



# Education Campus 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 Entree

Category	Monday	Tuesday	Wednesday	Thursday	Friday
<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 <b>V</b>	Rainbow Veggie Chili and 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	Classic Chef Salad w/ Wheat Dinner Roll

## Available Vegetables

From the Field	Monday	Tuesday	Wednesday	Thursday	Friday
	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

Fruits	Monday	Tuesday	Wednesday	Thursday	Friday
	<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>

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

**V** – Indicates Vegetarian  
**VE** – Indicates Vegan

**Green Color Font** – Indicates Local Produce





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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 Entree

Category	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Favorites</b>	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>
<b>Creations</b>	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>
<b>Grab &amp; Go</b>	Tuna Salad Sandwich	Sunbutter & Jelly Sandwich <b>VE</b>	Turkey & Cheese Wrap	Cured Turkey Sandwich	Turkey & Cheese Sub Sandwich
	Hearty Green Salad w/ Wheat Dinner Roll <b>V</b>	Asian Chicken Wrap	Mediterranean Hummus Wrap <b>VE</b>	Chicken Caesar Salad w/ Wheat Dinner Roll	Classic Chef Salad w/ Wheat Dinner Roll

## Available Vegetables

<b>From the Field</b>	BBQ Baked Beans <b>VE</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

<b>Fruits</b>	<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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<b>Milk</b>	Nonfat or 1% White Milk
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# Education Campus 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	
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# Education Campus Lunch – February 2020

SodexoMAGIC - DC Public Schools

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

Favorites	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>
Creations	Traditional Cheese Burger	Turkey Pepperoni Pizza Margherita Pizza <b>V</b>	Chipotle Chicken Sandwich	Alaskan Pollock Banh Mi Sandwich	Meatball Sub Sandwich
Grab & Go	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/ Wheat Dinner Roll <b>V</b>	Hearty Garden Salad w/ Wheat Dinner Roll <b>V</b>	Classic Chef Salad w/ Wheat Dinner Roll	Chicken Dipper Salad w/ Wheat Dinner Roll

## Available Vegetables

From the Field	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

Fruits	<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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Milk	Nonfat or 1% White Milk
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# 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	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	608.99	692.48	562.22	738.47	588.35	[600.00 - 650.00]	638.10(M)	
Total Fat (g)	17.72 (26.18%)	21.15 (27.49%)	16.64 (26.64%)	17.99 (21.93%)	16.34 (25.00%)		17.97(M)	25.35 %
Sat Fat (g)(1)	4.62 (6.83%)	3.84 (4.99%)	5.80 (9.28%)	5.49 (6.69%)	6.57 (10.05%)	< 10.00 % of Calories	5.26(M)	7.42 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	1,052.44	1,030.69	1,059.47	1,200.91	752.01	< 1,230.00	1,019.10(M)	
Sodium Target 2 (mg)(13)	1,052.44	1,030.69	1,059.47	1,200.91	752.01	< 935.00	1,019.10(M)	
Carb (g)	78.30 (51.43%)	91.43 (52.81%)	73.44 (52.25%)	105.01 (56.88%)	83.50 (56.77%)		86.34(M)	54.12 %
Protein (g)	39.99 (26.27%)	42.56 (24.58%)	32.62 (23.20%)	42.79 (23.18%)	30.89 (21.00%)		37.77(M)	23.68 %

## 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 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	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	670.64	746.67	605.17	606.07	572.45	[600.00 - 650.00]	640.20	
Total Fat (g)	8.71 (11.69%)	25.20 (30.38%)	27.69 (41.18%)	17.39 (25.83%)	22.27 (35.01%)		20.25	28.47 %
Sat Fat (g)(1)	2.98 (4.00%)	4.65 (5.61%)	6.80 (10.11%)	6.28 (9.32%)	7.15 (11.24%)	< 10.00 % of Calories	5.57	7.83 %
Trans Fat (g)(2)	0.00	1.13	0.00	0.00	0.00		0.23	
Sodium Target 1 (mg)(13)	1,342.06	735.45	1,302.19	902.00	911.51	< 1,230.00	1,038.64	
Sodium Target 2 (mg)(13)	1,342.06	735.45	1,302.19	902.00	911.51	< 935.00	1,038.64	
Carb (g)	121.95 (72.73%)	106.11 (56.84%)	65.98 (43.61%)	84.77 (55.95%)	70.68 (49.39%)		89.90	56.17 %
Protein (g)	34.89 (20.81%)	28.91 (15.49%)	27.89 (18.43%)	33.81 (22.32%)	28.25 (19.74%)		30.75	19.21 %

## Legend

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# 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)	547.19	711.68	568.80	643.37	614.21	[600.00 - 650.00]	617.05(M)	
Total Fat (g)	12.13 (19.95%)	22.69 (28.69%)	16.72 (26.45%)	27.56 (38.55%)	17.19 (25.19%)		19.26(M)	28.09 %
Sat Fat (g)(1)	4.73 (7.78%)	10.48 (13.26%)	6.10 (9.65%)	6.01 (8.41%)	5.33 (7.81%)	< 10.00 % of Calories	6.53(M)	9.53 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	954.24	1,140.13	812.09	825.02	907.83	< 1,230.00	927.86(M)	
Sodium Target 2 (mg)(13)	954.24	1,140.13	812.09	825.02	907.83	< 935.00	927.86(M)	
Carb (g)	81.00 (59.21%)	85.22 (47.90%)	77.91 (54.79%)	84.08 (52.27%)	90.90 (59.19%)		83.82(M)	54.34 %
Protein (g)	31.94 (23.35%)	43.76 (24.59%)	30.85 (21.70%)	31.02 (19.28%)	27.94 (18.20%)		33.10(M)	21.46 %

## Legend

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