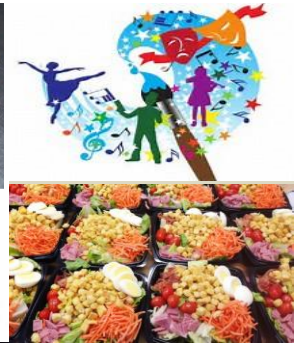


Cafe Trendz High School Menu:
 Luke C. Moore, Washington Met, SWW High School



LUNCH	MONDAY 1/1/2018	TUESDAY 1/2/2018	WEDNESDAY 1/3/2018	THURSDAY 1/4/2018	FRIDAY 1/5/2018
<i>Favorites</i>	NO SCHOOL	NO SCHOOL	Turkey Sausage or Cheese Pizza	Oven Baked Lasagna Roll	Buffalo Chicken Drumstick
<i>Side</i>				Breadstick	Cilantro Rice
<i>Creations</i>			Mo'Burger w/ Cheese	Grilled Cheese Sandwich	Chicken Quesadilla
<i>Grab & Go</i>			Tuna Salad Sandwich	Garden Wrap	Hearty Garden Salad
<i>Side</i>			Sunbutter & Jelly Sandwich	Chicken Caesar Salad	Chef's Special
				Wheat Dinner Roll	Wheat Dinner Roll
<i>From the Field</i>			Green Beans	Sesame Carrots	Roasted Corn
	<i>Garden Bar: Super Salad</i>				
FRUITS			Fresh Apple	Fresh Pear	Orange Smiles
			Diced Pears	Chilled Peaches	Applesauce Cup
Special Events					
Milk	Nonfat & 1% White Milk				

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



LUNCH	MONDAY 1/8/2018	TUESDAY 1/9/2018	WEDNESDAY 1/10/2018	THURSDAY 1/11/2018	FRIDAY 1/12/2018
Favorites	Memphis Meltdown Sandwich	Buffalo Chicken Pizza	QUESADILLAS	ACTION STATION Featuring	BBQ Turkey Mac & Cheese
Side			Spicy Chicken or Cheese Quesadillas	Teriyaki Glazed Turkey w/ Peppers, Broccoli & Carrots over Brown Rice	Wheat Dinner Roll
Creations	Hot Turkey & Cheese Sandwich	Cheese Pizza	Toppings Include: Chunky Salsa & Sour Cream	Western Burger	Chipotle Chicken Sandwich
Grab & Go	Sunbutter & Jelly Sandwich	Chicken Caesar Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap	Garden Wrap
	Chicken Caesar Salad	Classic Chef Salad	Chicken Dipper Salad	Hearty Garden Salad	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
	<i>Garden Bar: Garden Salad w/ Tomatoes, Cucumbers, & Carrots</i>				
FRUITS	Orange Smiles	Fresh Pear	Fresh Apple	Fresh Banana	Fresh Apple
	Mixed Fruit Salad	Diced Peaches	Mixed Fruit Salad	Applesauce Cup	Orange Smiles
Special Events					
Milk	Nonfat & 1% White Milk				

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



LUNCH	MONDAY 1/15/2018	TUESDAY 1/16/2018	WEDNESDAY 1/17/2018	THURSDAY 1/18/2018	FRIDAY 1/19/2018
Favorites	NO SCHOOL	Turkey Sausage Pizza	NACHO BAR	ACTION STATION Featuring	NO SCHOOL
Side			Mexican Chicken or Southwest Black Beans	Sweet & Sour Turkey w/ Peppers, Broccoli & Carrots over Brown Rice	
Creations		Classic Cheese Pizza	Toppings Include: Shredded Cheese, Diced Tomatoes, & Sour Cream	Max Mex Burger	
Grab & Go		Turkey & Cheese Wrap	Asian Chicken Wrap	Southwest Wrap	
		Asian Chicken Salad	Tuna Salad	Spinach Salad	
Side		Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	
From the Field		Collard Greens	Roasted Corn	Sweet Potato Wedges	
	<i>Garden Bar: Super Salad</i>				
FRUITS		Orange Smiles	Fresh Banana	Fresh Pear	
		Applesauce Cup	Chilled Peaches	Fresh Apple	
Special Events					
Milk	Nonfat & 1% White Milk				

