



# Café Trendz Lunch – February 2020

SodexoMAGIC - DC Public Schools

MONDAY February 3	TUESDAY February 4	WEDNESDAY February 5	THURSDAY February 6	FRIDAY February 7
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## Choose One Entrée

<b>Favorites</b>	Veggie Tortellini w/ Cheesy Breadstick <b>V</b>	Teriyaki Grilled Chicken w/ Vegetables and Brown Rice	Black Bean & Sweet Potato Taco Surprise <b>V</b> <b>By</b> <b>2019 Future Chef Winner</b> <b>Kimberly Lee</b>	Kickin' Black Bean & Cheese Enchilada	Rainbow Veggie Chili with Tortilla Chips <b>VE</b>
<b>Creations</b>	Honey BBQ Chicken Sandwich	Teriyaki Veggie Burger w/ Pineapple Slaw <b>V</b>	Chicken Quesadilla	Hot Turkey & Cheese Sandwich	Turkey Sausage Pizza Cheese Pizza <b>V</b>
<b>Grab &amp; Go</b>	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 <b>V</b>	Chicken Taco Salad w/ Tortilla Chips	Chef's Special w/ Wheat Dinner Roll

## Available Vegetables

<b>From the Field</b>	Lemon Roasted Broccoli <b>VE</b>	Seasoned Carrots <b>VE</b>	Buffalo Cauliflower <b>VE</b>	Southwest Pinto Beans <b>VE</b>	Roasted Corn <b>VE</b>
<b>Garden Bar:</b> Kale Salad, Cherry Tomatoes, Curried Chickpeas, & Baby Carrots <b>VE</b>					

## Available Fruit

<b>Fruits</b>	<ul style="list-style-type: none"> <li>Fresh Apple</li> <li>Diced Pears</li> </ul>	<ul style="list-style-type: none"> <li>Orange Smiles</li> <li>All-Mixed-Up Fruit Cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Banana</li> <li>Applesauce Cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Apple</li> <li>Diced Peaches</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Pear</li> <li>Applesauce Cup</li> </ul>
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<b>Milk</b>	Nonfat or 1% White Milk
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**V** – Indicates Vegetarian  
**VE** - Indicates Vegan

**Green Color Font** – Indicates Local Produce



# Café Trendz Lunch – February 2020

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MONDAY February 10	TUESDAY February 11	WEDNESDAY February 12	THURSDAY February 13	FRIDAY February 14
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## Choose One Entrée

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	Baked Penne w/ Tomato Sauce w/ Garlic Knot <b>V</b>
Creations	BBQ Burger w/ Coleslaw	Turkey Dog	Garden Burger <b>V</b>	Grilled Cheese Sandwich <b>V</b>	Jamaican Jerk Chicken Pizza Cheese Pizza <b>V</b>
Grab & Go	Tuna Salad Sandwich	Sunbutter & Jelly Sandwich <b>VE</b>	Turkey & Cheese Wrap	Cured Turkey Sandwich	Turkey & Cheese Sub Sandwich
	Hearty Garden Salad w/ Wheat Dinner Roll <b>V</b>	Asian Chicken Wrap	Mediterranean Hummus Wrap <b>VE</b>	Chicken Caesar Salad w/ Wheat Dinner Roll	Chef's Special w/ Wheat Dinner Roll

## Available Vegetables

From the Field	BBQ Baked Beans <b>V</b>	Sweet Potato Wedges <b>VE</b>	ABC Salad <b>VE</b>	Collard Greens <b>V</b>	Parmesan Roasted Broccoli <b>V</b>
<b>Garden Bar:</b> Mixed Salad Greens , Cherry Tomatoes, Corn, & Baby Carrots <b>VE</b>					

## Available Fruit

Fruits	<ul style="list-style-type: none"> <li>Orange Smiles</li> <li>All-Mixed-Up Fruit Cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Pear</li> <li>Diced Peaches</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Apple Slices</li> <li>All-Mixed-Up Fruit Cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Banana</li> <li>Applesauce Cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Apple</li> <li>Diced Pears</li> </ul>
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# Café Trendz Lunch – February 2020

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	MONDAY February 17	TUESDAY February 18	WEDNESDAY February 19	THURSDAY February 20	FRIDAY February 21
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## Choose One Entree

Favorites					
Creations	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
Grab & Go					

## Available Vegetables

From the Field					

## Available Fruit

Fruits					
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Milk	Nonfat or 1% White Milk				
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# Café Trendz Lunch – February 2020

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MONDAY February 24	TUESDAY February 25	WEDNESDAY February 26	THURSDAY February 27	FRIDAY February 28
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## Choose One Entrée

<b>Favorites</b>	Oven Baked Lasagna Roll w/ Breadstick <b>V</b>	Spaghetti w/ Turkey Meatballs w/ Breadstick	Chicken Nachos	Buffalo Chicken Drumstick w/ Whole Grain Honey Corn Biscuit	Breakfast for Lunch: Cheesy Omelet & Pancakes <b>V</b>
<b>Creations</b>	Traditional Cheeseburger	Turkey Pepperoni Pizza Margherita Pizza <b>V</b>	Chipotle Chicken Sandwich	Alaskan Pollock Banh Mi Sandwich	Meatball Sub Sandwich
<b>Grab &amp; Go</b>	Cured Turkey Sub Sandwich	Chicken Salad Sandwich	Turkey & Cheese Sub Sandwich	Sunbutter and Jelly Sandwich <b>VE</b>	Chef Salad Wrap
	Chicken Caesar Salad w/ Wheat Dinner Roll	Greek Salad w/ Tortilla Chips <b>V</b>	Hearty Garden Salad w/ Wheat Dinner Roll <b>V</b>	Classic Chef Salad w/ Wheat Dinner Roll	Chef's Special w/ Wheat Dinner Roll

