

DCPS Elementary School Lunch Menu



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

DCPS Elementary School Lunch Menu



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

DCPS Elementary School 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 | Menu Items highlighted in green include local produce. Entrée options followed by ♡ indicate vegetarian option. | | | | |
| Special Events | | | | | |
| | | | | | |

DCPS Elementary School Lunch Menu



| Week 4 | MONDAY 4/22/2019 | TUESDAY 4/23/2019 | WEDNESDAY 4/24/2019 | THURSDAY 4/25/2019 | FRIDAY 4/26/2019 |
|-----------------------|---|---|--|---|--------------------------------|
| Favorites | | | | | |
| Favorites | Southwest Blackbean Nachos ^v | Thai Lemongrass Chicken | Chicken Drumstick w/ Mumbo Sauce | Chicken Alfredo Macaroni | Turkey Tacos |
| Side | | Brown Rice | Honey Corn Biscuit | Garlic Knot | |
| Creations | | | | | |
| Creations | Grilled Cheese Sandwich ^v | Veggie Fried Rice ^v | BBQ Burger w/ Coleslaw | Turkey Sausage or Veggie Pizza ^v | Cheese Quesadilla ^v |
| Grab & Go | | | | | |
| Grab & Go | Turkey Wrap | Sunbutter & Jelly Sandwich ^v | Mediterranean Hummus Wrap ^v | Greek Salad ^v | Tuna Salad Sandwich |
| Side | | | | Tortilla Chips | |
| From the Field | | | | | |
| From the Field | Seasoned Potato Wedges | Sesame Carrots | BBQ Baked Beans | Mixed Garden Vegetables | Lemon Roasted Broccoli |
| FRUITS | <i>Garden Bar: Kale Salad, Cherry Tomatoes, Baby Carrots, & 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 |
| Milk | Nonfat & 1% White Milk | | | | |
| NOTES | <i>Menu Items highlighted in green include local produce. Entrée options followed by ^v indicate vegetarian option.</i> | | | | |
| Special Events | | | | | |
| | | | | | |

DCPS Elementary School Lunch Menu



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

Weekly - Nutrient Summary

Menu Names: Elementary W2
 Site Group: Inspire
 Serving Group: K-5

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) | 615.41 | 553.04 | 652.38 | [550.00 - 650.00] | 606.94 | |
| Fat (g) | 10.43 (15.26%) | 19.22 (31.28%) | 22.18 (30.60%) | | 17.28 | 25.62 % |
| Sfat (g)(1) | 3.72 (5.44%) | 4.94 (8.04%) | 9.35 (12.89%) | < 10.00 % of Calories | 6.00 | 8.90 % |
| TFat (g)(2) | 0.00 | 3.83 | 0.00 | | 1.28 | |
| Sodium Target 1 (mg)(13) | 1,080.02 | 534.47 | 1,667.41 | < 1,230.00 | 1,093.97 | |
| Sodium Target 2 (mg)(13) | 1,080.02 | 534.47 | 1,667.41 | < 935.00 | 1,093.97 | |
| Carb (g) | 107.50 (69.87%) | 72.42 (52.38%) | 84.40 (51.75%) | | 88.11 | 58.07 % |
| Pro (g) | 27.81 (18.07%) | 23.58 (17.06%) | 31.76 (19.47%) | | 27.72 | 18.27 % |

