

DCPS Education Campus Lunch Menu



	MONDAY 12/31/2018	TUESDAY 1/1/2019	WEDNESDAY 1/2/2019	THURSDAY 1/3/2019	FRIDAY 1/4/2019
Favorites	NO SCHOOL	NO SCHOOL	Turkey Tacos	BBQ Chicken Drumstick	Chicken Alfredo Macaroni
Side				Wheat Dinner Roll	Wheat Dinner Roll
Creations			Cheese Quesadilla ^v	Grilled Cheese Sandwich ^v	Turkey Sausage or Veggie Pizza ^v
Grab & Go			Tuna Salad Sandwich	Turkey Wrap	Italian Wrap
Side			Southwest Chicken Wrap	Sunbutter & Jelly Sandwich ^v	Chicken Dipper Salad
					Wheat Dinner Roll
From the Field			Roasted Corn	BBQ Baked Beans	Mixed Garden Vegetables
FRUITS	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Baby Carrots, & Indian-Style Chickpeas</i>				
			Orange Smiles	Fresh Apple	Fresh Pear
			Mixed Fruit Salad	Chilled Pineapple	Mixed Fruit Salad
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					

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Week 1	MONDAY 1/7/2019	TUESDAY 1/8/2019	WEDNESDAY 1/9/2019	THURSDAY 1/10/2019	FRIDAY 1/11/2019
Favorites	Shepard's Pie ^v	Teriyaki Grilled Chicken w/ Vegetables	Korean BBQ Turkey Taco w/ Pineapple Slaw	Kickn' Black Bean & Cheese Enchilada ^v	Rainbow Veggie Chili ^v
Side	Wheat Dinner Roll	Brown Rice			Tortilla Chips
Creations	Honey BBQ Chicken Sandwich	Teriyaki Veggie Burger w/ Pineapple slaw ^v	Grilled Cheese Sandwich ^v	Chicken Quesadilla	Turkey Sausage or Cheese Pizza ^v
Grab & Go	American Turkey Sub Sandwich	Chicken Salad Sandwich	Buffalo Chicken Wrap	Southwest Chicken Wrap	Cured Turkey Sub Sandwich
	Chicken Dipper Salad	Chicken Caesar Salad	Hearty Garden Salad ^v	Chicken Taco Salad	Classic Chef Salad
Side	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	Tortilla Chips	Wheat Dinner Roll
From the Field	Roasted Corn	Lemon Roasted Broccoli	Steamed Carrots	Southwest Pinto Beans	Green Beans
	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Curried Chickpeas, & Baby Carrots</i>				
FRUITS	Fresh Apple	Orange Smiles	Fresh Banana	Fresh Apple	Fresh Pear
	Diced Pears	All-Mixed-Up Fruit Cup	Applesauce Cup	Chilled Peaches	Applesauce Cup
Milk	Nonfat & 1% White Milk				
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Special Events					

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Week 2	MONDAY 1/14/2019	TUESDAY 1/15/2019	WEDNESDAY 1/16/2019	THURSDAY 1/17/2019	FRIDAY 1/18/2019
Favorites	Turkey Macaroni	Breakfast for Lunch: Boiled Egg, Turkey Sausage, & Maple Pancakes	Turkey Chili	BBQ Chicken Drumstick	Baked Penne w/ Tomato Sauce^v
Side	Breadstick		Whole Grain Honey Corn Biscuit	Wheat Dinner Roll	Garlic Knot
Creations	Turkey Dog	Hot Turkey & Cheese Sandwich	BBQ Burger w/ Coleslaw	Garden Burger^v	Jamaican Jerk Chicken Pizza or Cheese Pizza^v
Grab & Go	Tuna Salad Sandwich	Sunbutter & Jelly Sandwich^v	Cured Turkey Sandwich	Turkey Wrap	American Turkey Sub Sandwich
	Hearty Garden Salad^v	Asian Chicken Wrap	Mediterranean Hummus Wrap^v	Chicken Caesar Salad	Classic Chef Salad
Side	Wheat Dinner Roll	Wheat Dinner Roll		Wheat Dinner Roll	Wheat Dinner Roll
From the Field	BBQ Baked Beans	Sweet Potato Wedges	Collard Greens	Mashed Potatoes	Parmesan Roasted Broccoli
	<i>Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Corn, & Baby Carrots</i>				
FRUITS	Orange Smiles	Fresh Pear	Fresh Apple Slices	Fresh Banana	Fresh Apple
	All-Mixed-Up Fruit Cup	Diced Peaches	All-Mixed-Up Fruit Cup	Applesauce Cup	Diced Pears
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 Education Campus Lunch Menu



