

DCPS Elementary School Lunch Menu



Week 2	MONDAY 2/25/2019	TUESDAY 2/26/2019	WEDNESDAY 2/27/2019	THURSDAY 2/28/2019	FRIDAY 3/1/2019
Favorites					
Favorites	BBQ Chicken Drumstick	Breakfast for Lunch: Boiled Egg, Turkey Sausage, & Maple Pancakes	Turkey Chili	Turkey Macaroni	Baked Penne w/ Tomato Sauce^v
Side	Wheat Dinner Roll		Whole Grain Honey Corn Biscuit	Breadstick	Garlic Knot
Creations					
Creations	Grilled Cheese Sandwich^v	Hot Turkey & Cheese Sandwich	BBQ Burger w/ Coleslaw	Garden Burger^v	Jamaican Jerk Chicken Pizza or Cheese Pizza^v
Grab & Go					
Grab & Go	Tuna Salad Sandwich	Sunbutter & Jelly Sandwich^v	Mediterranean Hummus Wrap^v	Turkey Wrap	Classic Chef Salad
Side					Wheat Dinner Roll
From the Field					
From the Field	BBQ Baked Beans	Sweet Potato Wedges	Collard Greens	Mashed Potatoes	Parmesan Roasted Broccoli
FRUITS	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Corn, & Baby Carrots</i>				
	Orange Smiles	Fresh Pear	Fresh Apple Slices	Fresh Banana	Fresh Apple
	All-Mixed-Up Fruit Cup	Diced Peaches	All-Mixed-Up Fruit Cup	Applesauce Cup	Diced Pears
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 Elementary School Lunch Menu



Week 3	MONDAY 3/4/2019	TUESDAY 3/5/2019	WEDNESDAY 3/6/2019	THURSDAY 3/7/2019	FRIDAY 3/8/2019
<i>Favorites</i>	Oven Baked Lasagna Roll ^v	Spaghetti w/ Turkey Meatballs	Chicken Nachos	Buffalo Chicken Drumstick	NO SCHOOL
Side	Breadstick	Breadstick		Whole Grain Honey Corn Biscuit	
<i>Creations</i>	Traditional Cheeseburger	Turkey Pepperoni or Margherita Pizza ^v	Chipotle Chicken Sandwich	Alaskan Pollock Banh Mi Sandwich	
<i>Grab & Go</i>	Chicken Caesar Salad	Chicken Salad Sandwich	Hearty Garden Salad ^v	Sunbutter & Jelly Sandwich ^v	
Side	Wheat Dinner Roll		Wheat Dinner Roll		
<i>From the Field</i>	Roasted Ginger Kale	Citrus Glazed Carrots	Mexican Black Beans	Roasted Kale & Sweet Potatoes	
FRUITS	<i>Garden Bar: Mixed Salad Greens, Cucumber Slices, Cherry Tomatoes, & Baby Carrots</i>				
	Fresh Apple	Orange Smiles	Fresh Banana	Fresh Pear	
	Chilled Peaches	Applesauce Cup	Chilled Pears	Chilled Peaches	
Milk	Nonfat & 1% White Milk				
NOTES	<i>Menu Items highlighted in green include local produce.</i> <i>Entrée options followed by ^v indicate vegetarian option.</i>				
Special Events					

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Week 4	MONDAY 3/11/2019	TUESDAY 3/12/2019	WEDNESDAY 3/13/2019	THURSDAY 3/14/2019	FRIDAY 3/15/2019
<i>Favorites</i>	Southwest Blackbean Nachos^v	Thai Lemongrass Chicken	Turkey Tacos	Chicken Drumstick w/ Mumbo Sauce	Chicken Alfredo Macaroni
Side		Brown Rice		Honey Corn Biscuit	Wheat Dinner Roll
<i>Creations</i>	Turkey Burger	Veggie Fried Rice^v	Cheese Quesadilla^v	BBQ Burger w/ Coleslaw	Turkey Sausage or Veggie Pizza^v
<i>Grab & Go</i>	Lift-Off! Spinach Salad^v	Egg Salad Sandwich^v	Tuna Salad Sandwich	Greek Salad^v	Chicken Dipper Salad
Side	Wheat Dinner Roll			Tortilla Chips	Wheat Dinner Roll
<i>From the Field</i>	Seasoned Potato Wedges	Sesame Carrots	Roasted Corn	BBQ Baked Beans	Mixed Garden Vegetables
FRUITS	<i>Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Baby Carrots, & Indian-Style Chickpeas</i>				
	Orange Smiles	Fresh Pear	Fresh Apple Slices	Orange Smiles	Fresh Apple
	Applesauce Cup	Chilled Pineapple	All-Mixed-Up Fruit Cup	Chilled Pineapple	All-Mixed-Up Fruit 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					

