



Middle 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

Favorites	Veggie Tortellini w/ Cheesy Breadstick V	Teriyaki Grilled Chicken w/ Vegetables and Brown Rice	Black Bean & Sweet Potato Taco Surprise V By 2019 Future Chef Winner Kimberly Lee	Kickin' Black Bean & Cheese Enchilada V	Rainbow Veggie Chili w/ Tortilla Chips VE
	Creations	Honey BBQ Chicken Sandwich	Buffalo Chicken Pizza Cheese Pizza V	Grilled Cheese Sandwich V	Chicken Quesadilla
Grab & Go	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 V	Chicken Taco Salad w/ Tortilla Chips	Classic Chef Salad w/ Wheat Dinner Roll

Available Vegetables

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

Available Fruit

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

Green Color Font – Indicates Local Produce



Middle School 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 Entree

	MONDAY February 10	TUESDAY February 11	WEDNESDAY February 12	THURSDAY February 13	FRIDAY February 14
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 V
Creations	BBQ Burger w/ Coleslaw	Turkey Pepperoni Pizza Cheese Pizza V	Turkey Dog	Garden Burger V	Jamaican Jerk Chicken Pizza Cheese Pizza V
Grab & Go	Tuna Salad Sandwich	Sunbutter & Jelly Sandwich VE	Cured Turkey Sandwich	Turkey & Cheese Wrap	Turkey & Cheese Sub Sandwich
	Hearty Garden Salad w/ Wheat Dinner Roll V	Asian Chicken Wrap	Mediterranean Hummus Wrap VE	Chicken Caesar Salad w/ Wheat Dinner Roll	Classic Chef Salad w/ Wheat Dinner Roll

Available Vegetables

	MONDAY February 10	TUESDAY February 11	WEDNESDAY February 12	THURSDAY February 13	FRIDAY February 14
From the Field	BBQ Baked Beans VE	Sweet Potato Wedges VE	ABC Salad VE	Collard Greens V	Parmesan Roasted Broccoli V
Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Corn, & Baby Carrots VE					

Available Fruit

	MONDAY February 10	TUESDAY February 11	WEDNESDAY February 12	THURSDAY February 13	FRIDAY February 14
Fruits	<ul style="list-style-type: none"> Orange Smiles All-Mixed-Up Fruit Cup 	<ul style="list-style-type: none"> Fresh Pear Diced Peaches 	<ul style="list-style-type: none"> Fresh Apple Slices All-Mixed-Up Fruit Cup 	<ul style="list-style-type: none"> Fresh Banana Applesauce Cup 	<ul style="list-style-type: none"> Fresh Apple Applesauce Cup

Milk	MONDAY February 10	TUESDAY February 11	WEDNESDAY February 12	THURSDAY February 13	FRIDAY February 14
	Nonfat or 1% White Milk				

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Middle 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

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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Middle School 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 Entree

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

Available Vegetables

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

Available Fruit

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

Menu Names: Middle School W1

Site Group: Inspire
 Serving Group: 6-8

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)	668.81	735.55	567.48	758.53	727.90	[600.00 - 700.00]	691.65(M)	
Total Fat (g)	19.32 (25.99%)	27.37 (33.49%)	16.87 (26.75%)	16.01 (18.99%)	20.53 (25.38%)		20.02(M)	26.05 %
Sat Fat (g)(1)	4.77 (6.42%)	7.91 (9.68%)	5.98 (9.48%)	5.69 (6.75%)	7.20 (8.90%)	< 10.00 % of Calories	6.31(M)	8.21 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	1,026.70	928.42	1,082.08	1,109.83	882.69	< 1,360.00	1,005.95(M)	
Sodium Target 2 (mg)(13)	1,026.70	928.42	1,082.08	1,109.83	882.69	< 1,035.00	1,005.95(M)	
Carb (g)	92.33 (55.22%)	83.65 (45.49%)	74.26 (52.34%)	112.78 (59.47%)	108.37 (59.55%)		94.28(M)	54.52 %
Protein (g)	39.11 (23.39%)	41.39 (22.51%)	32.21 (22.71%)	43.06 (22.71%)	32.52 (17.87%)		37.66(M)	21.78 %

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: Middle School W2

Site Group: Inspire
 Serving Group: 6-8

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)	692.35	725.13	628.94	794.67	525.56	[600.00 - 700.00]	673.33	
Total Fat (g)	9.81 (12.76%)	24.52 (30.43%)	28.98 (41.48%)	22.94 (25.97%)	20.48 (35.06%)		21.34	28.53 %
Sat Fat (g)(1)	3.31 (4.30%)	5.87 (7.29%)	7.70 (11.02%)	6.55 (7.42%)	5.76 (9.86%)	< 10.00 % of Calories	5.84	7.81 %
Trans Fat (g)(2)	0.01	2.70	0.00	0.00	0.00		0.54	
Sodium Target 1 (mg)(13)	1,244.73	670.00	1,561.74	1,095.81	909.90	< 1,360.00	1,096.44	
Sodium Target 2 (mg)(13)	1,244.73	670.00	1,561.74	1,095.81	909.90	< 1,035.00	1,096.44	
Carb (g)	122.48 (70.76%)	99.99 (55.16%)	67.87 (43.17%)	117.22 (59.00%)	61.87 (47.09%)		93.89	55.77 %
Protein (g)	37.81 (21.84%)	28.85 (15.92%)	27.15 (17.27%)	39.00 (19.63%)	28.89 (21.99%)		32.34	19.21 %

Legend

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Weekly - Nutrient Summary

Menu Names: Middle School W3

Site Group: Inspire
 Serving Group: 6-8

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)	526.36	833.00	569.98	636.34	650.72	[600.00 - 700.00]	643.28(M)	
Total Fat (g)	12.64 (21.61%)	24.41 (26.37%)	15.79 (24.93%)	29.24 (41.35%)	20.63 (28.54%)		20.54(M)	28.74 %
Sat Fat (g)(1)	4.80 (8.21%)	7.79 (8.42%)	5.39 (8.52%)	7.29 (10.31%)	6.46 (8.94%)	< 10.00 % of Calories	6.35(M)	8.88 %
Trans Fat (g)(2)	0.00	0.01	0.00	0.00	2.25		0.45(M)	
Sodium Target 1 (mg)(13)	1,012.65	1,209.19	817.36	867.34	740.47	< 1,360.00	929.40(M)	
Sodium Target 2 (mg)(13)	1,012.65	1,209.19	817.36	867.34	740.47	< 1,035.00	929.40(M)	
Carb (g)	74.46 (56.59%)	118.93 (57.11%)	79.37 (55.70%)	81.31 (51.11%)	87.40 (53.73%)		88.30(M)	54.90 %
Protein (g)	31.36 (23.83%)	39.72 (19.07%)	32.22 (22.61%)	32.16 (20.22%)	31.49 (19.36%)		33.39(M)	20.76 %

Legend

(M) Indicates missing nutrient values.

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