

# DCPS Education Campus Lunch Menu



Week 2	MONDAY 4/1/2019	TUESDAY 4/2/2019	WEDNESDAY 4/3/2019	THURSDAY 4/4/2019	FRIDAY 4/5/2019
<b>Favorites</b>	Turkey Macaroni	<b>Breakfast for Lunch:</b> Boiled Egg, Turkey Sausage, & Maple Pancakes	BBQ Chicken Drumstick	NO SCHOOL	NO SCHOOL
<b>Side</b>	Breadstick		Whole Grain Honey Corn Biscuit		
<b>Creations</b>	BBQ Burger w/ Coleslaw	Turkey Dog	Hot Turkey & Cheese Sandwich		
<b>Grab &amp; Go</b>	Tuna Salad Sandwich	Sunbutter & Jelly Sandwich <sup>v</sup>	Cured Turkey Sandwich		
<b>Side</b>	Hearty Garden Salad <sup>v</sup>	Asian Chicken Wrap	Mediterranean Hummus Wrap <sup>v</sup>		
	Wheat Dinner Roll	Wheat Dinner Roll			
<b>From the Field</b>	Citrus Glazed Carrots	Sweet Potato Wedges	Mashed Potatoes		
<b>FRUITS</b>	<i>Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Corn, &amp; Baby Carrots</i>				
	Orange Smiles	Fresh Pear	Fresh Apple Slices		
	All-Mixed-Up Fruit Cup	Diced Peaches	All-Mixed-Up Fruit Cup		
<b>Milk</b>	Nonfat & 1% White Milk				
<b>NOTES</b>	<i>Menu items highlighted in green include local produce. Entrée options followed by <sup>v</sup> indicate vegetarian option.</i>				
<b>Special Events</b>					

# DCPS Education Campus Lunch Menu



Week 3	MONDAY 4/8/2019	TUESDAY 4/9/2019	WEDNESDAY 4/10/2019	THURSDAY 4/11/2019	FRIDAY 4/12/2019
<b>Favorites</b>	Oven Baked Lasagna Roll <sup>v</sup>	Spaghetti w/ Turkey Meatballs	Chicken Nachos	Buffalo Chicken Drumstick	Breakfast for Lunch: Cheesy Omelet & Pancakes <sup>v</sup>
<b>Side</b>	Breadstick	Breadstick		Whole Grain Honey Corn Biscuit	
<b>Creations</b>	Traditional Cheeseburger	Turkey Pepperoni or Margherita Pizza <sup>v</sup>	Chipotle Chicken Sandwich	Alaskan Pollock Banh Mi Sandwich	Meatball Sub Sandwich
<b>Grab &amp; Go</b>	Cured Turkey Sub Sandwich	Chicken Salad Sandwich	American Turkey Sub Sandwich	Sunbutter & Jelly Sandwich <sup>v</sup>	Chef Salad Wrap
<b>Side</b>	Chicken Caesar Salad	Greek Salad <sup>v</sup>	Hearty Garden Salad <sup>v</sup>	Classic Chef Salad	Chicken Dipper Salad
	Wheat Dinner Roll	Tortilla Chips	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll
<b>From the Field</b>	Seasoned Collard Greens	Citrus Glazed Carrots	Mexican Black Beans	Roasted Kale & Sweet Potatoes	Roasted Potatoes
<b>FRUITS</b>	<i>Garden Bar: Mixed Salad Greens, Cucumber Slices, Cherry Tomatoes, &amp; Baby Carrots</i>				
	Fresh Apple	Orange Smiles	Fresh Banana	Fresh Pear	Orange Smiles
	Chilled Peaches	Applesauce Cup	Chilled Pears	Chilled Peaches	Applesauce Cup
<b>Milk</b>	Nonfat & 1% White Milk				
<b>NOTES</b>	<i>Menu items highlighted in green include local produce. Entrée options followed by <sup>v</sup> indicate vegetarian option.</i>				
<b>Special Events</b>					

# DCPS Education Campus Lunch Menu



Week 1	MONDAY 4/15/2019	TUESDAY 4/16/2019	WEDNESDAY 4/17/2019	THURSDAY 4/18/2019	FRIDAY 4/19/2019
Favorites	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
Side					
Creations					
Grab & Go					
Side					
From the Field					
FRUITS					
Milk					
NOTES	<i>Menu Items highlighted in green include local produce. Entrée options followed by ♡ indicate vegetarian option.</i>				
Special Events					

