



Elementary 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

Category	Monday	Tuesday	Wednesday	Thursday	Friday
Favorites				Turkey Sausage Pizza Cheese Pizza V	Veggie Tortellini w/ Cheesy Breadstick V
Creations	NO SCHOOL	NO SCHOOL	NO SCHOOL	Cheese Quesadilla V	Grilled Cheese Sandwich V
Grab & Go				Turkey Wrap	Tuna Salad Sandwich

Available Vegetables

Category	Monday	Tuesday	Wednesday	Thursday	Friday
From the Field				Mixed Garden Vegetables	Seasoned Carrots
Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Baby Carrots & Indian-Style Chickpeas					

Available Fruit

Category	Monday	Tuesday	Wednesday	Thursday	Friday
Fruits				<ul style="list-style-type: none"> Orange Smiles Chilled Pineapple 	<ul style="list-style-type: none"> Fresh Apple All-Mixed-Up Fruit Cup

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

Favorites	Glorious Macaroni & Cheese w/ Garlic Knot V	Jamaican Jerk Chicken Bowl and Brown Rice	BBQ Turkey Nachos	Sweet & Sour Grilled Chicken w/ Vegetables & Brown Rice	Stuffed Shells w/ Marinara & Breadstick V
Creations	Turkey Sloppy Joe	Jamaican Jerk Chicken Pizza Cheese Pizza V	Chicken Quesadilla	Traditional Hamburger	BBQ Chicken Drumstick w/ Spanish Rice
Grab & Go	Sweet Potato Wrap VE	Mediterranean Hummus Wrap VE	Hearty Garden Salad w/ Wheat Dinner Roll V	Veggie Lo Mein VE	Sunbutter & Jelly Sandwich VE

Available Vegetables

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

Available Fruit

Fruits	<ul style="list-style-type: none"> Fresh Pear All-Mixed-Up Fruit Cup 	<ul style="list-style-type: none"> Orange Smiles Diced Peaches 	<ul style="list-style-type: none"> Fresh Banana Applesauce Cup 	<ul style="list-style-type: none"> Fresh Apple Diced Pears 	<ul style="list-style-type: none"> Orange Smiles Diced Peaches
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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

Favorites	Veggie Tortellini w/ Cheesy Breadstick V	Teriyaki Grilled Chicken w/ Vegetables and Brown Rice	Korean BBQ Turkey Taco w/ Pineapple Slaw	Kickn' Black Bean & Cheese Enchilada V	
Creations	Honey BBQ Chicken Sandwich	Teriyaki Veggie Burger w/ Pineapple Slaw V	Grilled Cheese Sandwich V	Chicken Quesadilla	NO SCHOOL
Grab & Go	Chicken Dipper Salad w/ Wheat Dinner Roll	Chicken Salad Sandwich	Buffalo Chicken Wrap	Chicken Taco Salad w/ Tortilla Chips	

Available Vegetables

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

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 	
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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

Category	Monday	Tuesday	Wednesday	Thursday	Friday
Favorites		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	NO SCHOOL	Turkey Dog	Hot Turkey & Cheese Sandwich	Garden Burger V	Jamaican Jerk Chicken Pizza Cheese Pizza V
Grab & Go		Sunbutter & Jelly Sandwich VE	Mediterranean Hummus Wrap VE	Turkey Wrap	Classic Chef Salad w/ Wheat Dinner Roll

Available Vegetables

Category	Monday	Tuesday	Wednesday	Thursday	Friday
From the Field		Sweet Potato Wedges	Mashed Potatoes	Collard Greens	Parmesan Roasted Broccoli
Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Corn, & Baby Carrots					

Available Fruit

Category	Monday	Tuesday	Wednesday	Thursday	Friday
Fruits		<ul style="list-style-type: none"> Diced Peaches Fresh Pear 	<ul style="list-style-type: none"> 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 Diced Pears

Milk	Monday	Tuesday	Wednesday	Thursday	Friday
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Elementary 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 V
Creations	NO SCHOOL	NO SCHOOL	Chipotle Chicken Sandwich	Alaskan Pollock Banh Mi Sandwich	Meatball Sub Sandwich
Grab & Go			Hearty Garden Salad w/ Wheat Dinner Roll V	Sunbutter & Jelly Sandwich VE	Chicken Dipper Salad w/ Wheat Dinner Roll

Available Vegetables

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

Available Fruit

Fruits			<ul style="list-style-type: none"> • Orange Smiles • Diced Pears 	<ul style="list-style-type: none"> • Fresh Pear • Diced Peaches 	<ul style="list-style-type: none"> • Fresh Banana • Applesauce Cup
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Weekly - Nutrient Summary

