

Cafe Trendz High School Menu:
 Luke C. Moore, Washington Met, SWW High School



LUNCH	MONDAY 7/2/2018	TUESDAY 7/3/2018	WEDNESDAY 7/4/2018	THURSDAY 7/5/2018	FRIDAY 7/6/2018
-------	--------------------	---------------------	-----------------------	----------------------	--------------------

Favorites	Chicken Parm Pasta	Turkey Sausage Pizza	NO SCHOOL	NO SCHOOL	NO SCHOOL
------------------	--------------------	----------------------	-----------	-----------	-----------

Side	Wheat Dinner Roll				
-------------	-------------------	--	--	--	--

Creations	Classic Cheeseburger	Classic Cheese Pizza ^v			
------------------	----------------------	-----------------------------------	--	--	--

Grab & Go	Sunbutter & Jelly Sandwich ^v	Turkey & Cheese Wrap			
----------------------	---	----------------------	--	--	--

	Classic Chef Salad	Asian Chicken Salad			
--	--------------------	---------------------	--	--	--

Side	Wheat Dinner Roll	Wheat Dinner Roll			
-------------	-------------------	-------------------	--	--	--

From the Field	Roasted Broccoli	Collard Greens			
-----------------------	------------------	----------------	--	--	--

Garden Bar: Super Salad

FRUITS	Fresh Apple	Orange Smiles			
---------------	-------------	---------------	--	--	--

	Chilled Peaches	Applesauce Cup			
--	-----------------	----------------	--	--	--

Notes *Menu Items highlighted in green include local produce. Entrée options followed by ^v indicate vegetarian option.*

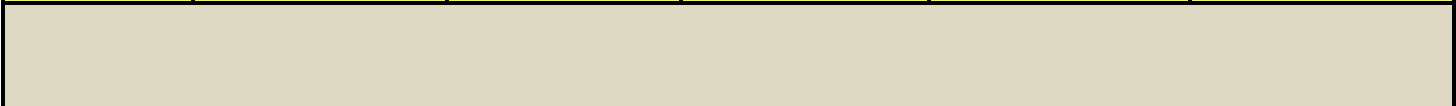
Milk Nonfat & 1% White Milk

	This institution is an equal opportunity provider
--	---

Cafe Trendz High School Menu:
 Luke C. Moore, Washington Met, SWW High School



LUNCH	MONDAY 7/9/2018	TUESDAY 7/10/2018	WEDNESDAY 7/11/2018	THURSDAY 7/12/2018	FRIDAY 7/13/2018
-------	--------------------	----------------------	------------------------	-----------------------	---------------------



Favorites	Turkey Pepperoni Pizza	Chicken Alfredo Macaroni	TACO BAR	ACTION STATION Featuring	Buffalo Chicken Drumstick
Side		Wheat Dinner Roll	Mexican Chicken or Turkey Carnitas	Sweet & Sour Chicken w/ Peppers, Broccoli, & Carrots over Brown Rice	Cilantro Rice
Creations	Classic Cheese Pizza ^v	Traditional Hamburger	Toppings Include: Lettuce, Salsa & Shredded Cheese	Mo'Burger w/ Cheese	Grilled Cheese Sandwich ^v



Grab & Go	Sunbutter & Jelly Sandwich ^v	Buffalo Chicken Wrap	American Turkey Sub Sandwich	Southwest Wrap	Garden Wrap ^v
	Chicken Dipper Salad	Spinach Salad ^v	Greek Salad ^v	Hearty Garden Salad ^v	Chef's Special
Side	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll



From the Field	Green Beans	Steamed Carrots	Mexican Black Beans	Roasted Broccoli	Roasted Corn
-----------------------	-------------	-----------------	---------------------	------------------	--------------

Garden Bar: Garden Side Salad

FRUITS	Fresh Apple	Orange Smiles	Fresh Banana	Fresh Pear	Fresh Banana
	Chilled Pears	Chilled Apricots	Chilled Pears	Chilled Apricots	Chilled Applesauce

Notes *Menu Items highlighted in green include local produce. Entrée options followed by ^v indicate vegetarian option.*

Milk Nonfat & 1% White Milk



Weekly Nutrient Summary

Menu Names: Cafe Trendz Lunch Week 1 and Week 2 ESY

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	Day 6	Day 7	Week Standard Value	Actual Value
Calories (Kcal)	731.61	869.86	633.26	917.25	699.97	835.99	786.27	[750.00 - 850.00]	782.03(M)
Fat (g)	20.19 (24.83%)	26.45 (27.36%)	15.81 (22.47%)	29.24 (28.69%)	16.49 (21.20%)	29.21 (31.45%)	26.40 (30.22%)		23.40(M)
Sfat (g)	7.22 (8.88%)	7.74 (8.01%)	5.39 (7.66%)	9.98 (9.79%)	5.21 (6.70%)	8.27 (8.90%)	8.94 (10.23%)	< 10.00 % of Calories	7.54(M)
TFat (g)	0.00	0.00	0.00	0.00	0.01	0.01	0.00		0.00(M)
Sodium Target 1 (mg)	1451.29	1089.06	1185.25	1414.86	1554.15	1282.24	1293.15	< 1,420.00	1,324.29(M)
Sodium Target 2 (mg)	1451.29	1089.06	1185.25	1414.86	1554.15	1282.24	1293.15	< 1,080.00	1,324.29(M)
Carb (g)	104.28 (57.02%)	127.46 (58.61%)	90.69 (57.29%)	126.11 (54.99%)	103.88 (59.36%)	116.25 (55.62%)	100.42 (51.08%)		109.87(M)
Pro (g)	41.16 (22.51%)	37.22 (17.11%)	36.35 (22.96%)	47.00 (20.49%)	40.33 (23.05%)	44.05 (21.08%)	39.28 (19.98%)		40.77(M)

Legend

(M) Indicates missing nutrient values.

Weekly Nutrient Summary

Menu Names: Cafe Trendz Lunch Week 1 and Week 2 ESY

Site Group: Inspire
Serving Group: 9-12

Meal Pattern: [USDA]Meal Pattern SY 2014
Calculation Method: Weighted Analysis
Meal Type: Lunch

% of Calories
26.93%
8.67%
56.20%
20.85%