

DCPS Elementary School Lunch Menu



	MONDAY 1/29/2018	TUESDAY 1/30/2018	WEDNESDAY 1/31/2018	THURSDAY 2/1/2018	FRIDAY 2/2/2018
Favorites	Glorious Macaroni & Cheese ^v	Jamaican Jerk Chicken Bowl	Barbecue Turkey Nachos	Sweet & Sour Chicken w/ Vegetables	Chicken Parm Pasta
Side	Garlic Knot	Brown Rice		Brown Rice	Breadstick
Creations	Turkey Sloppy Joe	BBQ Chicken Drumstick w/ Spanish Rice	Chipotle Chicken Sandwich	Cheeseburger	Turkey Sausage or Cheese Pizza ^v
Grab & Go	Lift-Off! Spinach Salad ^v	Garden Wrap ^v	Hearty Garden Salad ^v	Sunbutter & Jelly Sandwich ^v	Chicken Dipper Salad
Side	Wheat Dinner Roll		Wheat Dinner Roll		Wheat Dinner Roll
From the Field	Roasted Kale & Sweet Potatoes	Jerk Lentils	Sweet Potato Wedges	Asian Veggie Blend	Roasted Broccoli
FRUITS	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Baby Carrots & Corn</i>				
	Fresh Pear	Orange Smiles	Fresh Banana	Fresh Apple	Orange Smiles
	Mixed Fruit Salad	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					

DCPS Elementary School Lunch Menu



	MONDAY 2/5/2018	TUESDAY 2/6/2018	WEDNESDAY 2/7/2018	THURSDAY 2/8/2018	FRIDAY 2/9/2018
Favorites					
Favorites	Super Veggie Macaroni & Cheese ^v	Chicken Soft Tacos	Teriyaki Grilled Chicken w/ Vegetables	Honey BBQ Chicken Sandwich	Turkey Carnitas Bowl
Side	Breadstick		Brown Rice		Brown Rice
Creations					
Creations	Mo'Burger w/ Cheese	Cheese Quesadilla ^v	Grilled Cheese Sandwich ^v	Bean & Cheese Enchilada ^v	Turkey Sausage or Cheese Pizza ^v
Grab & Go					
Grab & Go	Chicken Caesar Salad	Chicken Taco Salad	Southwest Wrap	Chicken Dipper Salad	Hearty Garden Salad ^v
Side	Wheat Dinner Roll	Tortilla Chips		Wheat Dinner Roll	Wheat Dinner Roll
From the Field					
From the Field	Green Beans	Southwest Pinto Beans	Steamed Carrots	Roasted Broccoli	Roasted Corn
FRUITS	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Curried Chickpeas, & Baby Carrots</i>				
	Fresh Apple	Orange Smiles	Fresh Banana	Fresh Pear	Fresh Banana
	Diced Pears	Mixed Fruit Salad	Applesauce Cup	Chilled Peaches	Applesauce 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



	MONDAY 2/12/2018	TUESDAY 2/13/2018	WEDNESDAY 2/14/2018	THURSDAY 2/15/2018	FRIDAY 2/16/2018
<i>Favorites</i>	Baked Penne w/ Tomato Sauce^v	Breakfast for Lunch: Boiled Egg, Turkey Sausage, & French Toast Sticks	Chicken Quesadilla	Paraguay Day Chicken Bolognese	NO SCHOOL
Side	Breadstick			Cheesy Rice	
<i>Creations</i>	Turkey Dog	Turkey Chili	Garden Burger^v	Hot Turkey & Cheese Sandwich	
<i>Grab & Go</i>	Tuna Salad Sandwich	Hearty Garden Salad^v	Cured Turkey Sandwich	Sunbutter & Jelly Sandwich^v	
Side	Wheat Dinner Roll	Wheat Dinner Roll		Wheat Dinner Roll	
<i>From the Field</i>	Braised Greens & Beans	Sweet Potato Bites	Black Bean & Corn Salsa	Garden Side Salad	
FRUITS	<i>Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Corn, & Baby Carrots</i>				
	Orange Smiles	Fresh Pear	Fresh Banana	Fresh Pear	
	Mixed Fruit Salad	Diced Peaches	Mixed Fruit Salad	Applesauce 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