Menu Names: Elementary W4

Site Group: Inspire
 Serving Group: K-5

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)	581.76	555.43				[550.00 - 650.00]	568.60	
Total Fat (g)	15.34 (23.73%)	14.81 (23.99%)					15.07	23.86 %
Sat Fat (g)(1)	6.35 (9.82%)	3.34 (5.42%)				< 10.00 % of Calories	4.84	7.62 %
Trans Fat (g)(2)	0.00	0.04					0.02	
Sodium Target 1 (mg)(13)	758.49	667.88				< 1,230.00	713.18	
Sodium Target 2 (mg)(13)	758.49	667.88				< 935.00	713.18	
Carb (g)	85.54 (58.82%)	79.11 (56.97%)					82.32	57.89
Protein (g)	24.18 (16.63%)	29.24 (21.06%)					26.71	18.84 %

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: Elementary W1

Site Group: Inspire
 Serving Group: K-5

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)	637.47	578.93	718.71	525.13	664.97	[550.00 - 650.00]	625.04(M)	
Total Fat (g)	16.83 (23.76%)	15.66 (24.34%)	16.24 (20.34%)	15.05 (25.80%)	21.61 (29.25%)		17.08(M)	24.59 %
Sat Fat (g)(1)	6.66 (9.40%)	6.45 (10.02%)	3.19 (4.00%)	3.87 (6.63%)	4.35 (5.88%)	< 10.00 % of Calories	4.90(M)	7.06 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	1,119.10	1,053.24	1,106.93	611.19	1,005.15	< 1,230.00	979.12(M)	
Sodium Target 2 (mg)(13)	1,119.10	1,053.24	1,106.93	611.19	1,005.15	< 935.00	979.12(M)	
Carb (g)	100.88 (63.30%)	81.84 (56.55%)	101.59 (56.54%)	73.82 (56.23%)	95.17 (57.25%)		90.66(M)	58.02 %
Protein (g)	28.72 (18.02%)	33.98 (23.48%)	31.24 (17.39%)	29.57 (22.52%)	29.76 (17.90%)		30.65(M)	19.62 %

Legend

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Weekly - Nutrient Summary

Menu Names: Elementary W2

Site Group: Inspire
 Serving Group: K-5

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)	530.05	753.31	495.71	817.32	[550.00 - 650.00]	649.10(M)	
Total Fat (g)	15.96 (27.10%)	24.00 (28.67%)	14.63 (26.56%)	18.89 (20.80%)		18.37(M)	25.47 %
Sat Fat (g)(1)	3.49 (5.92%)	4.96 (5.93%)	4.98 (9.03%)	6.51 (7.17%)	< 10.00 % of Calories	4.98(M)	6.91 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	830.58	1,120.68	1,124.90	1,117.84	< 1,230.00	1,048.50(M)	
Sodium Target 2 (mg)(13)	830.58	1,120.68	1,124.90	1,117.84	< 935.00	1,048.50(M)	
Carb (g)	68.92 (52.01%)	85.97 (45.65%)	60.95 (49.18%)	119.38 (58.43%)		83.80(M)	51.64 %
Protein (g)	34.05 (25.70%)	53.75 (28.54%)	33.38 (26.94%)	46.60 (22.81%)		41.95(M)	25.85 %

Legend

(M) Indicates missing nutrient values.

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Weekly - Nutrient Summary

Menu Names: Elementary W3
 Site Group: Inspire
 Serving Group: K-5

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)	576.47	671.86	565.37	[550.00 - 650.00]	604.57(M)	
Total Fat (g)	16.82 (26.26%)	27.77 (37.20%)	12.72 (20.25%)		19.10(M)	28.44 %
Sat Fat (g)(1)	5.88 (9.19%)	7.36 (9.86%)	3.89 (6.19%)	< 10.00 % of Calories	5.71(M)	8.50 %
Trans Fat (g)(2)	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	785.75	871.16	583.21	< 1,230.00	746.71(M)	
Sodium Target 2 (mg)(13)	785.75	871.16	583.21	< 935.00	746.71(M)	
Carb (g)	80.07 (55.56%)	98.77 (58.80%)	94.72 (67.02%)		91.19(M)	60.33 %
Protein (g)	30.64 (21.26%)	30.03 (17.88%)	24.71 (17.48%)		28.46(M)	18.83 %

Legend

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