



Education Campus Lunch - October 2019

SodexoMAGIC - DC Public Schools

MONDAY September 30, 2019	TUESDAY October 1, 2019	WEDNESDAY October 2, 2019	THURSDAY October 3, 2019	FRIDAY October 4, 2019
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Choose One Entree

Category	Monday	Tuesday	Wednesday	Thursday	Friday
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 and Tortilla Chips VE
Creations	Honey BBQ Chicken Sandwich	Teriyaki Veggie Burger w/ Pineapple Slaw 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	Monday	Tuesday	Wednesday	Thursday	Friday
	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	Monday	Tuesday	Wednesday	Thursday	Friday
	<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 Chilled Peaches 	<ul style="list-style-type: none"> Fresh Pear Applesauce Cup

Milk	Monday - Friday
	Nonfat or 1% White Milk

V – Indicates Vegetarian
VE – Indicates Vegan

Green Color Font – Indicates Local Produce





Education Campus Lunch - October 2019

SodexoMAGIC - DC Public Schools

MONDAY October 7, 2019	TUESDAY October 8, 2019	WEDNESDAY October 9, 2019	THURSDAY October 10, 2019	FRIDAY October 11, 2019
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Choose One Entree

Favorites	Turkey Macaroni w/ Breadstick	Breakfast for Lunch: Boiled Egg, Turkey Sausage & Maple Pancakes	BBQ Chicken Drumstick w/ Whole Grain Honey Corn Biscuit	Turkey Chili w/ Tortilla Chips	
Creations	BBQ Burger w/ Coleslaw	Turkey Dog	Hot Turkey & Cheese Sandwich	Garden Burger V	PTC NO SCHOOL
Grab & Go	Tuna Salad Sandwich	Sunbutter & Jelly Sandwich VE	Cured Turkey Sandwich	Turkey Wrap	
	Hearty Green Salad w/ Wheat Dinner Roll V	Asian Chicken Wrap w/ Wheat Dinner Roll	Mediterranean Hummus Wrap VE	Chicken Caesar Salad w/ Wheat Dinner Roll	

Available Vegetables

From the Field	BBQ Baked Beans	Sweet Potato Wedges	Mashed Potatoes	Collard Greens	
Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Corn, & Baby Carrots					

Available Fruit

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 	
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Milk	Nonfat or 1% White Milk
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Education Campus Lunch - October 2019

SodexoMAGIC - DC Public Schools

MONDAY October 14, 2019	TUESDAY October 15, 2019	WEDNESDAY October 16, 2019	THURSDAY October 17, 2019	FRIDAY October 18, 2019
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Choose One Entree

Category	Monday	Tuesday	Wednesday	Thursday	Friday
Favorites		Spaghetti w/ Turkey Meatballs w/ Breadstick	Chicken Nachos	Buffalo Chicken Drumstick w/ Whole Grain Honey Corn Biscuit	Breakfast for Lunch: Cheesy Omelet & Pancakes V
Creations	HOLIDAY NO SCHOOL	Turkey Pepperoni Pizza Margherita Pizza V	Chipotle Chicken Sandwich	Alaskan Pollock Banh Mi Sandwich	Meatball Sub Sandwich
Grab & Go		Chicken Salad Sandwich	Turkey & Cheese Sub Sandwich	Sunbutter and Jelly Sandwich VE	Chef Salad Wrap
		Greek Salad w/ Wheat Dinner Roll V	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	Tuesday	Wednesday	Thursday	Friday
		Citrus Glazed Carrots	Mexican Black Beans	Roasted Kale & Sweet Potatoes	Roasted Potatoes
Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Cucumber Slices, & Baby Carrots					

Available Fruit

Fruits	Monday	Tuesday	Wednesday	Thursday	Friday
		<ul style="list-style-type: none"> Orange Smiles Applesauce Cup 	<ul style="list-style-type: none"> Fresh Banana Chilled Pears 	<ul style="list-style-type: none"> Fresh Pear Chilled Peaches 	<ul style="list-style-type: none"> Orange Smiles Applesauce Cup

Milk	Monday	Tuesday	Wednesday	Thursday	Friday
	Nonfat or 1% White Milk				

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Education Campus Lunch Menu October 2019

SodexoMAGIC - DC Public Schools

MONDAY October 21, 2019	TUESDAY October 22, 2019	WEDNESDAY October 23, 2019	THURSDAY October 24, 2019	FRIDAY October 25, 2019
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Choose One Entree

