

# DCPS Elementary School 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><i>Favorites</i></b>	<b>Southwest Blackbean Nachos<sup>v</sup></b>	<b>Thai Lemongrass Chicken</b>	<b>Turkey Tacos</b>	<b>Chicken Drumstick w/ Mumbo Sauce</b>	<b>Chicken Alfredo Macaroni</b>
<b>Side</b>		Brown Rice		Honey Corn Biscuit	Wheat Dinner Roll
<b><i>Creations</i></b>	<b>Turkey Burger</b>	<b>Veggie Fried Rice<sup>v</sup></b>	<b>Cheese Quesadilla<sup>v</sup></b>	<b>BBQ Burger w/ Coleslaw</b>	<b>Turkey Sausage or Veggie Pizza<sup>v</sup></b>
<b><i>Grab &amp; Go</i></b>	<b>Lift-Off! Spinach Salad<sup>v</sup></b>	<b>Egg Salad Sandwich<sup>v</sup></b>	<b>Tuna Salad Sandwich</b>	<b>Greek Salad<sup>v</sup></b>	<b>Chicken Dipper Salad</b>
<b>Side</b>	Wheat Dinner Roll			Tortilla Chips	Wheat Dinner Roll
<b><i>From the Field</i></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>	<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 Elementary School 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>Lift-Off! Spinach Salad<sup>v</sup></b>	<b>Mediterranean Hummus Wrap<sup>v</sup></b>	<b>Hearty Garden Salad<sup>v</sup></b>	<b>Sunbutter &amp; Jelly Sandwich<sup>v</sup></b>	<b>Chicken Dipper Salad</b>
<b>Side</b>	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 Elementary School 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><i>Favorites</i></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><i>Creations</i></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><i>Grab &amp; Go</i></b>	Chicken Dipper Salad	Tuna Salad Sandwich	Buffalo Chicken Wrap	Chicken Taco Salad	Cured Turkey Sub Sandwich
<b>Side</b>	Wheat Dinner Roll			Tortilla Chips	Wheat Dinner Roll
<b><i>From the Field</i></b>	Roasted Corn	Lemon Roasted Broccoli	Steamed Carrots	Southwest Pinto Beans	Green Beans
<b>FRUITS</b>	<i>Garden Bar: <b>Kale Salad</b>, Cherry Tomatoes, Curried Chickpeas, &amp; Baby Carrots</i>				
	<b>Fresh Apple</b>	Orange Smiles	Fresh Banana	<b>Fresh Apple</b>	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 Elementary School Lunch Menu



	MONDAY 2/18/2019	TUESDAY 2/19/2019	WEDNESDAY 2/20/2019	THURSDAY 2/21/2019	FRIDAY 2/22/2019
<i><b>Favorites</b></i>	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
Side					
<i><b>Creations</b></i>					
<i><b>Grab &amp; Go</b></i>					
Side					
<i><b>From the Field</b></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 Elementary School Lunch Menu



Week 2	MONDAY 2/25/2019	TUESDAY 2/26/2019	WEDNESDAY 2/27/2019	THURSDAY 2/28/2019	FRIDAY 3/1/2019
<i>Favorites</i>	<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>
<i>Side</i>	Wheat Dinner Roll		Whole Grain Honey Corn Biscuit	Breadstick	Garlic Knot
<i>Creations</i>	<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>
<i>Grab &amp; Go</i>	<b>Tuna Salad Sandwich</b>	<b>Sunbutter &amp; Jelly Sandwich<sup>v</sup></b>	<b>Mediterranean Hummus Wrap<sup>v</sup></b>	<b>Turkey Wrap</b>	<b>Classic Chef Salad</b>
<i>Side</i>					Wheat Dinner Roll
<i>From the Field</i>	BBQ Baked Beans	Sweet Potato Wedges	Collard Greens	Mashed Potatoes	Parmesan Roasted Broccoli
FRUITS	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Corn, &amp; Baby Carrots</i>				
	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
Milk	<b>Nonfat &amp; 1% White Milk</b>				
NOTES	<i>Menu Items highlighted in green include local produce. Entrée options followed by <sup>v</sup> indicate vegetarian option.</i>				
<i>Special Events</i>					

