

# DCPS Elementary School Lunch Menu



| Week 5                       | MONDAY<br>6/3/19  | TUESDAY<br>6/4/19  | WEDNESDAY<br>6/5/19                    | THURSDAY<br>6/6/2019                                 | FRIDAY<br>6/7/19                              |
|------------------------------|---|--|--|--|---|
| <b><i>Favorites</i></b>      | <b>Glorious Macaroni &amp; Cheese<sup>v</sup></b>   | <b>Jamaican Jerk Chicken Bowl</b>                              | <b>BBQ Turkey Nachos</b>               | <b>Sweet &amp; Sour Grilled Chicken w/Vegetables</b> | <b>Stuffed Shells w/ Marinara<sup>v</sup></b> |
| <b>Side</b>                  | Garlic Knot   | Brown Rice   |  | Brown Rice   | Breadstick                                    |
| <b><i>Creations</i></b>      | <b>Turkey Sloppy Joe</b>  | <b>Jamaican Jerk Chicken Pizza or Cheese Pizza<sup>v</sup></b> | <b>Chicken Quesadilla</b>              | <b>Traditional Hamburger</b>                         | <b>BBQ Chicken Drumstick w/ Spanish Rice</b>  |
| <b><i>Grab &amp; Go</i></b>  | <b>Lift-Off! Spinach Salad<sup>v</sup></b>  | <b>Mediterranean Hummus Wrap<sup>v</sup></b>                   | <b>Hearty Garden Salad<sup>v</sup></b> | <b>Sunbutter &amp; Jelly Sandwich<sup>v</sup></b>    | <b>Chicken Dipper Salad</b>                   |
| <b>Side</b>                  | Wheat Dinner Roll   |  | Wheat Dinner Roll                      |  | Wheat Dinner Roll                             |
| <b><i>From the Field</i></b> | Citrus Glazed Carrots   | Jerk Lentils   | <b>Garden Side Salad</b>               | Sizzlin'Asian Veggie Stir-Fry                        | Parmesan Roasted Broccoli                     |
| <b>FRUITS</b>                | <i>Garden Bar: <b>Kale Salad</b>, Cherry Tomatoes, Baby Carrots &amp; Corn</i>  |  |  |  |   |
|                              | Fresh Pear  | Orange Smiles  | <b>Fresh Strawberries</b>              | <b>Fresh Apple</b>                                   | Orange Smiles                                 |
|                              | All-Mixed-Up Fruit Cup  | Chilled Peaches  | Applesauce Cup                         | Diced Pears  | Chilled Peaches                               |
| <b>Milk</b>                  | <b>Nonfat &amp; 1% White Milk</b>   |  |  |  |   |
| <b>NOTES</b>                 | <i>Menu Items highlighted in green include local produce.<br/>Entrée options followed by <sup>v</sup> indicate vegetarian option.</i> |  |  |  |   |
| <b>Special Events</b>        | <b>June 5th Strawberry &amp; Salad Greens Day</b>   |  |  |  |   |
|                              |   |  |  |  |   |

# DCPS Elementary School Lunch Menu



| Week 1                | MONDAY<br>6/10/19   | TUESDAY<br>6/11/19                                    | WEDNESDAY<br>6/12/19                     | THURSDAY<br>6/13/19                               | FRIDAY<br>6/14/19                           |
|-----------------------|---|---|--|---|---|
| <b>Favorites</b>      | Veggie Tortellini <sup>v</sup>  | Teriyaki Grilled Chicken w/ Vegetables                | Korean BBQ Turkey Taco w/ Pineapple Slaw | Kickn' Black Bean & Cheese Enchilada <sup>v</sup> | Rainbow Veggie Chili <sup>v</sup>           |
| <b>Side</b>           | Cheesy Breadstick   | Brown Rice  |  |   | Tortilla Chips                              |
| <b>Creations</b>      | Honey BBQ Chicken Sandwich  | Teriyaki Veggie Burger w/ Pineapple slaw <sup>v</sup> | Grilled Cheese Sandwich <sup>v</sup>     | Chicken Quesadilla                                | Turkey Sausage or Cheese Pizza <sup>v</sup> |
| <b>Grab &amp; Go</b>  | Chicken Dipper Salad  | Chicken Salad Sandwich                                | Buffalo Chicken Wrap                     | Chicken Taco Salad                                | Cured Turkey Sub Sandwich                   |
| <b>Side</b>           | Wheat Dinner Roll   |   |  | Tortilla Chips                                    | Wheat Dinner Roll                           |
| <b>From the Field</b> | Roasted Corn  | Lemon Roasted Broccoli                                | Steamed Carrots                          | Southwest Pinto Beans                             | Green Beans                                 |
| <b>FRUITS</b>         | <i>Garden Bar: Kale Salad, Cherry Tomatoes, Curried Chickpeas, &amp; Baby Carrots</i>   |   |  |   |   |
|                       | Fresh Apple   | Orange Smiles   | Fresh Banana                             | Fresh Apple                                       | Fresh Pear                                  |
|                       | Diced Pears   | All-Mixed-Up Fruit Cup                                | Applesauce Cup                           | Chilled Peaches                                   | Applesauce Cup                              |
| <b>Milk</b>           | Nonfat & 1% White Milk  |   |  |   |   |
| <b>NOTES</b>          | <i>Menu Items highlighted in green include local produce.<br/>Entrée options followed by <sup>v</sup> indicate vegetarian option.</i> |   |  |   |   |
| <b>Special Events</b> |   |   |  |   |   |
|                       |   |   |  |   |   |