Week 3	MONDAY 1/21/2019	TUESDAY 1/22/2019	WEDNESDAY 1/23/2019	THURSDAY 1/24/2019	FRIDAY 1/25/2019
Favorites	NO SCHOOL	NO SCHOOL	NO SCHOOL	Buffalo Chicken Drumstick	Breakfast for Lunch: Cheesy Omelet & Pancakes ^v
Side				Whole Grain Honey Corn Biscuit	
Creations				Alaskan Pollock Banh Mi Sandwich	Meatball Sub Sandwich
Grab & Go				Sunbutter & Jelly Sandwich^v	Chef Salad Wrap
Side				Classic Chef Salad	Chicken Dipper Salad
Side				Wheat Dinner Roll	Wheat Dinner Roll
From the Field				Roasted Kale & Sweet Potatoes	Roasted Potatoes
FRUITS	<i>Garden Bar: Mixed Salad Greens, Cucumber Slices, Cherry Tomatoes, & Baby Carrots</i>				
				Fresh Pear	Orange Smiles
				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 Education Campus Lunch Menu



Week 4	MONDAY 1/28/2019	TUESDAY 1/29/2019	WEDNESDAY 1/30/2019	THURSDAY 1/31/2019	FRIDAY 2/1/2019
Favorites	Southwest Blackbean Nachos ^v	Thai Lemongrass Chicken	Turkey Tacos	Chicken Drumstick w/ Mumbo Sauce	Chicken Alfredo Macaroni
Side		Brown Rice		Honey Corn Biscuit	Wheat Dinner Roll
Creations	Turkey Burger	Veggie Fried Rice ^v	Cheese Quesadilla ^v	BBQ Burger w/ Coleslaw	Turkey Sausage or Veggie Pizza ^v
Grab & Go	Italian Wrap	Egg Salad Sandwich ^v	Tuna Salad Sandwich	Chicken Caesar Wrap	Turkey Wrap
Side	Lift-Off! Spinach Salad ^v	Classic Chef Salad	Chicken Caesar Salad	Greek Salad ^v	Chicken Dipper Salad
	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	Tortilla Chips	Wheat Dinner Roll
From the Field	Seasoned Potato Wedges	Sesame Carrots	Roasted Corn	BBQ Baked Beans	Mixed Garden Vegetables
FRUITS	<i>Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Baby Carrots, & Indian-Style Chickpeas</i>				
	Orange Smiles	Fresh Pear	Fresh Apple Slices	Orange Smiles	Fresh Apple
	Applesauce Cup	Chilled Pineapple	All-Mixed-Up Fruit Cup	Chilled Pineapple	All-Mixed-Up Fruit Cup
Milk	Nonfat & 1% White Milk				
NOTES	Menu items highlighted in green include local produce. Entrée options followed by ^v indicate vegetarian option.				
Special Events					

Weekly - Nutrient Summary

Menu Names: Education Campus W4
 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	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	594.63	639.73	693.23	[600.00 - 650.00]	642.53	
Fat (g)	12.38 (18.73%)	17.84 (25.10%)	28.41 (36.89%)		19.54	27.37 %
Sfat (g)(1)	3.50 (5.30%)	4.70 (6.61%)	7.80 (10.13%)	< 10.00 % of Calories	5.33	7.47 %
TFat (g)(2)	0.00	0.00	0.10		0.03	
Sodium Target 1 (mg)(13)	797.53	1,556.59	937.45	< 1,230.00	1,097.19	
Sodium Target 2 (mg)(13)	797.53	1,556.59	937.45	< 935.00	1,097.19	
Carb (g)	93.49 (62.89%)	89.17 (55.76%)	78.36 (45.22%)		87.01	54.17 %
Pro (g)	32.78 (22.05%)	35.11 (21.95%)	35.63 (20.56%)		34.50	21.48 %

Legend

(M) Indicates missing nutrient values.

- 1 Standard Value is the daily average requirement for a school week.
- 2 Trans Fat is provided for informational purposes, not for monitoring purposes.
- 3 Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2020 and does not impact pass/fail compliance prior to that date.