## Available Vegetables

<b>From the Field</b>	Roasted Ginger Kale <b>VE</b>	Citrus Glazed Carrots <b>VE</b>	Mexican Black Beans <b>VE</b>	Roasted Kale & Sweet Potatoes <b>V</b>	Roasted Potatoes <b>VE</b>
	<b>Garden Bar:</b> Mixed Salad Greens , Cherry Tomatoes, Cucumber Slices, & Baby Carrots <b>VE</b>				

## Available Fruit

<b>Fruits</b>	<ul style="list-style-type: none"> <li>Fresh Apple</li> <li>Diced Peaches</li> </ul>	<ul style="list-style-type: none"> <li>Orange Smiles</li> <li>Applesauce Cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Banana</li> <li>Diced Pears</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Pear</li> <li>Diced Peaches</li> </ul>	<ul style="list-style-type: none"> <li>Orange Smiles</li> <li>Applesauce Cup</li> </ul>
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<b>Milk</b>	Nonfat or 1% White Milk
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# Weekly - Nutrient Summary

Menu Names: Cafe Trendz W1

Site Group: Inspire  
 Serving Group: 9-12

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)	739.11	853.61	758.87	926.07	828.41	[750.00 - 850.00]	821.21(M)	
Total Fat (g)	23.58 (28.71%)	28.54 (30.09%)	22.71 (26.93%)	23.21 (22.56%)	23.04 (25.03%)		24.22(M)	26.54 %
Sat Fat (g)(1)	4.58 (5.58%)	4.59 (4.84%)	6.67 (7.91%)	5.79 (5.62%)	6.86 (7.46%)	< 10.00 % of Calories	5.70(M)	6.25 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	1,165.85	1,221.17	1,244.83	1,390.36	1,015.72	< 1,420.00	1,207.59(M)	
Sodium Target 2 (mg)(13)	1,165.85	1,221.17	1,244.83	1,390.36	1,015.72	< 1,080.00	1,207.59(M)	
Carb (g)	98.89 (53.52%)	110.65 (51.85%)	109.82 (57.89%)	138.73 (59.92%)	131.09 (63.30%)		117.84(M)	57.40 %
Protein (g)	43.44 (23.51%)	49.94 (23.40%)	36.66 (19.32%)	48.42 (20.92%)	35.21 (17.00%)		42.73(M)	20.82 %

## 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: Cafe Trendz W2

Site Group: Inspire  
 Serving Group: 9-12

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)	779.57	741.00	737.28	821.63	733.77	[750.00 - 850.00]	762.65	
Total Fat (g)	9.71 (11.21%)	24.06 (29.22%)	32.29 (39.42%)	21.61 (23.67%)	23.63 (28.98%)		22.26	26.27 %
Sat Fat (g)(1)	3.35 (3.87%)	5.08 (6.17%)	8.05 (9.82%)	7.34 (8.04%)	7.75 (9.51%)	< 10.00 % of Calories	6.31	7.45 %
Trans Fat (g)(2)	0.00	3.15	0.00	0.00	0.00		0.63	
Sodium Target 1 (mg)(13)	1,526.09	652.16	1,613.00	994.30	1,220.95	< 1,420.00	1,201.30	
Sodium Target 2 (mg)(13)	1,526.09	652.16	1,613.00	994.30	1,220.95	< 1,080.00	1,201.30	
Carb (g)	147.69 (75.78%)	107.78 (58.18%)	87.97 (47.72%)	129.67 (63.13%)	104.69 (57.07%)		115.56	60.61 %
Protein (g)	35.69 (18.31%)	27.96 (15.09%)	30.08 (16.32%)	37.19 (18.10%)	35.60 (19.41%)		33.30	17.47 %

## Legend

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# Weekly - Nutrient Summary

Menu Names: Cafe Trendz W3

Site Group: Inspire  
 Serving Group: 9-12

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)	646.38	1,003.15	714.14	748.19	747.10	[750.00 - 850.00]	771.79(M)	
Total Fat (g)	13.66 (19.02%)	32.20 (28.89%)	18.29 (23.04%)	29.88 (35.95%)	17.10 (20.60%)		22.23(M)	25.92 %
Sat Fat (g)(1)	4.91 (6.83%)	10.39 (9.32%)	6.49 (8.18%)	7.32 (8.80%)	4.12 (4.96%)	< 10.00 % of Calories	6.65(M)	7.75 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	997.19	1,132.62	897.70	906.35	821.50	< 1,420.00	951.07(M)	
Sodium Target 2 (mg)(13)	997.19	1,132.62	897.70	906.35	821.50	< 1,080.00	951.07(M)	
Carb (g)	101.14 (62.59%)	141.16 (56.29%)	109.01 (61.06%)	108.84 (58.19%)	127.76 (68.40%)		117.58(M)	60.94 %
Protein (g)	35.69 (22.09%)	42.52 (16.95%)	34.99 (19.60%)	34.08 (18.22%)	28.22 (15.11%)		35.10(M)	18.19 %

## Legend

(M) Indicates missing nutrient values.

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