

## DCPS Education Campus Lunch Menu



Week 4	MONDAY 1/28/2019	TUESDAY 1/29/2019	WEDNESDAY 1/30/2019	THURSDAY 1/31/2019	FRIDAY 2/1/2019
<b>Favorites</b>	Southwest Blackbean Nachos <sup>v</sup>	Thai Lemongrass Chicken	Turkey Tacos	Chicken Drumstick w/ Mumbo Sauce	Chicken Alfredo Macaroni
<b>Side</b>		Brown Rice		Honey Corn Biscuit	Wheat Dinner Roll
<b>Creations</b>	Turkey Burger	Veggie Fried Rice <sup>v</sup>	Cheese Quesadilla <sup>v</sup>	BBQ Burger w/ Coleslaw	Turkey Sausage or Veggie Pizza <sup>v</sup>
<b>Grab &amp; Go</b>	Italian Wrap	Egg Salad Sandwich <sup>v</sup>	Tuna Salad Sandwich	Chicken Caesar Wrap	Turkey Wrap
<b>Side</b>	Lift-Off! Spinach Salad <sup>v</sup>	Classic Chef Salad	Chicken Caesar Salad	Greek Salad <sup>v</sup>	Chicken Dipper Salad
	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	Tortilla Chips	Wheat Dinner Roll
<b>From the Field</b>	Seasoned Potato Wedges	Sesame Carrots	Roasted Corn	BBQ Baked Beans	Mixed Garden Vegetables
<b>FRUITS</b>	<i>Garden Bar: Mixed Salad Greens, 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>	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 5	MONDAY 2/4/2019	TUESDAY 2/5/2019	WEDNESDAY 2/6/2019	THURSDAY 2/7/2019	FRIDAY 2/8/2019
<b>Favorites</b>	<b>Glorious Macaroni &amp; Cheese<sup>v</sup></b>	<b>Jamaican Jerk Chicken Bowl</b>	<b>BBQ Turkey Nachos</b>	<b>Asian Noodle Bowl w/ Broccoli</b>	<b>Chicken Parm Pasta</b>
<b>Side</b>	Garlic Knot	Brown Rice		Recipe by 2018 Future Chef Winner: Gabriela Bautista	Breadstick
<b>Creations</b>	<b>Turkey Sloppy Joe</b>	<b>BBQ Chicken Drumstick w/ Spanish Rice</b>	<b>Chicken Quesadilla</b>	<b>Traditional Hamburger</b>	<b>Turkey Sausage or Cheese Pizza<sup>v</sup></b>
<b>Grab &amp; Go</b>	<b>Buffalo Chicken Wrap</b>	<b>Mediterranean Hummus Wrap<sup>v</sup></b>	<b>Chicken Caesar Wrap</b>	<b>Sunbutter &amp; Jelly Sandwich<sup>v</sup></b>	<b>Egg Salad Sandwich<sup>v</sup></b>
<b>Side</b>	<b>Lift-Off! Spinach Salad<sup>v</sup></b>	<b>Chicken Caesar Salad</b>	<b>Hearty Garden Salad<sup>v</sup></b>	<b>Classic Chef Salad</b>	<b>Chicken Dipper Salad</b>
	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>	<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 1	MONDAY 2/11/2019	TUESDAY 2/12/2019	WEDNESDAY 2/13/2019	THURSDAY 2/14/2019	FRIDAY 2/15/2019
<b>Favorites</b>	Shepherd's Pie <sup>v</sup>	Teriyaki Grilled Chicken w/ Vegetables	Korean BBQ Turkey Taco w/ Pineapple Slaw	Kickn' Black Bean & Cheese Enchilada <sup>v</sup>	Rainbow Veggie Chili <sup>v</sup>
<b>Side</b>		Brown Rice			Tortilla Chips
<b>Creations</b>	Honey BBQ Chicken Sandwich	Teriyaki Veggie Burger w/ Pineapple slaw <sup>v</sup>	Grilled Cheese Sandwich <sup>v</sup>	Chicken Quesadilla	Turkey Sausage or Cheese Pizza <sup>v</sup>
<b>Grab &amp; Go</b>	American Turkey Sub Sandwich	Tuna Salad Sandwich	Buffalo Chicken Wrap	Southwest Chicken Wrap	Cured Turkey Sub Sandwich
	Chicken Dipper Salad	Chicken Caesar Salad	Hearty Garden Salad <sup>v</sup>	Chicken Taco Salad	Classic Chef Salad
<b>Side</b>	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	Tortilla Chips	Wheat Dinner Roll
<b>From the Field</b>	Roasted Corn	Lemon Roasted Broccoli	Steamed Carrots	Southwest Pinto Beans	Green Beans
	<i>Garden Bar: <b>Kale Salad</b>, Cherry Tomatoes, Curried Chickpeas, &amp; Baby Carrots</i>				
<b>FRUITS</b>	Fresh Apple	Orange Smiles	Fresh Banana	Fresh Apple	Fresh Pear
	Diced Pears	All-Mixed-Up Fruit Cup	Applesauce Cup	Chilled Peaches	Applesauce 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