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)	611.26	681.86	609.11	650.54	634.12	[600.00 - 650.00]	637.38(M)	
Fat (g)	13.74 (20.22%)	22.64 (29.88%)	11.78 (17.40%)	18.11 (25.05%)	20.78 (29.49%)		17.41(M)	24.58 %
Sfat (g)(1)	3.51 (5.16%)	4.52 (5.97%)	3.01 (4.45%)	5.33 (7.37%)	7.30 (10.35%)	< 10.00 % of Calories	4.73(M)	6.68 %
TFat (g)(2)	0.00	0.05	0.00	0.00	0.01		0.01(M)	
Sodium Target 1 (mg)(13)	842.30	904.90	1,634.24	994.09	925.40	< 1,230.00	1,060.18(M)	
Sodium Target 2 (mg)(13)	842.30	904.90	1,634.24	994.09	925.40	< 935.00	1,060.18(M)	
Carb (g)	66.15 (43.28%)	77.42 (45.42%)	101.17 (66.44%)	91.35 (56.17%)	83.64 (52.76%)		83.94(M)	52.68 %
Pro (g)	30.57 (20.00%)	48.35 (28.36%)	28.21 (18.53%)	35.61 (21.90%)	30.20 (19.05%)		34.59(M)	21.71 %

Legend

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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)	668.79	767.08	632.31	500.14	607.73	[600.00 - 650.00]	635.21	
Fat (g)	10.93 (14.71%)	29.04 (34.07%)	15.96 (22.72%)	12.84 (23.11%)	24.82 (36.75%)		18.72	26.52 %
Sfat (g)(1)	3.09 (4.16%)	5.71 (6.70%)	6.32 (8.99%)	3.76 (6.77%)	8.71 (12.89%)	< 10.00 % of Calories	5.52	7.82 %
TFat (g)(2)	0.00	2.25	0.00	0.00	0.06		0.46	
Sodium Target 1 (mg)(13)	1,370.58	828.64	1,203.22	1,216.55	953.18	< 1,230.00	1,114.44	
Sodium Target 2 (mg)(13)	1,370.58	828.64	1,203.22	1,216.55	953.18	< 935.00	1,114.44	
Carb (g)	116.01 (69.39%)	99.05 (51.65%)	97.24 (61.51%)	73.07 (58.44%)	63.16 (41.57%)		89.71	56.49 %
Pro (g)	36.51 (21.84%)	28.39 (14.80%)	29.06 (18.38%)	26.28 (21.02%)	36.60 (24.09%)		31.37	19.75 %

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		Week Standard Value	Actual Value	% of Calories
Calories (Kcal)	630.63	575.07		[600.00 - 650.00]	602.85	
Fat (g)	11.42 (21.24%)	18.45 (28.87%)			29.87	49.51%
Sfat (g)	3.70 (6.89%)	7.94 (12.42%)		< 10.00 % of Calories	5.82	9.65%
TFat (g)	0.00	0.00			0.00	
Sodium Target 1 (mg)	840.61	932.49		< 1,230.00	886.12	
Sodium Target 2 (mg)	840.61	932.49		< 935.00	886.12	
Carb (g)	66.67 (55.14%)	67.23 (46.76%)			66.95	50.95%
Pro (g)	32.11 (26.56%)	34.80 (24.20%)			33.45	25.38%

Legend

(M) Indicates missing nutrient values.

Menu Cycle Week - Nutrient Summary

Menu Cycle Name: Education Campus W4
 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)	651.62	583.52	570.68	685.78	681.25	[600.00 - 650.00]	634.57	
Fat (g)	18.39 (25.40%)	13.86 (21.38%)	11.70 (18.45%)	23.19 (30.43%)	28.36 (37.47%)		19.10	27.09 %
Sfat (g)(1)	6.44 (8.89%)	3.54 (5.47%)	3.29 (5.19%)	8.10 (10.64%)	7.85 (10.38%)	< 10.00 % of Calories	5.85	8.29 %
TFat (g)(2)	0.00	0.00	0.00	0.00	0.10		0.02	
Sodium Target 1 (mg)(13)	952.24	744.36	758.01	1,212.24	926.76	< 1,230.00	918.72	
Sodium Target 2 (mg)(13)	952.24	744.36	758.01	1,212.24	926.76	< 935.00	918.72	
Carb (g)	93.35 (57.30%)	85.77 (58.79%)	89.28 (62.58%)	91.73 (53.51%)	74.85 (43.95%)		87.00	54.84 %
Pro (g)	28.83 (17.70%)	31.92 (21.88%)	32.38 (22.70%)	32.08 (18.71%)	35.51 (20.85%)		32.15	20.26 %

Legend

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