# DCPS Education Campus Lunch Menu



Week 4	MONDAY 4/22/2019	TUESDAY 4/23/2019	WEDNESDAY 4/24/2019	THURSDAY 4/25/2019	FRIDAY 4/26/2019
<b>Favorites</b>	Southwest Blackbean Nachos <sup>v</sup>	Thai Lemongrass Chicken	Chicken Drumstick w/ Mumbo Sauce	Chicken Alfredo Macaroni	Turkey Tacos
<b>Side</b>		Brown Rice	Honey Corn Biscuit	Garlic Knot	
<b>Creations</b>	Grilled Cheese Sandwich <sup>v</sup>	Veggie Fried Rice <sup>v</sup>	BBQ Burger w/ Coleslaw	Turkey Sausage or Veggie Pizza <sup>v</sup>	Cheese Quesadilla <sup>v</sup>
<b>Grab &amp; Go</b>	Italian Wrap	Sunbutter & Jelly Sandwich <sup>v</sup>	Lift-Off! Spinach Salad <sup>v</sup>	Classic Chef Salad	Tuna Salad Sandwich
<b>Side</b>	Turkey Wrap	Chicken Caesar Wrap	Mediterranean Hummus Wrap <sup>v</sup>	Greek Salad <sup>v</sup>	Chicken Dipper Salad
			Wheat Dinner Roll	Tortilla Chips	Wheat Dinner Roll
<b>From the Field</b>	Seasoned Potato Wedges	Sesame Carrots	BBQ Baked Beans	Mixed Garden Vegetables	Lemon Roasted Broccoli
<b>FRUITS</b>	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Baby Carrots, &amp; Indian-Style Chickpeas</i>				
	Orange Smiles	Fresh Pear	Fresh Apple Slices	Orange Smiles	Fresh Apple
	Applesauce Cup	Chilled Pineapple	All-Mixed-Up Fruit Cup	Chilled Pineapple	All-Mixed-Up Fruit Cup
<b>Milk</b>	<b>Nonfat &amp; 1% White Milk</b>				
<b>NOTES</b>	<i>Menu items highlighted in green include local produce. Entrée options followed by <sup>v</sup> indicate vegetarian option.</i>				
<b>Special Events</b>					

# DCPS Education Campus Lunch Menu



Week 5	MONDAY 4/29/2019	TUESDAY 4/30/2019	WEDNESDAY 5/1/2019	THURSDAY 5/2/2019	FRIDAY 5/3/2019
<b>Favorites</b>	Glorious Macaroni & Cheese <sup>v</sup>	Jamaican Jerk Chicken Bowl	BBQ Turkey Nachos	Sweet & Sour Grilled Chicken w/Vegetables	Stuffed Shells w/ Marinara <sup>v</sup>
<b>Side</b>	Garlic Knot	Brown Rice		Brown Rice	Breadstick
<b>Creations</b>	Turkey Sloppy Joe	Jamaican Jerk Chicken Pizza or Cheese Pizza <sup>v</sup>	Chicken Quesadilla	Traditional Hamburger	BBQ Chicken Drumstick w/ Spanish Rice
<b>Grab &amp; Go</b>	Buffalo Chicken Wrap	Mediterranean Hummus Wrap <sup>v</sup>	Chicken Caesar Wrap	Sunbutter & Jelly Sandwich <sup>v</sup>	Egg Salad Sandwich <sup>v</sup>
<b>Side</b>	Lift-Off! Spinach Salad <sup>v</sup>	Chicken Caesar Salad	Hearty Garden Salad <sup>v</sup>	Classic Chef Salad	Chicken Dipper Salad
	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll
<b>From the Field</b>	Citrus Glazed Carrots	Jerk Lentils	Sweet Potato Wedges	Sizzlin'Asian Veggie Stir-Fry	Parmesan Roasted Broccoli
<b>FRUITS</b>	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Baby Carrots, &amp; Corn</i>				
	Fresh Pear	Orange Smiles	Fresh Banana	Fresh Apple	Orange Smiles
	All-Mixed-Up Fruit Cup	Chilled Peaches	Applesauce Cup	Diced Pears	Chilled Peaches
<b>Milk</b>	Nonfat & 1% White Milk				
<b>NOTES</b>	<i>Menu items highlighted in green include local produce. Entrée options followed by <sup>v</sup> indicate vegetarian option.</i>				
<b>Special Events</b>					

# Weekly - Nutrient Summary

Menu Names: Education Campus W2  
 Site Group: Inspire  
 Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014  
 Calculation Method: Weighted Analysis  
 Meal Type: Lunch

Nutrient	Day 1	Day 2	Day 3	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	607.60	642.81	629.34	[600.00 - 650.00]	626.59	
Fat (g)	10.44 (15.47%)	23.64 (33.09%)	21.58 (30.86%)		18.55	26.65 %
Sfat (g)(1)	3.73 (5.52%)	5.07 (7.10%)	8.83 (12.62%)	< 10.00 % of Calories	5.88	8.44 %
TFat (g)(2)	0.00	2.70	0.00		0.90	
Sodium Target 1 (mg)(13)	1,105.98	652.17	1,736.77	< 1,230.00	1,164.97	
Sodium Target 2 (mg)(13)	1,105.98	652.17	1,736.77	< 935.00	1,164.97	
Carb (g)	104.41 (68.73%)	82.50 (51.33%)	80.99 (51.48%)		89.30	57.01 %
Pro (g)	29.62 (19.50%)	26.48 (16.48%)	31.60 (20.08%)		29.23	18.66 %

## 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, 2020 and does not impact pass/fail compliance prior to that date.

