



Middle School Lunch – December 2019

SodexoMAGIC - DC Public Schools

MONDAY December 2	TUESDAY December 3	WEDNESDAY December 4	THURSDAY December 5	FRIDAY December 6
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Choose One Entree

	MONDAY December 2	TUESDAY December 3	WEDNESDAY December 4	THURSDAY December 5	FRIDAY December 6
Favorites	Glorious Macaroni & Cheese w/ Garlic Knot V	Jamaican Jerk Chicken Bowl w/ Brown Rice	BBQ Turkey Nachos	Sweet & Sour Grilled Chicken w/ Vegetables w/ Brown Rice	Stuffed Shells w/ Marinara w/ Breadstick V
Creations	Turkey Sloppy Joe	Jamaican Jerk Chicken Pizza Cheese Pizza V	Chicken Quesadilla	Traditional Hamburger	Turkey Sausage Pizza Cheese Pizza V
Grab & Go	Sweet Potato Wrap VE	Mediterranean Hummus Wrap VE	Chicken Caesar Wrap	Veggie Lo Mein VE	Sunbutter & Jelly Sandwich VE
	Lift Off! Spinach Salad w/ Wheat Dinner Roll V	Chicken Caesar Salad w/ Wheat Dinner Roll	Hearty Garden Salad w/ Wheat Dinner Roll V	Classic Chef Salad w/ Wheat Dinner Roll	Chicken Dipper Salad w/ Wheat Dinner Roll

Available Vegetables

From the Field	MONDAY December 2	TUESDAY December 3	WEDNESDAY December 4	THURSDAY December 5	FRIDAY December 6
	Citrus Glazed Carrots	Jerk Lentils	Sweet Potato Wedges	Sizzlin' Asian Veggie Stir Fry	Parmesan Roasted Broccoli
Garden Bar: Kale Salad, Cherry Tomatoes, Baby Carrots, & Corn					

Available Fruit

Fruits	MONDAY December 2	TUESDAY December 3	WEDNESDAY December 4	THURSDAY December 5	FRIDAY December 6
	<ul style="list-style-type: none"> Fresh Pear All-Mixed-Up Fruit Cup 	<ul style="list-style-type: none"> Orange Smiles Diced Peaches 	<ul style="list-style-type: none"> Fresh Banana Applesauce Cup 	<ul style="list-style-type: none"> Fresh Apple Diced Pears 	<ul style="list-style-type: none"> Orange Smiles Diced Peaches

Milk	MONDAY December 2	TUESDAY December 3	WEDNESDAY December 4	THURSDAY December 5	FRIDAY December 6
	Nonfat or 1% White Milk				

V – Indicates Vegetarian
VE – Indicates Vegan

Green Color Font – Indicates Local Produce





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MONDAY December 9	TUESDAY December 10	WEDNESDAY December 11	THURSDAY December 12	FRIDAY December 13
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Choose One Entree

Favorites	Veggie Tortellini w/ Cheesy Breadstick V	Teriyaki Grilled Chicken w/ Vegetables and Brown Rice	Korean BBQ Turkey Taco w/ Pineapple Slaw	Kickn' Black Bean & Cheese Enchilada V	Rainbow Veggie Chili w/ Tortilla Chips VE
Creations	Honey BBQ Chicken Sandwich	Buffalo Chicken Pizza Cheese Pizza V	Grilled Cheese Sandwich V	Chicken Quesadilla	Turkey Sausage Pizza Cheese Pizza V
Grab & Go	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 V	Chicken Taco Salad w/ Tortilla Chips	Classic Chef Salad w/ Wheat Dinner Roll

Available Vegetables

From the Field	Lemon Roasted Broccoli	Steamed Carrots	Buffalo Cauliflower	Southwest Pinto Beans	Roasted Corn
Garden Bar: Kale Salad , Cherry Tomatoes, Curried Chickpeas, & Baby Carrots					

Available Fruit

Fruits	<ul style="list-style-type: none"> Fresh Apple Diced Pears 	<ul style="list-style-type: none"> Orange Smiles All-Mixed-Up Fruit Cup 	<ul style="list-style-type: none"> Fresh Banana Applesauce Cup 	<ul style="list-style-type: none"> Fresh Apple Diced Peaches 	<ul style="list-style-type: none"> Fresh Pear Applesauce Cup
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Milk	Nonfat or 1% White Milk
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Monday December 16	TUESDAY December 17	WEDNESDAY December 18	THURSDAY December 19	FRIDAY December 20
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Choose One Entree