DCPS Elementary School Lunch Menu



Week 5	MONDAY 3/18/2019	TUESDAY 3/19/2019	WEDNESDAY 3/20/2019	THURSDAY 3/21/2019	FRIDAY 3/22/2019
Favorites					
Favorites	Glorious Macaroni & Cheese^v	Jamaican Jerk Chicken Bowl	BBQ Turkey Nachos	Sweet & Sour Grilled Chicken w/Vegetables	Chicken Parm Pasta
Side	Garlic Knot	Brown Rice		Brown Rice	Breadstick
Creations					
Creations	Turkey Sloppy Joe	BBQ Chicken Drumstick w/ Spanish Rice	Chicken Quesadilla	Traditional Hamburger	Turkey Sausage or Cheese Pizza^v
Grab & Go					
Grab & Go	Lift-Off! Spinach Salad^v	Mediterranean Hummus Wrap^v	Hearty Garden Salad^v	Sunbutter & Jelly Sandwich^v	Chicken Dipper Salad
Side	Wheat Dinner Roll		Wheat Dinner Roll		Wheat Dinner Roll
From the Field					
From the Field	Citrus Glazed Carrots	Jerk Lentils	Sweet Potato Wedges	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 Banana	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					

DCPS Elementary School Lunch Menu



Week 1	MONDAY 3/25/2019	TUESDAY 3/26/2019	WEDNESDAY 3/27/2019	THURSDAY 3/28/2019	FRIDAY 3/29/2019
Favorites	Shepherd's Pie ^v	Teriyaki Grilled Chicken w/ Vegetables	Korean BBQ Turkey Taco w/ Pineapple Slaw	Kickn' Black Bean & Cheese Enchilada ^v	Rainbow Veggie Chili ^v
Side	Wheat Dinner Roll	Brown Rice			Tortilla Chips
Creations	Honey BBQ Chicken Sandwich	Teriyaki Veggie Burger w/ Pineapple slaw ^v	Grilled Cheese Sandwich ^v	Chicken Quesadilla	Turkey Sausage or Cheese Pizza ^v
Grab & Go	Chicken Dipper Salad	Chicken Salad Sandwich	Buffalo Chicken Wrap	Chicken Taco Salad	Cured Turkey Sub Sandwich
Side	Wheat Dinner Roll			Tortilla Chips	Wheat Dinner Roll
From the Field	Green Beans	Lemon Roasted Broccoli	Steamed Carrots	Southwest Pinto Beans	Roasted Corn
FRUITS	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Curried Chickpeas, & 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
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: 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)	615.65	568.96	683.77	700.85	598.00	[550.00 - 650.00]	633.45	
Fat (g)	11.11 (16.25%)	19.72 (31.19%)	20.20 (26.58%)	16.09 (20.66%)	20.12 (30.29%)		17.45	24.79 %
Sfat (g)(1)	3.19 (4.66%)	5.19 (8.21%)	8.55 (11.25%)	5.85 (7.52%)	8.16 (12.29%)	< 10.00 % of Calories	6.19	8.79 %
TFat (g)(2)	0.00	3.83	0.00	0.01	0.04		0.77	
Sodium Target 1 (mg)(13)	1,960.33	597.83	1,263.84	1,134.54	1,098.66	< 1,230.00	1,211.04	
Sodium Target 2 (mg)(13)	1,960.33	597.83	1,263.84	1,134.54	1,098.66	< 935.00	1,211.04	
Carb (g)	99.66 (64.75%)	73.96 (52.00%)	98.95 (57.89%)	107.39 (61.29%)	75.52 (50.51%)		91.10	57.52 %
Pro (g)	36.39 (23.64%)	25.01 (17.58%)	31.42 (18.38%)	38.51 (21.98%)	34.07 (22.79%)		33.08	20.89 %

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.