# Weekly - Nutrient Summary

Menu Names: Education Campus W3

Site Group: Inspire  
Serving Group: K-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)	530.21	688.49	646.54	690.04	503.03	[600.00 - 650.00]	611.66(M)	
Fat (g)	15.00 (25.46%)	28.23 (36.90%)	14.38 (20.02%)	25.63 (33.43%)	15.46 (27.65%)		19.74(M)	29.04 %
Sfat (g)(1)	5.83 (9.89%)	7.78 (10.17%)	5.15 (7.17%)	6.30 (8.21%)	4.97 (8.89%)	< 10.00 % of Calories	6.01(M)	8.84 %
TFat (g)(2)	0.00	0.10	0.00	0.00	0.00		0.02(M)	
Sodium Target 1 (mg)(13)	937.72	975.98	691.41	1,071.66	804.02	< 1,230.00	896.16(M)	
Sodium Target 2 (mg)(13)	937.72	975.98	691.41	1,071.66	804.02	< 935.00	896.16(M)	
Carb (g)	68.69 (51.82%)	76.87 (44.66%)	110.11 (68.12%)	94.83 (54.97%)	65.85 (52.36%)		83.27(M)	54.45 %
Pro (g)	32.62 (24.61%)	35.50 (20.62%)	28.65 (17.73%)	35.21 (20.41%)	27.38 (21.77%)		31.87(M)	20.84 %

## Legend

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# Weekly - Nutrient Summary

Menu Names: Education Campus W4

Site Group: Inspire  
Serving Group: K-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)	651.87	673.50	657.02	652.87	600.66	[600.00 - 650.00]	647.18	
Fat (g)	19.11 (26.39%)	20.83 (27.84%)	18.55 (25.41%)	28.27 (38.98%)	20.01 (29.98%)		21.35	29.70 %
Sfat (g)(1)	7.13 (9.85%)	4.10 (5.47%)	7.67 (10.50%)	8.65 (11.93%)	4.77 (7.14%)	< 10.00 % of Calories	6.46	8.99 %
TFat (g)(2)	0.00	0.00	0.00	0.07	0.05		0.03	
Sodium Target 1 (mg)(13)	1,061.88	769.67	1,466.07	872.59	805.85	< 1,230.00	995.21	
Sodium Target 2 (mg)(13)	1,061.88	769.67	1,466.07	872.59	805.85	< 935.00	995.21	
Carb (g)	92.54 (56.79%)	91.76 (54.49%)	97.45 (59.33%)	68.09 (41.72%)	71.92 (47.89%)		84.35	52.13 %
Pro (g)	27.74 (17.02%)	33.53 (19.91%)	31.17 (18.97%)	33.61 (20.59%)	36.72 (24.45%)		32.55	20.12 %

## Legend

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# Weekly - Nutrient Summary

Menu Names: Education Campus W5

Site Group: Inspire  
Serving Group: K-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)	677.53	524.00	663.20	615.67	566.41	[600.00 - 650.00]	609.36	
Fat (g)	21.36 (28.37%)	14.86 (25.52%)	16.19 (21.97%)	25.63 (37.46%)	16.52 (26.25%)		18.91	27.93 %
Sfat (g)(1)	8.42 (11.18%)	5.93 (10.18%)	2.27 (3.08%)	4.69 (6.86%)	3.74 (5.94%)	< 10.00 % of Calories	5.01	7.40 %
TFat (g)(2)	0.02	0.00	0.00	0.01	0.02		0.01	
Sodium Target 1 (mg)(13)	1,266.00	1,033.99	1,036.86	698.15	1,024.33	< 1,230.00	1,011.87	
Sodium Target 2 (mg)(13)	1,266.00	1,033.99	1,036.86	698.15	1,024.33	< 935.00	1,011.87	
Carb (g)	95.14 (56.17%)	70.39 (53.73%)	88.54 (53.40%)	65.62 (42.63%)	79.20 (55.93%)		79.78	52.37 %
Pro (g)	32.93 (19.44%)	32.62 (24.90%)	28.49 (17.18%)	34.25 (22.25%)	30.08 (21.24%)		31.67	20.79 %

## Legend

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