	36.83 (17.07%)	36.57 (22.36%)	43.41 (22.66%)	32.76 (17.10%)	38.87 (20.85%)		37.69	19.86%

Legend

(M) Indicates missing nutrient values.

1 Standard Value is the daily average requirement for a school week.

Weekly Nutrient Summary

Generated on: 2/25/2018 7:19:46 PM by Megan Geiger

Menu Names: Cafe Trends HS Lunch W4

Site Group: Inspire
 Serving Group: 9-12

Meal Pattern: [USDA]Meal Pattern SY 2017-2022
 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)	937.61	758.90	683.00	734.41	775.49	[750.00 - 850.00]	777.88(M)	
Fat (g)	34.64 (33.25%)	26.78 (31.77%)	14.88 (19.60%)	16.70 (20.47%)	18.48 (21.45%)		22.30(M)	25.80%
Sfat (g)(1)	8.41 (8.07%)	11.13 (13.21%)	4.66 (6.14%)	4.36 (5.35%)	4.22 (4.90%)	< 10.00 % of Calories	6.56(M)	7.59%
Na (mg)(1)	1280.31	1258.22	815.35	2209.90	927.79	< 1,420.00	1,298.31(M)	
Carb (g)	115.96 (49.47%)	96.60 (50.92%)	113.48 (66.46%)	117.25 (63.86%)	121.57 (62.70%)		112.97(M)	58.09%
Pro (g)	47.46 (20.25%)	40.53 (21.36%)	32.31 (18.92%)	35.80 (19.50%)	37.00 (19.08%)		38.62(M)	19.86%

Legend

(M) Indicates missing nutrient values.

1 Standard Value is the daily average requirement for a school week.