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



LUNCH	MONDAY 1/22/2018	TUESDAY 1/23/2018	WEDNESDAY 1/24/2018	THURSDAY 1/25/2018	FRIDAY 1/26/2018
Favorites	Turkey Pepperoni Pizza	Chicken Alfredo Macaroni	TACO BAR	ACTION STATION Featuring	Buffalo Chicken Drumstick
Side		Wheat Dinner Roll	Mexican Chicken or Turkey Carnitas	Spinach & Chickpea Penne Pasta w/ Cheese	Cilantro Rice
Creations	Classic Cheese Pizza	Traditional Hamburger	Toppings Include: Lettuce, Salsa & Shredded Cheese	Mo'Burger w/ Cheese	Grilled Cheese Sandwich
Grab & Go	Sunbutter & Jelly Sandwich	Buffalo Chicken Wrap	American Sub Sandwich	Southwest Wrap	Garden Wrap
	Chicken Dipper Salad	Spinach Salad	Greek Salad	Hearty Garden Salad	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
Special Events					
Milk	Nonfat & 1% White Milk				

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



LUNCH	MONDAY 1/29/2018	TUESDAY 1/30/2018	WEDNESDAY 1/31/2018	THURSDAY 2/1/2018	FRIDAY 2/2/2018
Favorites	Memphis Meltdown Sandwich	Buffalo Chicken Pizza	QUESADILLAS	ACTION STATION Featuring	BBQ Turkey Mac & Cheese
Side			Spicy Chicken or Cheese Quesadillas	Tikka Masala w/ Chickpeas, Potatoes & Broccoli over Brown Rice	Wheat Dinner Roll
Creations	Hot Turkey & Cheese Sandwich	Cheese Pizza	Toppings Include: Chunky Salsa & Sour Cream	Western Burger	Chipotle Chicken Sandwich
Grab & Go	Sunbutter & Jelly Sandwich	Chicken Caesar Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap	Garden Wrap
	Chicken Caesar Salad	Classic Chef Salad	Chicken Dipper Salad	Hearty Garden Salad	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
	<i>Garden Bar: Super Salad</i>				
FRUITS	Orange Smiles	Fresh Pear	Fresh Apple	Fresh Banana	Fresh Apple
	Mixed Fruit Salad	Chilled Pears	Mixed Fruit Salad	Applesauce Cup	Orange Smiles
Special Events					
Milk	Nonfat & 1% White Milk				

Weekly Nutrient Summary

Generated on: 12/18/2017 9:31:44 PM by Stephanie Zafiroopoulos - intern

Menu Cycle Name: January 2018 Cafe Trendz Lunch Menu 2 Week 1
 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)			979.01	715.16	636.68	[750.00 - 850.00]	776.95	
Fat (g)			32.39 (29.77%)	19.67 (24.75%)	22.10 (31.24%)		24.72	28.59%
Sfat (g)(1)			12.40 (11.40%)	6.40 (8.05%)	5.20 (7.36%)	< 10.00 % of Calories	8.00	8.94%
TFat (g)(2)			0.00	0.01	0.01		0.01(M)	
Chol (mg)			88.47	42.77	73.61		68.28(M)	
Na (mg)(1)			1637.97	1290.40	766.74	< 1,420.00	1,231.70	
Carb (g)			124.34 (50.80%)	108.86 (60.89%)	98.30 (61.76%)		110.50	57.82%
TDF (g)			18.01	14.10	9.19		13.76	
Sugars (g)			36.50 (14.91%)	47.45 (26.54%)	39.98 (25.12%)		41.31(M)	22.19%
Pro (g)			52.64 (21.51%)	32.14 (17.98%)	31.69 (19.91%)		38.82	19.80%
Fe (mg)			4.78	4.57	2.15		3.83(M)	
Ca (mg)			527.70	558.13	464.65		516.82(M)	
A,IU			5503.75	7039.06	7248.99		6,597.27(M)	
VitC (mg)			30.60	46.98	25.51		34.36(M)	
Mois (g)			136.55	357.20	186.37		226.71(M)	
Ash (g)			0.87	2.64	1.38		1.63(M)	

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.