	Monday December 16	TUESDAY December 17	WEDNESDAY December 18	THURSDAY December 19	FRIDAY December 20
Favorites	Turkey Macaroni w/ Breadstick	Black Bean & Sweet Potato Taco Surprise V by 2019 Future Chef Winner Kimberly Lee	BBQ Chicken Drumstick w/ Whole Grain Honey Corn Biscuit	Roasted Turkey w/ Gravy & Thankful Knot	Baked Penne w/ Tomato Sauce w/ Garlic Knot V
Creations	BBQ Burger w/ Coleslaw	Turkey Pepperoni Pizza Cheese Pizza V	Turkey Dog	Garden Burger V	Jamaican Jerk Chicken Pizza Cheese Pizza V
Grab & Go	Tuna Salad Sandwich	Sunbutter & Jelly Sandwich VE	Cured Turkey Sandwich	Turkey Wrap	Turkey & Cheese Sub Sandwich
	Hearty Garden Salad w/ Wheat Dinner Roll V	Asian Chicken Wrap	Mediterranean Hummus Wrap VE	Chicken Caesar Salad w/ Wheat Dinner Roll	Classic Chef Salad w/ Wheat Dinner Roll

Available Vegetables

	Monday December 16	TUESDAY December 17	WEDNESDAY December 18	THURSDAY December 19	FRIDAY December 20
From the Field	BBQ Baked Beans	Roasted Corn	Seasoned Collard Greens	Roasted Cinnamon Sweet Potatoes	Parmesan Roasted Broccoli
Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Corn, & Baby Carrots					

Available Fruit

	Monday December 16	TUESDAY December 17	WEDNESDAY December 18	THURSDAY December 19	FRIDAY December 20
Fruits	<ul style="list-style-type: none"> Orange Smiles All-Mixed-Up Fruit Cup 	<ul style="list-style-type: none"> Fresh Pear Diced Peaches 	<ul style="list-style-type: none"> Fresh Apple Slices All-Mixed-Up Fruit Cup 	<ul style="list-style-type: none"> Fresh Banana Applesauce Cup 	<ul style="list-style-type: none"> Fresh Apple Applesauce Cup

Milk	Nonfat or 1% White Milk
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Middle School Lunch – December 2019

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	MONDAY December 23	TUESDAY December 24	WEDNESDAY December 25	THURSDAY December 26	FRIDAY December 27
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Choose One Entree

Favorites					
Creations	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
Grab & Go					

Available Vegetables

From the Field					

Available Fruit

Fruits					
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Milk					
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Middle School Lunch – December 2019

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MONDAY December 30	TUESDAY December 31	WEDNESDAY January 1	THURSDAY January 2	FRIDAY January 3
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Choose One Entree

	MONDAY December 30	TUESDAY December 31	WEDNESDAY January 1	THURSDAY January 2	FRIDAY January 3
Favorites				Turkey Sausage Pizza Cheese Pizza V	Veggie Tortellini w/ Cheesy Breadstick V
Creations	NO SCHOOL	NO SCHOOL	NO SCHOOL	Cheese Quesadilla V	Grilled Cheese Sandwich V
Grab & Go				Turkey Wrap	Tuna Salad Sandwich
				Southwest Chicken Sandwich	Turkey & Cheese Sub Sandwich

Available Vegetables

	MONDAY December 30	TUESDAY December 31	WEDNESDAY January 1	THURSDAY January 2	FRIDAY January 3
From the Field				Mixed Garden Vegetables	Seasoned Carrots
Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Baby Carrots, & Indian-Style Chickpeas					

Available Fruit

	MONDAY December 30	TUESDAY December 31	WEDNESDAY January 1	THURSDAY January 2	FRIDAY January 3
Fruits				<ul style="list-style-type: none"> • Orange Smiles • Chilled Pineapple 	<ul style="list-style-type: none"> • Fresh Apple • All-Mixed-Up Fruit Cup