	MONDAY 2/19/2018	TUESDAY 2/20/2018	WEDNESDAY 2/21/2018	THURSDAY 2/22/2018	FRIDAY 2/23/2018
Favorites	NO SCHOOL	Chicken Nachos	Spaghetti w/ Turkey Meatballs	Buffalo Chicken Drumstick w/ Cilantro Rice	Breakfast for Lunch: Cheesy Omelet & Pancakes ^v
Side			Breadstick	Cinnamon Wheel	
Creations		Turkey Pepperoni or Cheese Pizza ^v	Mushroom Lover Burger	Alaskan Pollock Po'boy	Meatball Sub Sandwich
Grab & Go		Chicken Salad Sandwich	Hearty Garden Salad ^v	Garden Wrap ^v	Chicken Dipper Salad
Side			Wheat Dinner Roll		Wheat Dinner Roll
From the Field		Mexican Black Beans	Citrus Glazed Carrots	Collard Greens	Roasted Potatoes
FRUITS	<i>Garden Bar: Mixed Salad Greens, Cucumber Slices, Cherry Tomatoes, & Baby Carrots</i>				
		Orange Smiles	Fresh Banana	Fresh Pear	Orange Smiles
		Applesauce Cup	Chilled Pears	Chilled Peaches	Applesauce 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	No Special Events				

DCPS Elementary School Lunch Menu



	MONDAY 2/26/2018	TUESDAY 2/27/2018	WEDNESDAY 2/28/2018	THURSDAY 3/1/2018	FRIDAY 3/2/2018
<i>Favorites</i>	Southwest Blackbean Nachos^v	General Tso Chicken Stir Fry	Chicken Alfredo Macaroni	Breakfast Bagel Sandwich^v	NO SCHOOL
Side		Brown Rice	Wheat Dinner Roll		
<i>Creations</i>	Traditional Hamburger	Chopsticks Noodle Bowls	Cheese Quesadilla^v	Turkey Burger	
<i>Grab & Go</i>	Lift-Off! Spinach Salad^v	Egg Salad Sandwich^v	Turkey Wrap	Chicken Caesar Wrap	
Side	Wheat Dinner Roll				
<i>From the Field</i>	Roasted Corn	Sesame Carrots	Seasoned Potato Wedges	Mixed Garden Vegetables	
FRUITS	<i>Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Baby Carrots, & Indian-Style Chickpeas</i>				
	Orange Smiles	Fresh Pear	Fresh Apple	Orange Smiles	
	Applesauce Cup	Chilled Pineapple	Mixed Fruit Salad	Chilled Pineapple	
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

Generated on: 1/27/2018 12:07:00 PM by Megan Geiger

Menu Names: Elementary Lunch Week 1
 Site Group: Inspire
 Serving Group: K-5

Meal Pattern: [USDA]Meal Pattern SY 2017-2022
 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)	660.64	621.00	645.45	651.52	655.85	[550.00 - 650.00]	646.89(M)	
Fat (g)	18.50 (25.20%)	19.11 (27.69%)	18.93 (26.39%)	26.70 (36.89%)	21.88 (30.02%)		21.02(M)	29.25%
Sfat (g)(1)	5.11 (6.96%)	3.96 (5.73%)	2.35 (3.28%)	4.49 (6.20%)	6.51 (8.94%)	< 10.00 % of Calories	4.48(M)	6.24%
Na (mg)(1)	1016.91	1121.51	1010.66	888.48	1064.30	< 1,230.00	1,020.37(M)	
Carb (g)	100.22 (60.68%)	89.32 (57.53%)	93.68 (58.06%)	80.32 (49.31%)	82.55 (50.35%)		89.22(M)	55.17%
Pro (g)	34.40 (20.83%)	33.42 (21.52%)	22.47 (13.92%)	30.56 (18.77%)	40.98 (24.99%)		32.36(M)	20.01%

Legend

(M) Indicates missing nutrient values.

1 Standard Value is the daily average requirement for a school week.

Weekly Nutrient Summary

Generated on: 1/27/2018 1:43:19 PM by Megan Geiger

Menu Names: Elementary Lunch Week 2
 Site Group: Inspire
 Serving Group: K-5

Meal Pattern: [USDA]Meal Pattern SY 2017-2022
 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)	537.96	752.07	604.75	616.97	574.32	[550.00 - 650.00]	617.21	
Fat (g)	20.15 (33.71%)	29.45 (35.24%)	19.04 (28.33%)	22.21 (32.40%)	18.74 (29.37%)		21.92	31.96%
Sfat (g)(1)	4.68 (7.83%)	8.68 (10.38%)	4.44 (6.61%)	4.29 (6.26%)	3.00 (4.70%)	< 10.00 % of Calories	5.02	7.32%
Na (mg)(1)	908.15	1425.82	935.70	1185.63	753.39	< 1,230.00	1,041.74	
Carb (g)	66.67 (49.57%)	87.15 (46.35%)	85.64 (56.65%)	77.52 (50.26%)	83.33 (58.04%)		80.06	51.89%
Pro (g)	29.17 (21.69%)	44.16 (23.49%)	29.90 (19.78%)	34.64 (22.46%)	27.58 (19.21%)		33.09	21.45%

Legend

(M) Indicates missing nutrient values.

