



# Education Campus Lunch – January 2020

SodexoMAGIC - DC Public Schools

MONDAY December 30	TUESDAY December 31	WEDNESDAY January 1	THURSDAY January 2	FRIDAY January 3
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## Choose One Entree

	MONDAY December 30	TUESDAY December 31	WEDNESDAY January 1	THURSDAY January 2	FRIDAY January 3
<b>Favorites</b>				Turkey Sausage Pizza Cheese Pizza <b>V</b>	Veggie Tortellini w/ Cheesy Breadstick <b>V</b>
<b>Creations</b>	NO SCHOOL	NO SCHOOL	NO SCHOOL	Cheese Quesadilla <b>V</b>	Grilled Cheese Sandwich <b>V</b>
<b>Grab &amp; Go</b>				Turkey Wrap	Tuna Salad Sandwich
				Southwest Chicken Sandwich	Turkey & Cheese Sub Sandwich

## Available Vegetables

	MONDAY December 30	TUESDAY December 31	WEDNESDAY January 1	THURSDAY January 2	FRIDAY January 3
<b>From the Field</b>				Mixed Garden Vegetables	Seasoned Carrots
<b>Garden Bar:</b> Mixed Salad Greens, Cherry Tomatoes, Baby Carrots, & Indian-Style Chickpeas					

## Available Fruit

	MONDAY December 30	TUESDAY December 31	WEDNESDAY January 1	THURSDAY January 2	FRIDAY January 3
<b>Fruits</b>				<ul style="list-style-type: none"> <li>• Orange Smiles</li> <li>• Chilled Pineapple</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Apple</li> <li>• All-Mixed-Up Fruit Cup</li> </ul>

<b>Milk</b>	MONDAY December 30	TUESDAY December 31	WEDNESDAY January 1	THURSDAY January 2	FRIDAY January 3
	Nonfat or 1% White Milk				

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

**Green Color Font** – Indicates Local Produce



# Education Campus Lunch – January 2020

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MONDAY January 6	TUESDAY January 7	WEDNESDAY January 8	THURSDAY January 9	FRIDAY January 10
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## Choose One Entree

<b>Favorites</b>	Glorious Macaroni & Cheese w/ Garlic Knot V	Jamaican Jerk Chicken Bowl w/ Brown Rice	BBQ Turkey Nachos	Sweet & Sour Grilled Chicken w/ Vegetables w/ Brown Rice	Stuffed Shells w/ Marinara w/ Breadstick V
<b>Creations</b>	Turkey Sloppy Joe	Jamaican Jerk Chicken Pizza Cheese Pizza V	Chicken Quesadilla	Traditional Hamburger	BBQ Chicken Drumstick w/ Spanish Rice
<b>Grab &amp; Go</b>	Sweet Potato Wrap VE	Mediterranean Hummus Wrap VE	Chicken Caesar Wrap	Veggie Lo Mein VE	Sunbutter & Jelly Sandwich VE
	Lift-Off! Spinach Salad w/ Wheat Dinner Roll V	Chicken Caesar Salad w/ Wheat Dinner Roll	Hearty Garden Salad w/ Wheat Dinner Roll V	Classic Chef Salad w/ Wheat Dinner Roll	Chicken Dipper Salad w/ Wheat Dinner Roll

## Available Vegetables

<b>From the Field</b>	Citrus Glazed Carrots	Jerk Lentils	Sweet Potato Wedges	Sizzlin' Asian Veggie Stir-Fry	Parmesan Roasted Broccoli
<b>Garden Bar:</b> Kale Salad, Cherry Tomatoes, Baby Carrots, & Corn					

## Available Fruit

<b>Fruits</b>	<ul style="list-style-type: none"> <li>Fresh Pear</li> <li>All-Mixed-Up Fruit Cup</li> </ul>	<ul style="list-style-type: none"> <li>Orange Smiles</li> <li>Diced Peaches</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>	<ul style="list-style-type: none"> <li>Orange Smiles</li> <li>Diced Peaches</li> </ul>
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<b>Milk</b>	Nonfat or 1% White Milk
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# Education Campus Lunch – January 2020

