



# High School 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

<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>	BBQ Turkey Nachos	Rainbow Veggie Chili and Tortilla Chips <b>VE</b>
<b>Creations</b>	Chicken Drumstick w/ Mumbo Sauce & Honey Corn Biscuit	Buffalo Chicken Pizza Cheese Pizza <b>V</b>	Chicken Quesadilla	Chicken Nachos	Turkey Sausage Pizza Cheese Pizza <b>V</b>

## Rotation Station

	Pulled BBQ Meat   Classic BBQ   Carolina BBQ   Asian Sweet Chili Hamburger Roll   Tortilla Chips   BBQ Baked Beans   Blue Ribbon Slaw
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<b>Grab &amp; Go</b>	Turkey & Cheese Sub	Chicken Salad Sandwich	Buffalo Chicken Wrap	Southwest Chicken Wrap	Cured Turkey Sub Sandwich
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## 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

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# High School Lunch – February 2020

SodexoMAGIC - DC Public Schools

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

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/ Garlic Knot V
Creations	BBQ Burger w/ Coleslaw	Turkey Pepperoni Pizza Cheese Pizza V	Garden Burger V	Turkey Dog	Jamaican Jerk Chicken Pizza Cheese Pizza V

## Rotation Station

<b>FIESTA</b>	Turkey Taco Meat   Cheese Sauce   Carnitas   Tortilla Chips Cilantro Lime Rice   Taco Salad Bowl   Refried Beans   Aztec Corn
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<b>Grab &amp; Go</b>	Tuna Salad Sandwich V	Sunbutter & Jelly Sandwich VE	Turkey & Cheese Wrap	Grilled Cheese Sandwich V	Turkey & Cheese Sub Sandwich
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## Available Vegetables

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

## 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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# High School 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

<b>Favorites</b>					
<b>Creations</b>	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL

## Rotation Station

<b>TATER TEMPTATIONS</b>					
<b>Grab &amp; Go</b>					

## Available Vegetables

<b>From the Field</b>					

## Available Fruit

<b>Fruits</b>					
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<b>Milk</b>					
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# High School 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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>	Bistro Burger	Turkey Pepperoni Pizza Margherita Pizza <b>V</b>	Grilled Cheese Sandwich <b>V</b>	Alaskan Pollock Banh Mi Sandwich	Turkey Sausage Pizza Cheese Pizza <b>V</b>

## Rotation Station



Lo Mein Noodles | Steamed Brown Rice | Oven Fried Brown Rice  
Sweet & Sour Chicken | General Tso Chicken | Sesame Roasted Carrots | Roasted Broccoli

<b>Grab &amp; Go</b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Cured Turkey Sub Sandwich	Chicken Salad Sandwich	Turkey & Cheese Sub Sandwich	Sunbutter & Jelly Sandwich <b>VE</b>	Chef Salad Wrap

## Available Vegetables

<b>From the Field</b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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, Cucumber Slices, Cherry Tomatoes, & Baby Carrots <b>VE</b>					

## Available Fruit

<b>Fruits</b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<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>

<b>Milk</b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Nonfat or 1% White Milk				

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# Weekly - Nutrient Summary

Menu Names: February High School 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)	715.90	887.69	678.19	736.21	735.48	[750.00 - 850.00]	750.69(M)	
Total Fat (g)	19.87 (24.98%)	23.81 (24.14%)	16.41 (21.78%)	16.48 (20.14%)	17.17 (21.01%)		18.75(M)	22.48 %
Sat Fat (g)(1)	5.44 (6.84%)	6.20 (6.28%)	4.57 (6.07%)	3.85 (4.70%)	4.83 (5.91%)	< 10.00 % of Calories	4.98(M)	5.97 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	1,337.59	1,525.32	1,352.75	1,471.36	1,289.25	< 1,420.00	1,395.25(M)	
Sodium Target 2 (mg)(13)	1,337.59	1,525.32	1,352.75	1,471.36	1,289.25	< 1,080.00	1,395.25(M)	
Carb (g)	102.25 (57.13%)	127.33 (57.38%)	103.11 (60.81%)	108.86 (59.14%)	116.74 (63.49%)		111.66(M)	59.50 %
Protein (g)	39.66 (22.16%)	48.41 (21.81%)	36.39 (21.46%)	39.02 (21.20%)	36.40 (19.80%)		39.97(M)	21.30 %

## 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: February High School 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)	763.58	837.18	712.52	761.38	680.17	[750.00 - 850.00]	750.97	
Total Fat (g)	14.57 (17.17%)	23.54 (25.30%)	24.67 (31.17%)	21.78 (25.75%)	20.06 (26.54%)		20.92	25.08 %
Sat Fat (g)(1)	4.76 (5.61%)	6.70 (7.21%)	7.01 (8.86%)	6.86 (8.11%)	6.63 (8.77%)	< 10.00 % of Calories	6.39	7.66 %
Trans Fat (g)(2)	0.00	0.68	0.00	0.00	0.00		0.14	
Sodium Target 1 (mg)(13)	1,429.56	959.72	1,407.13	1,079.20	1,025.68	< 1,420.00	1,180.26	
Sodium Target 2 (mg)(13)	1,429.56	959.72	1,407.13	1,079.20	1,025.68	< 1,080.00	1,180.26	
Carb (g)	129.71 (67.95%)	129.65 (61.95%)	94.78 (53.21%)	116.32 (61.11%)	96.71 (56.87%)		113.44	60.42 %
Protein (g)	36.52 (19.13%)	32.85 (15.70%)	33.49 (18.80%)	34.28 (18.01%)	33.79 (19.87%)		34.18	18.21 %

## Legend

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# Weekly - Nutrient Summary

Menu Names: February High School 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)	744.69	827.82	735.07	838.08	851.28	[750.00 - 850.00]	799.39(M)	
Total Fat (g)	22.52 (27.22%)	27.02 (29.37%)	22.72 (27.81%)	28.83 (30.96%)	27.86 (29.45%)		25.79(M)	29.03 %
Sat Fat (g)(1)	5.77 (6.97%)	6.77 (7.36%)	5.86 (7.18%)	6.18 (6.64%)	7.33 (7.75%)	< 10.00 % of Calories	6.38(M)	7.19 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	1,310.75	1,159.03	1,159.93	1,190.60	1,216.05	< 1,420.00	1,207.27(M)	
Sodium Target 2 (mg)(13)	1,310.75	1,159.03	1,159.93	1,190.60	1,216.05	< 1,080.00	1,207.27(M)	
Carb (g)	102.71 (55.17%)	111.94 (54.09%)	102.50 (55.78%)	120.75 (57.63%)	116.47 (54.73%)		110.87(M)	55.48 %
Protein (g)	38.90 (20.90%)	40.68 (19.65%)	36.87 (20.06%)	39.05 (18.64%)	39.45 (18.54%)		38.99(M)	19.51 %

## Legend

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