1 Standard Value is the daily average requirement for a school week.

Weekly Nutrient Summary

Generated on: 1/27/2018 1:45:16 PM by Megan Geiger

Menu Names: Elementary Lunch Week 3
 Site Group: Inspire
 Serving Group: K-5

Meal Pattern: [USDA]Meal Pattern SY 2017-2022
 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)	446.45	450.96	648.99	666.72	[550.00 - 650.00]	553.28(M)	
Fat (g)	9.57 (19.29%)	7.88 (15.73%)	14.15 (19.62%)	22.95 (30.98%)		13.64(M)	22.18%
Sfat (g)(1)	3.40 (6.86%)	2.22 (4.42%)	5.40 (7.49%)	4.82 (6.51%)	< 10.00 % of Calories	3.96(M)	6.44%
Na (mg)(1)	877.87	502.06	1052.33	733.57	< 1,230.00	791.46(M)	
Carb (g)	70.68 (63.32%)	72.39 (64.21%)	104.55 (64.44%)	85.63 (51.37%)		83.31(M)	60.23%
Pro (g)	25.51 (22.86%)	24.46 (21.69%)	34.86 (21.48%)	35.07 (21.04%)		29.98(M)	21.67%

Legend

(M) Indicates missing nutrient values.

1 Standard Value is the daily average requirement for a school week.

Weekly Nutrient Summary

Generated on: 1/27/2018 1:47:20 PM by Megan Geiger

Menu Names: Elementary Lunch Week 4
 Site Group: Inspire
 Serving Group: K-5

Meal Pattern: [USDA]Meal Pattern SY 2017-2022
 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)	594.13	589.38	597.94	461.01	[550.00 - 650.00]	560.62	
Fat (g)	16.80 (25.45%)	11.12 (16.98%)	21.84 (32.88%)	13.29 (25.94%)		15.76	25.30%
Sfat (g)(1)	4.73 (7.17%)	2.97 (4.54%)	6.00 (9.02%)	4.19 (8.17%)	< 10.00 % of Calories	4.47	7.18%
Na (mg)(1)	995.65	1174.19	902.96	659.10	< 1,230.00	932.97	
Carb (g)	75.87 (51.08%)	95.97 (65.14%)	82.41 (55.13%)	64.36 (55.84%)		79.66	56.83%
Pro (g)	37.89 (25.51%)	33.31 (22.60%)	32.96 (22.05%)	22.41 (19.45%)		31.64	22.58%

Legend

(M) Indicates missing nutrient values.

1 Standard Value is the daily average requirement for a school week.

Weekly Nutrient Summary

Generated on: 1/27/2018 1:49:02 PM by Megan Geiger

Menu Names: Elementary Lunch Week 5
 Site Group: Inspire
 Serving Group: K-5

Meal Pattern: [USDA]Meal Pattern SY 2017-2022
 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)	497.56	622.54	680.56	501.89	[550.00 - 650.00]	575.64	
Fat (g)	10.74 (19.43%)	14.71 (21.26%)	21.31 (28.18%)	14.93 (26.77%)		15.42	24.11%
Sfat (g)(1)	4.15 (7.51%)	3.14 (4.54%)	7.71 (10.20%)	4.57 (8.20%)	< 10.00 % of Calories	4.89	7.65%
Na (mg)(1)	540.30	995.71	1277.22	702.46	< 1,230.00	878.92	
Carb (g)	78.25 (62.91%)	93.41 (60.02%)	92.42 (54.32%)	68.00 (54.19%)		83.02	57.69%
Pro (g)	24.70 (19.86%)	33.46 (21.50%)	35.00 (20.57%)	28.53 (22.74%)		30.42	21.14%

Legend

(M) Indicates missing nutrient values.

1 Standard Value is the daily average requirement for a school week.