# 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)	631.00	568.96	683.77	491.12	598.00	[550.00 - 650.00]	594.57	
Fat (g)	11.60 (16.55%)	19.72 (31.19%)	20.20 (26.58%)	13.80 (25.29%)	20.12 (30.29%)		17.09	25.87 %
Sfat (g)(1)	3.22 (4.60%)	5.19 (8.21%)	8.55 (11.25%)	3.83 (7.02%)	8.16 (12.29%)	< 10.00 % of Calories	5.79	8.77 %
TFat (g)(2)	0.00	3.83	0.00	0.00	0.04		0.77	
Sodium Target 1 (mg)(13)	1,355.93	597.83	1,263.84	1,447.63	1,098.66	< 1,230.00	1,152.78	
Sodium Target 2 (mg)(13)	1,355.93	597.83	1,263.84	1,447.63	1,098.66	< 935.00	1,152.78	
Carb (g)	105.87 (67.11%)	73.96 (52.00%)	98.95 (57.89%)	66.41 (54.09%)	75.52 (50.51%)		84.14	56.61 %
Pro (g)	34.63 (21.95%)	25.01 (17.58%)	31.42 (18.38%)	27.19 (22.15%)	34.07 (22.79%)		30.47	20.50 %

## 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 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)	534.57	568.96	683.77	597.68	696.99	[550.00 - 650.00]	616.39	
Fat (g)	20.58 (34.65%)	19.72 (31.19%)	20.20 (26.58%)	14.55 (21.90%)	17.02 (21.98%)		18.41	26.88 %
Sfat (g)(1)	5.11 (8.60%)	5.19 (8.21%)	8.55 (11.25%)	3.85 (5.80%)	6.19 (8.00%)	< 10.00 % of Calories	5.78	8.44 %
TFat (g)(2)	0.06	3.83	0.00	0.00	0.02		0.78	
Sodium Target 1 (mg)(13)	850.96	597.83	1,263.84	1,694.63	1,069.20	< 1,230.00	1,095.29	
Sodium Target 2 (mg)(13)	850.96	597.83	1,263.84	1,694.63	1,069.20	< 935.00	1,095.29	
Carb (g)	63.37 (47.41%)	73.96 (52.00%)	98.95 (57.89%)	89.02 (59.58%)	102.05 (58.57%)		85.47	55.47 %
Pro (g)	30.80 (23.05%)	25.01 (17.58%)	31.42 (18.38%)	29.97 (20.05%)	40.50 (23.24%)		31.54	20.47 %

## Legend

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# Weekly - Nutrient Summary

Menu Names: Elementary W1

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)	607.42	563.74	507.17	893.78	674.84	[550.00 - 650.00]	649.39	
Fat (g)	16.78 (24.86%)	12.86 (20.52%)	12.48 (22.15%)	21.47 (21.62%)	28.21 (37.62%)		18.36	25.44 %
Sfat (g)(1)	6.89 (10.21%)	3.23 (5.16%)	5.14 (9.11%)	8.46 (8.52%)	8.00 (10.67%)	< 10.00 % of Calories	6.35	8.79 %
TFat (g)(2)	0.00	0.00	0.00	0.00	0.10		0.02	
Sodium Target 1 (mg)(13)	816.79	696.24	749.24	2,089.54	821.07	< 1,230.00	1,034.57	
Sodium Target 2 (mg)(13)	816.79	696.24	749.24	2,089.54	821.07	< 935.00	1,034.57	
Carb (g)	87.89 (57.88%)	81.95 (58.14%)	70.31 (55.45%)	144.11 (64.49%)	72.86 (43.18%)		91.42	56.31 %
Pro (g)	22.85 (15.05%)	30.82 (21.87%)	31.32 (24.70%)	39.93 (17.87%)	35.49 (21.04%)		32.08	19.76 %

## Legend

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# 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	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	664.45	645.54	611.35	677.47	615.97	[550.00 - 650.00]	642.96(M)	
Fat (g)	14.19 (19.22%)	20.59 (28.71%)	13.35 (19.66%)	20.70 (27.50%)	19.28 (28.18%)		17.62(M)	24.67 %
Sfat (g)(1)	3.93 (5.32%)	3.72 (5.19%)	4.48 (6.59%)	6.29 (8.35%)	6.83 (9.97%)	< 10.00 % of Calories	5.05(M)	7.07 %
TFat (g)(2)	0.00	0.01	0.00	0.00	0.01		0.00(M)	
Sodium Target 1 (mg)(13)	809.36	988.59	1,719.01	983.64	846.56	< 1,230.00	1,069.43(M)	
Sodium Target 2 (mg)(13)	809.36	988.59	1,719.01	983.64	846.56	< 935.00	1,069.43(M)	
Carb (g)	71.78 (43.21%)	79.22 (49.09%)	95.98 (62.80%)	91.33 (53.93%)	85.84 (55.75%)		84.83(M)	52.78 %
Pro (g)	37.09 (22.33%)	43.66 (27.06%)	29.92 (19.58%)	38.54 (22.75%)	27.60 (17.92%)		35.36(M)	22.00 %

## Legend

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