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MONDAY January 13	TUESDAY January 14	WEDNESDAY January 15	THURSDAY January 16	FRIDAY January 17
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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	Korean BBQ Turkey Taco w/ Pineapple Slaw	Kickn' Black Bean & Cheese Enchilada <b>V</b>	
<b>Creations</b>	Honey BBQ Chicken Sandwich	Teriyaki Veggie Burger w/ Pineapple Slaw <b>V</b>	Grilled Cheese Sandwich <b>V</b>	Chicken Quesadilla	NO SCHOOL
<b>Grab &amp; Go</b>	Turkey & Cheese Sub Sandwich	Chicken Salad Sandwich	Buffalo Chicken Wrap	Southwest Chicken Wrap	
	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	

## Available Vegetables

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

## 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>	
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# Education Campus Lunch – January 2020

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MONDAY January 20	TUESDAY January 21	WEDNESDAY January 22	THURSDAY January 23	FRIDAY January 24
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Choose One Entree					
<b>Favorites</b>		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>	NO SCHOOL	Turkey Dog	Hot Turkey & Cheese Sandwich	Garden Burger <b>V</b>	Jamaican Jerk Chicken Pizza Cheese Pizza <b>V</b>
<b>Grab &amp; Go</b>		Sunbutter & Jelly Sandwich <b>VE</b>	Cured Turkey Sandwich	Turkey Wrap	Turkey & Cheese Sub Sandwich
		Asian Chicken Wrap w/ Wheat Dinner Roll	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>		Sweet Potato Wedges	Mashed Potatoes	Collard Greens	Parmesan Roasted Broccoli
<b>Garden Bar:</b> Mixed Salad Greens, Cherry Tomatoes, Corn, & Baby Carrots					

Available Fruit					
<b>Fruits</b>		<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 Pear</li> <li>Diced Pears</li> </ul>

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

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MONDAY January 27	TUESDAY January 28	WEDNESDAY January 29	THURSDAY January 30	FRIDAY January 31
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## Choose One Entree

Favorites			Chicken Nachos	Buffalo Chicken Drumstick w/ Whole Grain Honey Corn Biscuit	Breakfast for Lunch: Cheesy Omelet & Pancakes <b>V</b>
Creations	NO SCHOOL	NO SCHOOL	Chipotle Chicken Sandwich	Alaskan Pollock Banh Mi Sandwich	Meatball Sub Sandwich
Grab & Go			Turkey & Cheese Sub Sandwich	Sunbutter and Jelly Sandwich <b>VE</b>	Chef Salad Wrap
			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		Mexican Black Beans	Roasted Kale & Sweet Potatoes	Roasted Potatoes
<b>Garden Bar:</b> Mixed Salad Greens, Cherry Tomatoes, Cucumber Slices, & Baby Carrots				

## Available Fruit

Fruits		<ul style="list-style-type: none"> <li>• Orange Smiles</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>• Fresh Banana</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 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				Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	626.19	639.01				[600.00 - 650.00]	632.64(M)	
Total Fat (g)	18.02 (25.90%)	15.38 (25.67%)					16.07(M)	25.78 %
Sat Fat (g)(1)	6.43 (9.25%)	3.83 (6.40%)				< 10.00 % of Calories	5.13(M)	7.82 %
Trans Fat (g)(2)	0.00	0.03					0.03(M)	
Sodium Target 1 (mg)(13)	903.69	644.03				< 1,230.00	773.86(M)	
Sodium Target 2 (mg)(13)	903.69	644.03				< 935.00	773.86(M)	
Carb (g)	89.19 (56.97%)	72.89 (54.09%)					81.04M)	55.53%
Protein (g)	27.29 (17.43%)	30.00 (22.26%)					28.64(M)	19.84 %

