

DCPS High School Lunch Menu



	MONDAY 7/2/2018	TUESDAY 7/3/2018	WEDNESDAY 7/4/2018	THURSDAY 7/5/2018	FRIDAY 7/6/2018
Favorites	Baked Penne w/ Tomato Sauce ^v	Turkey Chili	NO SCHOOL	NO SCHOOL	NO SCHOOL
Side	Breadstick	Cheesy Breadstick			
Creations	Turkey Dog	Turkey Pepperoni Pizza			
	Deluxe Cheeseburger	Cheese Pizza ^v			
Grab & Go	Tuna Salad Sandwich	Sunbutter & Jelly Sandwich ^v			
	Chicken Caesar Salad	Asian Chicken Wrap			
Side	Wheat Dinner Roll	Wheat Dinner Roll			
From the Field	Braised Greens & Beans	Sweet Potato Bites			
	<i>Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Corn, & Baby Carrots</i>				
FRUITS	Orange Smiles	Fresh Pear			
	Mixed Fruit Salad	Diced Peaches			
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 High School Lunch Menu



	MONDAY 7/9/2018	TUESDAY 7/10/2018	WEDNESDAY 7/11/2018	THURSDAY 7/12/2018	FRIDAY 7/13/2018
Favorites	Oven Baked Lasagna Roll ^v	Chicken Nachos	Baked Penne w/ Tomato Sauce ^v	Buffalo Chicken Drumstick w/ Cilantro Rice	Breakfast for Lunch: Cheesy Omelet & Pancakes ^v
Side	Breadstick		Breadstick	Cinnamon Wheel	
Creations	Grilled Chicken Sandwich	Turkey Pepperoni Pizza	Mushroom Lover Burger	Alaskan Pollock Po'boy	Turkey Pepperoni Pizza
	Bistro Burger	Cheese Pizza ^v	Grilled Cheese Sandwich ^v	Memphis Meltdown Sandwich	Cheese Pizza ^v
Grab & Go	Cured Turkey Sub Sandwich	Chicken Salad Sandwich	American Turkey Sub Sandwich	Garden Wrap ^v	Chef Salad Wrap
	Chicken Caesar Salad	Greek Salad ^v	Hearty Garden Salad ^v	Classic Chef Salad	Chicken Dipper Salad
Side	Wheat Dinner Roll	Tortilla Chips	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll
From the Field	Roasted Kale & Sweet Potatoes	Mexican Black Beans	Fresh Kale Salad	Collard Greens	Roasted Potatoes
	<i>Garden Bar: Mixed Salad Greens, Cucumber Slices, Cherry Tomatoes, & Baby Carrots</i>				
FRUITS	Fresh Apple	Orange Smiles	Cantaloupe	Fresh Pear	Orange Smiles
	Chilled Peaches	Applesauce Cup	Chilled Pears	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					

Weekly Nutrient Summary

Menu Names: 9-12 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: 9-12 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%