Weekly Nutrient Summary

Generated on: 12/18/2017 9:33:52 PM by Stephanie Zafiroopoulos - intern

Menu Cycle Name: January 2018 Cafe Trendz Lunch Menu 2 Week 2
 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)	904.60	727.41	828.21	766.52	753.54	[750.00 - 850.00]	796.06	
Fat (g)	31.80 (31.64%)	23.58 (29.18%)	20.66 (22.45%)	15.32 (17.99%)	20.12 (24.04%)		22.30	25.21%
Sfat (g)(1)	6.37 (6.34%)	8.96 (11.09%)	8.24 (8.95%)	4.50 (5.28%)	7.53 (8.99%)	< 10.00 % of Calories	7.12	8.05%
TFat (g)(2)	0.03	0.00	0.00	0.01	0.00		0.01(M)	
Chol (mg)	51.25	101.39	73.93	38.58	80.89		69.21(M)	
Na (mg)(1)	1612.30	1174.49	1604.29	1051.70	1164.15	< 1,420.00	1,321.38	
Carb (g)	124.80 (55.18%)	95.07 (52.28%)	116.32 (56.18%)	128.44 (67.02%)	110.81 (58.82%)		115.09	57.83%
TDF (g)	25.17	13.66	19.65	12.55	16.27		17.46	
Sugars (g)	59.92 (26.50%)	38.14 (20.97%)	39.77 (19.21%)	37.63 (19.64%)	41.68 (22.12%)		43.43(M)	21.82%
Pro (g)	38.46 (17.01%)	40.84 (22.46%)	47.31 (22.85%)	32.76 (17.10%)	38.19 (20.27%)		39.51	19.85%
Fe (mg)	6.28	4.04	4.40	4.60	3.85		4.64(M)	
Ca (mg)	610.80	695.88	483.29	448.86	608.25		569.42(M)	
A,IU	65721.90	9189.90	8895.76	7180.33	4661.22		19,129.82(M)	
VitC (mg)	73.16	17.81	39.70	23.16	62.62		43.29(M)	
Mois (g)	502.98	203.33	225.00	128.37	284.73		268.88(M)	
Ash (g)	3.94	1.13	1.10	1.00	1.11		1.66(M)	

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.

Weekly Nutrient Summary

Generated on: 12/18/2017 9:35:18 PM by Stephanie Zafiroopoulos - intern

Menu Cycle Name: January 2018 Cafe Trendz Lunch Menu 2 Week 3
 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)		607.56	706.87	832.05		[750.00 - 850.00]	715.49	
Fat (g)		18.19 (26.95%)	14.99 (19.09%)	18.43 (19.93%)			17.20	21.99%
Sfat (g)(1)		7.11 (10.54%)	5.10 (6.50%)	3.69 (3.99%)		< 10.00 % of Calories	5.30	7.01%
TFat (g)(2)		0.00	0.00	0.01			0.00(M)	
Chol (mg)		53.75	54.59	40.59			49.64(M)	
Na (mg)(1)		1089.58	871.78	904.18		< 1,420.00	1,083.30	
Carb (g)		80.89 (53.25%)	116.52 (65.94%)	142.48 (68.50%)			955.18	62.56%
TDF (g)		10.98	15.26	15.67			13.97	
Sugars (g)		29.74 (19.58%)	51.43 (29.11%)	46.10 (22.16%)			42.42(M)	23.62%
Pro (g)		35.18 (23.16%)	35.45 (20.06%)	28.52 (13.71%)			49.58	18.98%
Fe (mg)		3.53	3.50	3.83			3.62(M)	
Ca (mg)		634.15	494.62	454.30			527.69(M)	
A,IU		9233.74	10106.10	8857.22			6,629.02(M)	
VitC (mg)		40.96	37.13	28.22			35.44(M)	
Mois (g)		168.65	238.57	259.54			666.76(M)	
Ash (g)		1.05	1.40	1.45			1.30(M)	

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.