Category	Monday	Tuesday	Wednesday	Thursday	Friday
Favorites	Southwest Blackbean Nachos V	Thai Lemongrass Chicken w/ Brown Rice	Chicken Drumstick w/ Mumbo Sauce w/ Honey Corn Biscuit	Chicken Alfredo Macaroni w/ Garlic Knot	Turkey Tacos
Creations	Turkey Burger	Veggie Fried Rice V	BBQ Burger w/ Coleslaw	Turkey Sausage Pizza Veggie Pizza V	Cheese Quesadilla V
Grab & Go	Italian Wrap	Egg Salad Sandwich V	Turkey Wrap	Chicken Caesar Wrap	Tuna Salad Sandwich
	Lift-Off! Spinach Salad w/ Wheat Dinner Roll V	Classic Chef Salad w/ Wheat Dinner Roll	Mediterranean Humus Wrap VE	Greek Salad w/ Tortilla Chips V	Chicken Dipper Salad w/ Wheat Dinner Roll

Available Vegetables

From the Field	Monday	Tuesday	Wednesday	Thursday	Friday
	Seasoned Potato Wedges	Orange Broccoli	BBQ Baked Beans	Mixed Garden Vegetables	Seasoned Carrots
	Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Baby Carrots, & Indian-Style Chickpeas				

Available Fruit

Fruits	Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> Orange Smiles Applesauce Cup 	<ul style="list-style-type: none"> Fresh Pear Chilled Pineapple 	<ul style="list-style-type: none"> Fresh Apple Slices All-Mixed-Up Fruit Cup 	<ul style="list-style-type: none"> Orange Smiles Chilled Pineapple 	<ul style="list-style-type: none"> Fresh Apple All-Mixed-Up Fruit Cup

Milk	Monday - Friday
	Nonfat or 1% White Milk

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Education Campus Lunch - October 2019

SodexoMAGIC - DC Public Schools

MONDAY October 28, 2019	TUESDAY October 29, 2019	WEDNESDAY October 30, 2019	THURSDAY October 31, 2019	FRIDAY November 1, 2019
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Choose One Entree

Category	Monday	Tuesday	Wednesday	Thursday	Friday
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	BBQ Chicken Drumstick w/ Spanish Rice
Grab & Go	Buffalo Chicken Wrap	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	Tuesday	Wednesday	Thursday	Friday
	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	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> Fresh Pear All-Mixed-Up Fruit Cup 	<ul style="list-style-type: none"> Orange Smiles Chilled 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 Chilled Peaches

Milk	Monday - Friday
	Nonfat or 1% White Milk

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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)	529.58	721.52	693.15	715.36	590.29	[600.00 - 650.00]	649.98(M)	
Total Fat (g)	17.80 (30.25%)	22.31 (27.83%)	17.32 (22.49%)	15.87 (19.97%)	16.25 (24.78%)		17.91(M)	24.80 %
Sat Fat (g)(1)	4.47 (7.60%)	4.02 (5.02%)	4.82 (6.26%)	5.74 (7.22%)	6.54 (9.98%)	< 10.00 % of Calories	5.12(M)	7.09 %
Trans Fat (g)(2)	0.05	0.04	0.01	0.00	0.00		0.02(M)	
Sodium Target 1 (mg)(13)	808.87	1,033.46	1,879.44	1,043.71	753.66	< 1,230.00	1,103.83(M)	
Sodium Target 2 (mg)(13)	808.87	1,033.46	1,879.44	1,043.71	753.66	< 935.00	1,103.83(M)	
Carb (g)	60.46 (45.67%)	94.89 (52.61%)	103.55 (59.76%)	104.16 (58.24%)	81.52 (55.24%)		88.92(M)	54.72 %
Protein (g)	35.82 (27.05%)	42.99 (23.83%)	34.99 (20.19%)	42.37 (23.69%)	32.83 (22.25%)		37.80(M)	23.26 %

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: 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	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	678.97	690.87	584.77	615.80	[600.00 - 650.00]	642.60	
Total Fat (g)	8.79 (11.65%)	21.43 (27.92%)	17.68 (27.21%)	19.22 (28.08%)		16.78	23.50 %
Sat Fat (g)(1)	2.98 (3.95%)	4.42 (5.76%)	7.29 (11.23%)	6.13 (8.96%)	< 10.00 % of Calories	5.21	7.29 %
Trans Fat (g)(2)	0.00	1.58	0.00	0.00		0.39	
Sodium Target 1 (mg)(13)	1,390.81	683.99	1,292.21	1,061.16	< 1,230.00	1,107.04	
Sodium Target 2 (mg)(13)	1,390.81	683.99	1,292.21	1,061.16	< 935.00	1,107.04	
Carb (g)	122.03 (71.89%)	100.93 (58.44%)	76.96 (52.64%)	83.32 (54.12%)		95.81	59.64 %
Protein (g)	36.41 (21.45%)	27.58 (15.97%)	30.82 (21.08%)	34.64 (22.50%)		32.36	20.14 %

Legend

(M) Indicates missing nutrient values.

