

DCPS Middle School Lunch Menu



Week 5	MONDAY 6/3/19	TUESDAY 6/4/19	WEDNESDAY 6/5/19	THURSDAY 6/6/19	FRIDAY 6/7/19
Favorites	Glorious Macaroni & Cheese ^v	Jamaican Jerk Chicken Bowl	BBQ Turkey Nachos	Sweet & Sour Grilled Chicken w/Vegetables	Stuffed Shells w/ Marinara ^v
Side	Garlic Knot	Brown Rice		Brown Rice	Breadstick
Creations	Turkey Sloppy Joe	Jamaican Jerk Chicken Pizza or Cheese Pizza ^v	Chicken Quesadilla	Traditional Hamburger	Turkey Sausage or Cheese Pizza ^v
Grab & Go	Buffalo Chicken Wrap	Mediterranean Hummus Wrap ^v	Chicken Caesar Wrap	Sunbutter & Jelly Sandwich ^v	Egg Salad Sandwich ^v
Side	Lift-Off! Spinach Salad ^v	Chicken Caesar Salad	Hearty Garden Salad ^v	Classic Chef Salad	Chicken Dipper Salad
	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll
From the Field	Citrus Glazed Carrots	Jerk Lentils	Garden Side Salad	Sizzlin'Asian Veggie Stir-Fry	Parmesan Roasted Broccoli
FRUITS	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Baby Carrots, & Corn</i>				
	Fresh Pear	Orange Smiles	Fresh Strawberries	Fresh Apple	Orange Smiles
	All-Mixed-Up Fruit Cup	Chilled Peaches	Applesauce Cup	Diced Pears	Chilled 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	June 5th Strawberry & Salad Greens Day				

DCPS Middle School Lunch Menu



Week 1	MONDAY 6/10/19	TUESDAY 6/11/19	WEDNESDAY 6/12/19	THURSDAY 6/13/19	FRIDAY 6/14/19
Favorites	Veggie Tortellini ^v	Teriyaki Grilled Chicken w/ Vegetables	Korean BBQ Turkey Taco w/ Pineapple Slaw	Kickn' Black Bean & Cheese Enchilada ^v	Rainbow Veggie Chili ^v
Side	Cheesy Breadstick	Brown Rice			Tortilla Chips
Creations	Honey BBQ Chicken Sandwich	Buffalo Chicken or Cheese Pizza ^v	Grilled Cheese Sandwich ^v	Chicken Quesadilla	Turkey Sausage or Cheese Pizza ^v
Grab & Go	American Turkey Sub Sandwich	Chicken Salad Sandwich	Buffalo Chicken Wrap	Southwest Chicken Wrap	Cured Turkey Sub Sandwich
	Chicken Dipper Salad	Chicken Caesar Salad	Hearty Garden Salad ^v	Chicken Taco Salad	Classic Chef Salad
Side	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	Tortilla Chips	Wheat Dinner Roll
From the Field	Roasted Corn	Lemon Roasted Broccoli	Steamed Carrots	Southwest Pinto Beans	Green Beans
	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Curried Chickpeas, & Baby Carrots</i>				
FRUITS	Fresh Apple	Orange Smiles	Fresh Banana	Fresh Apple	Fresh Pear
	Diced Pears	All-Mixed-Up Fruit Cup	Applesauce Cup	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					

Menu Cycle Week - Nutrient Summary

Menu Cycle Name: June Middle School W1
 Site Group: Inspire
 Serving Group: 6-8

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)	578.67	605.30	655.51	617.61	698.70	[600.00 - 700.00]	631.16	
Fat (g)	15.62 (24.29%)	20.28 (30.15%)	19.76 (27.12%)	23.62 (34.41%)	24.18 (31.15%)		20.69	29.50 %
Sfat (g)(1)	4.33 (6.73%)	6.25 (9.29%)	4.70 (6.45%)	4.65 (6.77%)	7.36 (9.49%)	< 10.00 % of Calories	5.46	7.78 %
TFat (g)(2)	0.00	0.01	0.00	0.01	0.02		0.01	
Sodium Target 1 (mg)(13)	982.63	1,198.49	1,036.89	813.37	1,066.41	< 1,360.00	1,019.56	
Sodium Target 2 (mg)(13)	982.63	1,198.49	1,036.89	813.37	1,066.41	< 1,035.00	1,019.56	
Carb (g)	85.36 (59.00%)	77.58 (51.26%)	86.69 (52.90%)	73.28 (47.46%)	85.17 (48.76%)		81.61	51.72 %
Pro (g)	32.17 (22.24%)	34.57 (22.84%)	29.69 (18.11%)	33.72 (21.84%)	40.89 (23.41%)		34.21	21.68 %

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 Middle School W2
 Site Group: Inspire
 Serving Group: 6-8

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)	719.29	700.95	662.68	712.17	686.74	[600.00 - 700.00]	696.37(M)	
Fat (g)	15.87 (19.85%)	26.70 (34.28%)	16.92 (22.98%)	19.35 (24.46%)	23.96 (31.40%)		20.56(M)	26.57 %
Sfat (g)(1)	3.95 (4.95%)	8.08 (10.38%)	4.71 (6.40%)	5.75 (7.27%)	7.47 (9.79%)	< 10.00 % of Calories	5.99(M)	7.75 %
TFat (g)(2)	0.00	0.04	0.00	0.00	0.00		0.01(M)	
Sodium Target 1 (mg)(13)	1,080.54	1,038.60	1,790.49	1,085.35	1,077.20	< 1,360.00	1,214.44(M)	
Sodium Target 2 (mg)(13)	1,080.54	1,038.60	1,790.49	1,085.35	1,077.20	< 1,035.00	1,214.44(M)	
Carb (g)	84.99 (47.26%)	76.79 (43.82%)	96.09 (58.00%)	100.74 (56.58%)	90.92 (52.95%)		89.91(M)	51.64 %
Pro (g)	36.19 (20.13%)	44.77 (25.55%)	34.18 (20.63%)	38.79 (21.78%)	31.67 (18.45%)		37.12(M)	21.32 %

Legend

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