Weekly Nutrient Summary

Generated on: 12/18/2017 9:37:44 PM by Stephanie Zafiroopoulos - intern

Menu Cycle Name: January 2018 Cafe Trendz Lunch Menu 2 Week 4
 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)	793.39	712.12	979.01	715.16	636.68	[750.00 - 850.00]	767.27	
Fat (g)	30.07 (34.11%)	21.02 (26.57%)	32.39 (29.77%)	19.67 (24.75%)	22.10 (31.24%)		25.05	29.38%
Sfat (g)(1)	9.65 (10.95%)	6.33 (8.00%)	12.40 (11.40%)	6.40 (8.05%)	5.20 (7.36%)	< 10.00 % of Calories	8.00	9.38%
TFat (g)(2)	0.00	0.04	0.00	0.01	0.01		0.01(M)	
Chol (mg)	68.99	63.82	88.47	42.77	73.61		67.53(M)	
Na (mg)(1)	1164.32	1414.61	1637.97	1290.40	766.74	< 1,420.00	1,254.81	
Carb (g)	93.51 (47.15%)	98.05 (55.08%)	124.34 (50.80%)	108.86 (60.89%)	98.30 (61.76%)		104.61	54.54%
TDF (g)	15.16	13.64	18.01	14.10	9.19		14.02	
Sugars (g)	38.50 (19.41%)	42.89 (24.09%)	36.50 (14.91%)	47.45 (26.54%)	39.98 (25.12%)		41.06(M)	21.41%
Pro (g)	43.17 (21.77%)	36.25 (20.36%)	52.64 (21.51%)	32.14 (17.98%)	31.69 (19.91%)		39.18	20.42%
Fe (mg)	5.27	5.11	4.78	4.57	2.15		4.38(M)	
Ca (mg)	733.37	643.04	527.70	558.13	464.65		585.38(M)	
A,IU	11079.96	28799.60	5503.75	7039.06	7248.99		11,934.27(M)	
VitC (mg)	27.43	77.77	30.60	46.98	25.51		41.66(M)	
Mois (g)	218.31	383.74	136.55	357.20	186.37		256.43(M)	
Ash (g)	1.34	2.85	0.87	2.64	1.38		1.82(M)	

Legend

(M) Indicates missing nutrient values.

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Weekly Nutrient Summary

Generated on: 12/18/2017 9:38:56 PM by Stephanie Zafiroopoulos - intern

Menu Cycle Name: January 2018 Cafe Trendz Lunch Menu 2 Week 5
 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)	904.60	727.41	828.21	766.52	753.54	[750.00 - 850.00]	796.06	
Fat (g)	31.80 (31.64%)	23.58 (29.18%)	20.66 (22.45%)	15.32 (17.99%)	20.12 (24.04%)		22.30	25.21%
Sfat (g)(1)	6.37 (6.34%)	8.96 (11.09%)	8.24 (8.95%)	4.50 (5.28%)	7.53 (8.99%)	< 10.00 % of Calories	7.12	8.05%
TFat (g)(2)	0.03	0.00	0.00	0.01	0.00		0.01(M)	
Chol (mg)	51.25	101.39	73.93	38.58	80.89		69.21(M)	
Na (mg)(1)	1612.30	1174.49	1604.29	1051.70	1164.15	< 1,420.00	1,321.38	
Carb (g)	124.80 (55.18%)	95.07 (52.28%)	116.32 (56.18%)	128.44 (67.02%)	110.81 (58.82%)		115.09	57.83%
TDF (g)	25.17	13.66	19.65	12.55	16.27		17.46	
Sugars (g)	59.92 (26.50%)	38.14 (20.97%)	39.77 (19.21%)	37.63 (19.64%)	41.68 (22.12%)		43.43(M)	21.82%
Pro (g)	38.46 (17.01%)	40.84 (22.46%)	47.31 (22.85%)	32.76 (17.10%)	38.19 (20.27%)		39.51	19.85%
Fe (mg)	6.28	4.04	4.40	4.60	3.85		4.64(M)	
Ca (mg)	610.80	695.88	483.29	448.86	608.25		569.42(M)	
A,IU	65721.90	9189.90	8895.76	7180.33	4661.22		19,129.82(M)	
VitC (mg)	73.16	17.81	39.70	23.16	62.62		43.29(M)	
Mois (g)	502.98	203.33	225.00	128.37	284.73		268.88(M)	
Ash (g)	3.94	1.13	1.10	1.00	1.11		1.66(M)	

Legend

(M) Indicates missing nutrient values.

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