	MONDAY 2/18/2019	TUESDAY 2/19/2019	WEDNESDAY 2/20/2019	THURSDAY 2/21/2019	FRIDAY 2/22/2019
<i>Favorites</i>	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
<i>Side</i>					
<i>Creations</i>					
<i>Grab &amp; Go</i>					
<i>Side</i>					
<i>From the Field</i>					
FRUITS					
Milk	Nonfat & 1% White Milk				
NOTES	<i>Menu Items highlighted in green include local produce. Entrée options followed by ♣ indicate vegetarian option.</i>				
<b>Special Events</b>					

# DCPS Education Campus Lunch Menu



Week 2	MONDAY 2/25/2019	TUESDAY 2/26/2019	WEDNESDAY 2/27/2019	THURSDAY 2/28/2019	FRIDAY 3/1/2019
<b>Favorites</b>	<b>BBQ Chicken Drumstick</b>	<b>Breakfast for Lunch:</b> Boiled Egg, Turkey Sausage, & Maple Pancakes	<b>Turkey Chili</b>	<b>Turkey Macaroni</b>	<b>Baked Penne w/ Tomato Sauce<sup>v</sup></b>
<b>Side</b>	Wheat Dinner Roll		Whole Grain Honey Corn Biscuit	Breadstick	Garlic Knot
<b>Creations</b>	<b>Grilled Cheese Sandwich<sup>v</sup></b>	<b>Hot Turkey &amp; Cheese Sandwich</b>	<b>BBQ Burger w/ Coleslaw</b>	<b>Garden Burger<sup>v</sup></b>	<b>Jamaican Jerk Chicken Pizza or Cheese Pizza<sup>v</sup></b>
<b>Grab &amp; Go</b>	<b>Tuna Salad Sandwich</b>	<b>Sunbutter &amp; Jelly Sandwich<sup>v</sup></b>	<b>Cured Turkey Sandwich</b>	<b>Asian Chicken Wrap</b>	<b>American Turkey Sub Sandwich</b>
	<b>American Turkey Sub Sandwich</b>	<b>Turkey Wrap</b>	<b>Mediterranean Hummus Wrap<sup>v</sup></b>	<b>Chicken Caesar Salad</b>	<b>Classic Chef Salad</b>
<b>Side</b>				Wheat Dinner Roll	Wheat Dinner Roll
<b>From the Field</b>	BBQ Baked Beans	Sweet Potato Wedges	Collard Greens	Mashed Potatoes	Parmesan Roasted Broccoli
	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Corn, &amp; Baby Carrots</i>				
<b>FRUITS</b>	Orange Smiles	Fresh Pear	Fresh Apple Slices	Fresh Banana	Fresh Apple
	All-Mixed-Up Fruit Cup	Diced Peaches	All-Mixed-Up Fruit Cup	Applesauce Cup	Diced Pears
<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>					

# 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)	611.26	681.86	609.11	650.54	634.12	[600.00 - 650.00]	637.38(M)	
Fat (g)	13.74 (20.22%)	22.64 (29.88%)	11.78 (17.40%)	18.11 (25.05%)	20.78 (29.49%)		17.41(M)	24.58 %
Sfat (g)(1)	3.51 (5.16%)	4.52 (5.97%)	3.01 (4.45%)	5.33 (7.37%)	7.30 (10.35%)	< 10.00 % of Calories	4.73(M)	6.68 %
TFat (g)(2)	0.00	0.05	0.00	0.00	0.01		0.01(M)	
Sodium Target 1 (mg)(13)	842.30	904.90	1,634.24	994.09	925.40	< 1,230.00	1,060.18(M)	
Sodium Target 2 (mg)(13)	842.30	904.90	1,634.24	994.09	925.40	< 935.00	1,060.18(M)	
Carb (g)	66.15 (43.28%)	77.42 (45.42%)	101.17 (66.44%)	91.35 (56.17%)	83.64 (52.76%)		83.94(M)	52.68 %
Pro (g)	30.57 (20.00%)	48.35 (28.36%)	28.21 (18.53%)	35.61 (21.90%)	30.20 (19.05%)		34.59(M)	21.71 %