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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	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	711.78	573.62	647.13	618.77	[600.00 - 650.00]	637.82(M)	
Total Fat (g)	23.40 (29.59%)	16.93 (26.56%)	27.68 (38.50%)	17.43 (25.35%)		21.36(M)	30.14 %
Sat Fat (g)(1)	10.77 (13.62%)	6.06 (9.52%)	6.01 (8.36%)	5.38 (7.82%)	< 10.00 % of Calories	7.06(M)	9.96 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	1,144.63	819.92	830.96	914.51	< 1,230.00	927.51(M)	
Sodium Target 2 (mg)(13)	1,144.63	819.92	830.96	914.51	< 935.00	927.51(M)	
Carb (g)	84.19 (47.31%)	78.87 (55.00%)	83.93 (51.88%)	90.33 (58.39%)		84.33(M)	52.89 %
Protein (g)	45.03 (25.31%)	30.91 (21.55%)	31.13 (19.24%)	28.52 (18.43%)		33.90(M)	21.26 %

Legend

(M) Indicates missing nutrient values.

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- 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: 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)	626.19	539.01	646.25	734.56	656.11	[600.00 - 650.00]	640.42(M)	
Total Fat (g)	18.02 (25.90%)	15.38 (25.67%)	18.73 (26.08%)	33.79 (41.40%)	24.43 (33.51%)		22.07(M)	31.01 %
Sat Fat (g)(1)	6.43 (9.25%)	3.83 (6.40%)	7.02 (9.78%)	8.81 (10.80%)	9.45 (12.97%)	< 10.00 % of Calories	7.11(M)	9.99 %
Trans Fat (g)(2)	0.00	0.03	0.00	0.10	0.03		0.03(M)	
Sodium Target 1 (mg)(13)	903.69	644.03	1,354.66	840.30	1,147.15	< 1,230.00	977.97(M)	
Sodium Target 2 (mg)(13)	903.69	644.03	1,354.66	840.30	1,147.15	< 935.00	977.97(M)	
Carb (g)	89.19 (56.97%)	72.89 (54.09%)	92.13 (57.03%)	76.87 (41.86%)	70.19 (42.79%)		80.26(M)	50.13 %
Protein (g)	27.29 (17.43%)	30.00 (22.26%)	31.27 (19.35%)	34.02 (18.52%)	40.73 (24.83%)		32.66(M)	20.40 %

Legend

(M) Indicates missing nutrient values.

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- 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: 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)	631.31	585.90	894.41	442.24	690.08	[600.00 - 650.00]	648.79(M)	
Total Fat (g)	17.59 (25.07%)	15.01 (23.06%)	22.42 (22.56%)	11.81 (24.03%)	21.01 (27.40%)		17.57(M)	24.37 %
Sat Fat (g)(1)	6.19 (8.82%)	5.95 (9.13%)	3.05 (3.07%)	3.06 (6.23%)	4.56 (5.95%)	< 10.00 % of Calories	4.56(M)	6.33 %
Trans Fat (g)(2)	0.01	0.00	0.00	0.01	0.04		0.01(M)	
Sodium Target 1 (mg)(13)	1,192.80	1,045.12	1,257.98	491.48	1,100.21	< 1,230.00	1,017.52(M)	
Sodium Target 2 (mg)(13)	1,192.80	1,045.12	1,257.98	491.48	1,100.21	< 935.00	1,017.52(M)	
Carb (g)	91.20 (57.79%)	86.05 (58.74%)	131.85 (58.97%)	60.99 (55.17%)	99.19 (57.50%)		93.86(M)	57.87 %
Protein (g)	33.43 (21.18%)	33.79 (23.07%)	30.83 (13.79%)	26.51 (23.97%)	33.44 (19.39%)		31.60(M)	19.48 %

Legend

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