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: Elementary W3

Site Group: Inspire
Serving Group: K-5

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) | 615.79 | 665.59 | 828.66 | 623.16 | 427.88 | [550.00 - 650.00] | 632.22(M) | |
| Fat (g) | 16.92 (24.73%) | 26.40 (35.70%) | 17.54 (19.05%) | 30.00 (43.33%) | 14.52 (30.53%) | | 21.08(M) | 30.00 % |
| Sfat (g)(1) | 7.48 (10.93%) | 6.93 (9.37%) | 6.24 (6.77%) | 8.11 (11.72%) | 4.76 (10.00%) | < 10.00 % of Calories | 6.70(M) | 9.54 % |
| TFat (g)(2) | 0.01 | 0.09 | 0.00 | 0.00 | 0.00 | | 0.02(M) | |
| Sodium Target 1 (mg)(13) | 1,132.08 | 890.19 | 783.40 | 908.85 | 587.24 | < 1,230.00 | 860.35(M) | |
| Sodium Target 2 (mg)(13) | 1,132.08 | 890.19 | 783.40 | 908.85 | 587.24 | < 935.00 | 860.35(M) | |
| Carb (g) | 85.03 (55.23%) | 75.50 (45.37%) | 145.22 (70.10%) | 80.11 (51.42%) | 54.14 (50.62%) | | 88.00(M) | 55.68 % |
| Pro (g) | 33.69 (21.88%) | 34.55 (20.76%) | 34.83 (16.81%) | 31.53 (20.24%) | 22.07 (20.63%) | | 31.33(M) | 19.83 % |

Legend

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Weekly - Nutrient Summary

Menu Names: Elementary W4

Site Group: Inspire
Serving Group: K-5

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) | 607.65 | 589.20 | 817.18 | 638.65 | 569.30 | [550.00 - 650.00] | 644.40 | |
| Fat (g) | 17.14 (25.38%) | 14.82 (22.64%) | 20.63 (22.72%) | 26.04 (36.69%) | 19.65 (31.06%) | | 19.65 | 27.45 % |
| Sfat (g)(1) | 7.24 (10.73%) | 3.38 (5.16%) | 8.73 (9.61%) | 7.85 (11.06%) | 4.47 (7.06%) | < 10.00 % of Calories | 6.33 | 8.85 % |
| TFat (g)(2) | 0.00 | 0.00 | 0.00 | 0.08 | 0.05 | | 0.03 | |
| Sodium Target 1 (mg)(13) | 872.41 | 702.46 | 2,017.42 | 846.44 | 785.67 | < 1,230.00 | 1,044.88 | |
| Sodium Target 2 (mg)(13) | 872.41 | 702.46 | 2,017.42 | 846.44 | 785.67 | < 935.00 | 1,044.88 | |
| Carb (g) | 87.51 (57.61%) | 83.75 (56.86%) | 128.84 (63.06%) | 74.03 (46.37%) | 69.78 (49.03%) | | 88.78 | 55.11 % |
| Pro (g) | 22.30 (14.68%) | 31.53 (21.40%) | 37.50 (18.36%) | 30.66 (19.20%) | 31.66 (22.24%) | | 30.73 | 19.07 % |

Legend

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Weekly - Nutrient Summary

Menu Names: Elementary W5

Site Group: Inspire
Serving Group: K-5

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) | 659.97 | 527.93 | 680.60 | 529.55 | 613.21 | [550.00 - 650.00] | 602.25 | |
| Fat (g) | 19.79 (26.99%) | 15.62 (26.64%) | 16.06 (21.24%) | 17.86 (30.35%) | 20.34 (29.86%) | | 17.94 | 26.80 % |
| Sfat (g)(1) | 7.98 (10.88%) | 6.38 (10.88%) | 2.79 (3.69%) | 4.08 (6.94%) | 5.10 (7.49%) | < 10.00 % of Calories | 5.27 | 7.87 % |
| TFat (g)(2) | 0.02 | 0.00 | 0.00 | 0.01 | 0.06 | | 0.02 | |
| Sodium Target 1 (mg)(13) | 1,250.53 | 1,034.19 | 1,089.75 | 604.05 | 1,036.56 | < 1,230.00 | 1,003.02 | |
| Sodium Target 2 (mg)(13) | 1,250.53 | 1,034.19 | 1,089.75 | 604.05 | 1,036.56 | < 935.00 | 1,003.02 | |
| Carb (g) | 95.43 (57.84%) | 70.15 (53.15%) | 91.74 (53.91%) | 59.32 (44.81%) | 77.46 (50.53%) | | 78.82 | 52.35 % |
| Pro (g) | 32.16 (19.49%) | 31.76 (24.06%) | 30.06 (17.67%) | 35.18 (26.57%) | 35.41 (23.10%) | | 32.91 | 21.86 % |

Legend

(M) Indicates missing nutrient values.

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