## 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 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)	505.68	767.08	632.31	567.03	537.09	[600.00 - 650.00]	601.84	
Fat (g)	15.97 (28.42%)	29.04 (34.07%)	15.96 (22.72%)	13.31 (21.13%)	15.81 (26.49%)		18.02	26.94 %
Sfat (g)(1)	4.68 (8.33%)	5.71 (6.70%)	6.32 (8.99%)	3.77 (5.99%)	6.82 (11.42%)	< 10.00 % of Calories	5.46	8.17 %
TFat (g)(2)	0.02	2.25	0.00	0.00	0.01		0.46	
Sodium Target 1 (mg)(13)	867.72	828.64	1,203.22	1,371.29	929.33	< 1,230.00	1,040.04	
Sodium Target 2 (mg)(13)	867.72	828.64	1,203.22	1,371.29	929.33	< 935.00	1,040.04	
Carb (g)	66.27 (52.42%)	99.05 (51.65%)	97.24 (61.51%)	87.24 (61.54%)	67.04 (49.93%)		83.37	55.41 %
Pro (g)	30.30 (23.97%)	28.39 (14.80%)	29.06 (18.38%)	28.03 (19.77%)	33.48 (24.93%)		29.85	19.84 %

## Legend

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# Menu Cycle Week - Nutrient Summary

Menu Cycle Name: Education Campus W1  
 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)	651.62	583.52	570.68	685.78	681.25	[600.00 - 650.00]	634.57	
Fat (g)	18.39 (25.40%)	13.86 (21.38%)	11.70 (18.45%)	23.19 (30.43%)	28.36 (37.47%)		19.10	27.09 %
Sfat (g)(1)	6.44 (8.89%)	3.54 (5.47%)	3.29 (5.19%)	8.10 (10.64%)	7.85 (10.38%)	< 10.00 % of Calories	5.85	8.29 %
TFat (g)(2)	0.00	0.00	0.00	0.00	0.10		0.02	
Sodium Target 1 (mg)(13)	952.24	744.36	758.01	1,212.24	926.76	< 1,230.00	918.72	
Sodium Target 2 (mg)(13)	952.24	744.36	758.01	1,212.24	926.76	< 935.00	918.72	
Carb (g)	93.35 (57.30%)	85.77 (58.79%)	89.28 (62.58%)	91.73 (53.51%)	74.85 (43.95%)		87.00	54.84 %
Pro (g)	28.83 (17.70%)	31.92 (21.88%)	32.38 (22.70%)	32.08 (18.71%)	35.51 (20.85%)		32.15	20.26 %

## Legend

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# 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	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	668.79	767.08	632.31	500.14	607.73	[600.00 - 650.00]	635.21	
Fat (g)	10.93 (14.71%)	29.04 (34.07%)	15.96 (22.72%)	12.84 (23.11%)	24.82 (36.75%)		18.72	26.52 %
Sfat (g)(1)	3.09 (4.16%)	5.71 (6.70%)	6.32 (8.99%)	3.76 (6.77%)	8.71 (12.89%)	< 10.00 % of Calories	5.52	7.82 %
TFat (g)(2)	0.00	2.25	0.00	0.00	0.06		0.46	
Sodium Target 1 (mg)(13)	1,370.58	828.64	1,203.22	1,216.55	953.18	< 1,230.00	1,114.44	
Sodium Target 2 (mg)(13)	1,370.58	828.64	1,203.22	1,216.55	953.18	< 935.00	1,114.44	
Carb (g)	116.01 (69.39%)	99.05 (51.65%)	97.24 (61.51%)	73.07 (58.44%)	63.16 (41.57%)		89.71	56.49 %
Pro (g)	36.51 (21.84%)	28.39 (14.80%)	29.06 (18.38%)	26.28 (21.02%)	36.60 (24.09%)		31.37	19.75 %

## Legend

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