# Menu Cycle Week - Nutrient Summary

Menu Cycle Name: June 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)       | 659.97            | 527.93            | 523.31            | 529.55            | 613.21            | [550.00 - 650.00]        | 570.79       |               |
| Fat (g)                  | 19.79<br>(26.99%) | 15.62<br>(26.64%) | 11.32<br>(19.47%) | 17.86<br>(30.35%) | 20.34<br>(29.86%) |                          | 16.99        | 26.78 %       |
| Sfat (g)(1)              | 7.98<br>(10.88%)  | 6.38<br>(10.88%)  | 2.38<br>(4.09%)   | 4.08<br>(6.94%)   | 5.10<br>(7.49%)   | < 10.00 % of<br>Calories | 5.19         | 8.18 %        |
| TFat (g)(2)              | 0.02              | 0.00              | 0.00              | 0.01              | 0.06              |                          | 0.02         |               |
| Sodium Target 1 (mg)(13) | 1,244.13          | 1,034.19          | 933.05            | 604.05            | 1,036.56          | < 1,230.00               | 970.40       |               |
| Sodium Target 2 (mg)(13) | 1,244.13          | 1,034.19          | 933.05            | 604.05            | 1,036.56          | < 935.00                 | 970.40       |               |
| Carb (g)                 | 95.43<br>(57.84%) | 70.15<br>(53.15%) | 61.71<br>(47.17%) | 59.32<br>(44.81%) | 77.46<br>(50.53%) |                          | 72.82        | 51.03 %       |
| Pro (g)                  | 32.16<br>(19.49%) | 31.76<br>(24.06%) | 28.59<br>(21.86%) | 35.18<br>(26.57%) | 35.41<br>(23.10%) |                          | 32.62        | 22.86 %       |

## 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, 2020 and does not impact pass/fail compliance prior to that date.

# Menu Cycle Week - Nutrient Summary

Menu Cycle Name: June 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             | Day 5             | Week Standard Value      | Actual Value | % of Calories |
|-----------------------------|-------------------|-------------------|-------------------|-------------------|-------------------|--------------------------|--------------|---------------|
| Calories (Kcal)(1)          | 587.87            | 645.54            | 611.35            | 677.47            | 615.97            | [550.00 - 650.00]        | 627.64(M)    |               |
| Fat (g)                     | 15.71<br>(24.05%) | 20.59<br>(28.71%) | 13.35<br>(19.66%) | 20.70<br>(27.50%) | 19.28<br>(28.18%) |                          | 17.93(M)     | 25.71 %       |
| Sfat (g)(1)                 | 4.99<br>(7.63%)   | 3.72<br>(5.19%)   | 4.48<br>(6.59%)   | 6.29<br>(8.35%)   | 6.83<br>(9.97%)   | < 10.00 % of<br>Calories | 5.26(M)      | 7.54 %        |
| TFat (g)(2)                 | 0.00              | 0.01              | 0.00              | 0.00              | 0.01              |                          | 0.00(M)      |               |
| Sodium Target 1<br>(mg)(13) | 872.41            | 988.59            | 1,719.01          | 983.64            | 846.56            | < 1,230.00               | 1,082.04(M)  |               |
| Sodium Target 2<br>(mg)(13) | 872.41            | 988.59            | 1,719.01          | 983.64            | 846.56            | < 935.00                 | 1,082.04(M)  |               |
| Carb (g)                    | 74.57<br>(50.74%) | 79.22<br>(49.09%) | 95.98<br>(62.80%) | 91.33<br>(53.93%) | 85.84<br>(55.75%) |                          | 85.39(M)     | 54.42 %       |
| Pro (g)                     | 40.08<br>(27.27%) | 43.66<br>(27.06%) | 29.92<br>(19.58%) | 38.54<br>(22.75%) | 27.60<br>(17.92%) |                          | 35.96(M)     | 22.92 %       |

## 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, 2020 and does not impact pass/fail compliance prior to that date.