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	Day 4	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	526.69	665.59	689.36	623.16	[550.00 - 650.00]	626.20(M)	
Fat (g)	11.58 (19.78%)	26.40 (35.70%)	15.07 (19.67%)	30.00 (43.33%)		20.76(M)	29.84 %
Sfat (g)(1)	5.08 (8.68%)	6.93 (9.37%)	5.32 (6.95%)	8.11 (11.72%)	< 10.00 % of Calories	6.36(M)	9.14 %
TFat (g)(2)	0.01	0.09	0.00	0.00		0.03(M)	
Sodium Target 1 (mg)(13)	1,057.26	890.19	717.96	908.85	< 1,230.00	893.57(M)	
Sodium Target 2 (mg)(13)	1,057.26	890.19	717.96	908.85	< 935.00	893.57(M)	
Carb (g)	76.56 (58.14%)	75.50 (45.37%)	116.21 (67.43%)	80.11 (51.42%)		87.09(M)	55.63 %
Pro (g)	30.26 (22.98%)	34.55 (20.76%)	31.50 (18.28%)	31.53 (20.24%)		31.96(M)	20.42 %

Legend

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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	Day 3	Day 4	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	607.42	563.74	507.17	893.78	674.84	[550.00 - 650.00]	649.39	
Fat (g)	16.78 (24.86%)	12.86 (20.52%)	12.48 (22.15%)	21.47 (21.62%)	28.21 (37.62%)		18.36	25.44 %
Sfat (g)(1)	6.89 (10.21%)	3.23 (5.16%)	5.14 (9.11%)	8.46 (8.52%)	8.00 (10.67%)	< 10.00 % of Calories	6.35	8.79 %
TFat (g)(2)	0.00	0.00	0.00	0.00	0.10		0.02	
Sodium Target 1 (mg)(13)	816.79	696.24	749.24	2,089.54	821.07	< 1,230.00	1,034.57	
Sodium Target 2 (mg)(13)	816.79	696.24	749.24	2,089.54	821.07	< 935.00	1,034.57	
Carb (g)	87.89 (57.88%)	81.95 (58.14%)	70.31 (55.45%)	144.11 (64.49%)	72.86 (43.18%)		91.42	56.31 %
Pro (g)	22.85 (15.05%)	30.82 (21.87%)	31.32 (24.70%)	39.93 (17.87%)	35.49 (21.04%)		32.08	19.76 %

Legend

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Weekly - Nutrient Summary

Menu Names: Elementary W5
 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)	646.13	569.02	680.60	535.55	614.33	[550.00 - 650.00]	609.13(M)	
Fat (g)	19.88 (27.70%)	15.04 (23.79%)	16.06 (21.24%)	17.56 (29.51%)	22.85 (33.47%)		18.28(M)	27.01 %
Sfat (g)(1)	7.97 (11.10%)	4.05 (6.40%)	2.79 (3.69%)	3.93 (6.61%)	7.31 (10.70%)	< 10.00 % of Calories	5.21(M)	7.70 %
TFat (g)(2)	0.02	0.01	0.00	0.01	0.06		0.02(M)	
Sodium Target 1 (mg)(13)	1,192.11	1,616.72	1,089.75	628.05	888.54	< 1,230.00	1,083.04(M)	
Sodium Target 2 (mg)(13)	1,192.11	1,616.72	1,089.75	628.05	888.54	< 935.00	1,083.04(M)	
Carb (g)	91.54 (56.67%)	82.49 (57.98%)	91.74 (53.91%)	60.22 (44.98%)	69.75 (45.41%)		79.15(M)	51.97 %
Pro (g)	32.85 (20.34%)	33.19 (23.33%)	30.06 (17.67%)	35.78 (26.73%)	38.14 (24.83%)		34.01(M)	22.33 %

Legend

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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)	664.45	645.54	611.35	677.47	637.41	[550.00 - 650.00]	647.25(M)	
Fat (g)	14.19 (19.22%)	20.59 (28.71%)	13.35 (19.66%)	20.70 (27.50%)	19.36 (27.33%)		17.64(M)	24.53 %
Sfat (g)(1)	3.93 (5.32%)	3.72 (5.19%)	4.48 (6.59%)	6.29 (8.35%)	6.84 (9.65%)	< 10.00 % of Calories	5.05(M)	7.02 %
TFat (g)(2)	0.00	0.01	0.00	0.00	0.01		0.00(M)	
Sodium Target 1 (mg)(13)	809.36	988.59	1,719.01	983.64	845.59	< 1,230.00	1,069.24(M)	
Sodium Target 2 (mg)(13)	809.36	988.59	1,719.01	983.64	845.59	< 935.00	1,069.24(M)	
Carb (g)	71.78 (43.21%)	79.22 (49.09%)	95.98 (62.80%)	91.33 (53.93%)	91.73 (57.56%)		86.01(M)	53.15 %
Pro (g)	37.09 (22.33%)	43.66 (27.06%)	29.92 (19.58%)	38.54 (22.75%)	27.79 (17.44%)		35.40(M)	21.88 %

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