## 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 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)	621.13	584.78	891.95	440.10	687.02	[600.00 - 650.00]	644.99(M)	
Total Fat (g)	14.98 (21.71%)	15.01 (23.11%)	22.37 (22.57%)	11.79 (24.12%)	20.97 (27.47%)		17.03(M)	23.76 %
Sat Fat (g)(1)	5.17 (7.49%)	5.94 (9.14%)	3.04 (3.07%)	3.08 (6.31%)	4.48 (5.86%)	< 10.00 % of Calories	4.34(M)	6.06 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	1,196.40	1,039.86	1,254.03	485.26	1,076.35	< 1,230.00	1,010.38(M)	
Sodium Target 2 (mg)(13)	1,196.40	1,039.86	1,254.03	485.26	1,076.35	< 935.00	1,010.38(M)	
Carb (g)	98.98 (63.74%)	86.19 (58.95%)	131.92 (59.16%)	61.20 (55.62%)	99.74 (58.07%)		95.61(M)	59.29 %
Protein (g)	29.86 (19.23%)	33.65 (23.01%)	30.75 (13.79%)	26.41 (24.01%)	32.81 (19.10%)		30.69(M)	19.04 %

## 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	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	551.50	692.48	544.70	666.82	[600.00 - 650.00]	613.87(M)	
Total Fat (g)	15.69 (25.61%)	21.15 (27.49%)	13.27 (21.93%)	18.51 (24.98%)		17.16(M)	25.15 %
Sat Fat (g)(1)	3.58 (5.84%)	3.84 (4.99%)	4.65 (7.68%)	5.78 (7.80%)	< 10.00 % of Calories	4.46(M)	6.54 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	967.77	1,030.69	1,315.80	1,015.18	< 1,230.00	1,082.36(M)	
Sodium Target 2 (mg)(13)	967.77	1,030.69	1,315.80	1,015.18	< 935.00	1,082.36(M)	
Carb (g)	71.75 (52.04%)	91.43 (52.81%)	81.07 (59.53%)	90.63 (54.36%)		83.72(M)	54.55 %
Protein (g)	36.89 (26.76%)	42.56 (24.58%)	29.41 (21.60%)	41.04 (24.62%)		37.48(M)	24.42 %

## 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	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	747.61	584.04	613.28	572.45	[600.00 - 650.00]	629.35	
Total Fat (g)	25.28 (30.44%)	17.79 (27.41%)	19.17 (28.13%)	22.27 (35.01%)		21.13	30.21 %
Sat Fat (g)(1)	4.66 (5.61%)	7.30 (11.25%)	6.21 (9.11%)	7.15 (11.24%)	< 10.00 % of Calories	6.33	9.05 %
Trans Fat (g)(2)	1.13	0.00	0.00	0.00		0.28	
Sodium Target 1 (mg)(13)	736.07	1,293.64	1,040.13	911.51	< 1,230.00	995.34	
Sodium Target 2 (mg)(13)	736.07	1,293.64	1,040.13	911.51	< 935.00	995.34	
Carb (g)	106.14 (56.79%)	76.67 (52.51%)	84.12 (54.87%)	70.68 (49.39%)		84.40	53.65 %
Protein (g)	28.94 (15.49%)	30.71 (21.03%)	34.14 (22.27%)	28.25 (19.74%)		30.51	19.39 %

## Legend

(M) Indicates missing nutrient values.

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- 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 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)	534.88	644.50	658.87	[600.00 - 650.00]	612.75(M)	
Total Fat (g)	16.53 (27.82%)	27.65 (38.62%)	17.43 (23.81%)		20.54(M)	30.17 %
Sat Fat (g)(1)	6.01 (10.11%)	6.02 (8.41%)	5.44 (7.43%)	< 10.00 % of Calories	5.82(M)	8.55 %
Trans Fat (g)(2)	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	811.15	825.76	908.37	< 1,230.00	848.43(M)	
Sodium Target 2 (mg)(13)	811.15	825.76	908.37	< 935.00	848.43(M)	
Carb (g)	68.87 (51.50%)	84.11 (52.20%)	102.51 (62.23%)		85.16(M)	55.60 %
Protein (g)	30.82 (23.05%)	31.06 (19.27%)	28.24 (17.14%)		30.04(M)	19.61 %

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