Milk	Nonfat or 1% White Milk				
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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)	752.41	625.37	633.80	385.85	703.90	[600.00 - 700.00]	620.26(M)	
Total Fat (g)	17.76 (21.25%)	20.71 (29.80%)	18.68 (26.52%)	11.29 (26.34%)	24.24 (31.00%)		18.54(M)	26.90 %
Sat Fat (g)(1)	5.20 (6.22%)	6.24 (8.98%)	4.53 (6.43%)	2.75 (6.41%)	7.04 (9.01%)	< 10.00 % of Calories	5.15(M)	7.48 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	1,553.41	1,121.21	986.78	527.49	899.26	< 1,360.00	1,017.63(M)	
Sodium Target 2 (mg)(13)	1,553.41	1,121.21	986.78	527.49	899.26	< 1,035.00	1,017.63(M)	
Carb (g)	121.60 (64.65%)	80.46 (51.46%)	85.41 (53.90%)	56.53 (58.61%)	86.93 (49.40%)		86.19(M)	55.58 %
Protein (g)	34.72 (18.46%)	34.70 (22.20%)	29.36 (18.53%)	19.99 (20.73%)	39.70 (22.56%)		31.70(M)	20.44 %

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.

Weekly - Nutrient Summary

Menu Names: Middle School W2

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)	668.81	648.34	699.66	671.49	727.90	[600.00 - 700.00]	683.24(M)	
Total Fat (g)	19.32 (25.99%)	24.20 (33.60%)	16.15 (20.77%)	15.63 (20.95%)	20.53 (25.38%)		19.17(M)	25.25 %
Sat Fat (g)(1)	4.77 (6.42%)	7.27 (10.09%)	4.42 (5.69%)	5.82 (7.80%)	7.20 (8.90%)	< 10.00 % of Calories	5.90(M)	7.77 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	1,026.70	807.56	1,992.51	1,002.96	882.69	< 1,360.00	1,142.49(M)	
Sodium Target 2 (mg)(13)	1,026.70	807.56	1,992.51	1,002.96	882.69	< 1,035.00	1,142.49(M)	
Carb (g)	92.33 (55.22%)	75.03 (46.29%)	107.46 (61.43%)	96.32 (57.38%)	108.37 (59.55%)		95.90(M)	56.15 %
Protein (g)	39.11 (23.39%)	35.15 (21.68%)	35.27 (20.16%)	39.18 (23.34%)	32.52 (17.87%)		36.25(M)	21.22 %

Legend

(M) Indicates missing nutrient values.

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Weekly - Nutrient Summary

Menu Names: Middle School W3

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)	692.35	597.54	626.12	643.12	609.30	[600.00 - 700.00]	633.68(M)	
Total Fat (g)	9.81 (12.76%)	16.80 (25.30%)	23.33 (33.54%)	10.14 (14.19%)	20.76 (30.66%)		16.17(M)	22.96 %
Sat Fat (g)(1)	3.31 (4.30%)	6.32 (9.52%)	9.29 (13.36%)	2.29 (3.20%)	5.80 (8.56%)	< 10.00 % of Calories	5.40(M)	7.67 %
Trans Fat (g)(2)	0.01	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	1,244.73	630.24	1,560.99	640.72	934.53	< 1,360.00	1,002.24(M)	
Sodium Target 2 (mg)(13)	1,244.73	630.24	1,560.99	640.72	934.53	< 1,035.00	1,002.24(M)	
Carb (g)	122.48 (70.76%)	85.59 (57.30%)	75.93 (48.51%)	109.13 (67.88%)	82.89 (54.42%)		95.20(M)	60.10 %
Protein (g)	37.81 (21.84%)	29.59 (19.81%)	31.80 (20.32%)	36.81 (22.90%)	30.58 (20.07%)		33.32(M)	21.03 %

Legend

(M) Indicates missing nutrient values.

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- 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.

Weekly - Nutrient Summary

Menu Names: Middle School W4

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				Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	638.54	667.98				[600.00 - 700.00]	653.26(M)	
Total Fat (g)	17.72 (26.65%)	21.02 (33.31%)					19.37(M)	29.98 %
Sat Fat (g)(1)	6.16 (9.26%)	5.97 (9.47%)				< 10.00 % of Calories	6.06(M)	9.36 %
Trans Fat (g)(2)	0.00	0.04					0.02(M)	
Sodium Target 1 (mg)(13)	865.33	765.67				< 1,360.00	815.5(M)	
Sodium Target 2 (mg)(13)	865.33	765.67				< 1,035.00	815.5(M)	
Carb (g)	83.62 (55.88%)	60.36 (42.51%)					71.99(M)	49.19 %
Protein (g)	27.49 (18.37%)	34.96 (24.62%)					31.23(M)	21.49 %

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.