

DCPS Middle 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	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	Grilled Cheese Sandwich^v	Turkey Pepperoni Pizza or Cheese Pizza^v	BBQ Burger w/ Coleslaw	Garden Burger^v	Jamaican Jerk Chicken Pizza or Cheese Pizza^v
Grab & Go	Tuna Salad Sandwich	Sunbutter & Jelly Sandwich^v	Cured Turkey Sandwich	Asian Chicken Wrap	American Turkey Sub Sandwich
	American Turkey Sub Sandwich	Turkey Wrap	Mediterranean Hummus Wrap^v	Chicken Caesar Salad	Classic Chef Salad
Side				Wheat Dinner Roll	Wheat Dinner Roll
From the Field	BBQ Baked Beans	Sweet Potato Wedges	Collard Greens	Mashed Potatoes	Parmesan Roasted Broccoli
	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Corn, & Baby Carrots</i>				
FRUITS	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 Middle 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
Favorites	Oven Baked Lasagna Roll ^v	Spaghetti w/ Turkey Meatballs	Chicken Nachos	Buffalo Chicken Drumstick	NO SCHOOL
Side	Breadstick	Breadstick		Whole Grain Honey Corn Biscuit	
Creations	Traditional Cheeseburger	Turkey Pepperoni or Margherita Pizza ^v	Chipotle Chicken Sandwich	Alaskan Pollock Banh Mi Sandwich	
Grab & Go	Cured Turkey Sub Sandwich	Chicken Salad Sandwich	American Turkey Sub Sandwich	Sunbutter & Jelly Sandwich ^v	
Side	Chicken Caesar Salad	Greek Salad ^v	Hearty Garden Salad ^v	Classic Chef Salad	
	Wheat Dinner Roll	Tortilla Chips	Wheat Dinner Roll	Wheat Dinner Roll	
From the Field	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				
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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
Favorites	Southwest Blackbean Nachos ^v	Thai Lemongrass Chicken	Turkey Tacos	Chicken Drumstick w/ Mumbo Sauce	Chicken Alfredo Macaroni
Side		Veggie Fried Rice		Honey Corn Biscuit	Wheat Dinner Roll
Creations	Turkey Burger	Turkey Pepperoni or Cheese Pizza ^v	Cheese Quesadilla ^v	BBQ Burger w/ Coleslaw	Turkey Sausage or Veggie Pizza ^v
Grab & Go	Italian Wrap	Egg Salad Sandwich ^v	Tuna Salad Sandwich	Chicken Caesar Wrap	Turkey Wrap
Side	Lift-Off! Spinach Salad ^v	Classic Chef Salad	Chicken Caesar Salad	Greek Salad ^v	Chicken Dipper Salad
	Wheat Dinner Roll	Wheat Dinner Roll	Wheat Dinner Roll	Tortilla Chips	Wheat Dinner Roll
From the Field	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 Middle 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	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	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	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 Middle 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	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	Green Beans	Lemon Roasted Broccoli	Steamed Carrots	Southwest Pinto Beans	Roasted Corn
	<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					

Weekly - Nutrient Summary

Menu Names: 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)	711.63	610.01	631.99	734.30	526.39	[600.00 - 700.00]	642.86	
Fat (g)	13.37 (16.90%)	22.06 (32.55%)	18.71 (26.65%)	14.98 (18.36%)	22.62 (38.68%)		18.35	25.69 %
Sfat (g)(1)	4.38 (5.54%)	6.17 (9.11%)	8.09 (11.52%)	4.15 (5.09%)	6.38 (10.90%)	< 10.00 % of Calories	5.83	8.17 %
TFat (g)(2)	0.00	2.70	0.00	0.00	0.08		0.56	
Sodium Target 1 (mg)(13)	1,918.40	738.74	1,184.86	864.52	1,022.50	< 1,360.00	1,145.80	
Sodium Target 2 (mg)(13)	1,918.40	738.74	1,184.86	864.52	1,022.50	< 1,035.00	1,145.80	
Carb (g)	115.49 (64.91%)	77.73 (50.97%)	90.55 (57.31%)	113.10 (61.61%)	56.08 (42.62%)		90.59	56.37 %
Pro (g)	40.09 (22.53%)	26.89 (17.63%)	30.02 (19.00%)	40.71 (22.18%)	30.37 (23.07%)		33.62	20.92 %

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.

Weekly - Nutrient Summary

Menu Names: Middle School W3
 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	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	606.72	694.60	725.53	632.55	[600.00 - 700.00]	664.85(M)	
Fat (g)	15.10 (22.40%)	22.10 (28.64%)	15.13 (18.77%)	29.01 (41.27%)		20.34(M)	27.53 %
Sfat (g)(1)	5.73 (8.50%)	7.49 (9.71%)	5.22 (6.48%)	7.30 (10.39%)	< 10.00 % of Calories	6.44(M)	8.71 %
TFat (g)(2)	0.00	0.02	0.00	0.00		0.01(M)	
Sodium Target 1 (mg)(13)	1,175.46	1,158.07	797.45	880.05	< 1,360.00	1,002.76(M)	
Sodium Target 2 (mg)(13)	1,175.46	1,158.07	797.45	880.05	< 1,035.00	1,002.76(M)	
Carb (g)	85.64 (56.46%)	93.94 (54.10%)	124.14 (68.44%)	79.34 (50.17%)		95.76(M)	57.61 %
Pro (g)	35.27 (23.25%)	35.01 (20.16%)	33.14 (18.27%)	32.21 (20.37%)		33.90(M)	20.40 %

Legend

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Weekly - Nutrient Summary

Menu Names: Middle School W4

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)	629.97	713.21	590.31	884.70	282.50	[600.00 - 700.00]	620.14	
Fat (g)	17.60 (25.14%)	19.43 (24.51%)	14.23 (21.69%)	19.80 (20.14%)	6.24 (19.89%)		15.46	22.44 %
Sfat (g)(1)	6.77 (9.67%)	5.57 (7.03%)	4.78 (7.28%)	7.10 (7.22%)	1.85 (5.90%)	< 10.00 % of Calories	5.21	7.57 %
TFat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00	
Sodium Target 1 (mg)(13)	890.44	1,104.24	804.83	2,005.72	421.43	< 1,360.00	1,045.33	
Sodium Target 2 (mg)(13)	890.44	1,104.24	804.83	2,005.72	421.43	< 1,035.00	1,045.33	
Carb (g)	91.75 (58.26%)	95.85 (53.76%)	87.11 (59.03%)	145.63 (65.84%)	41.64 (58.96%)		92.40	59.60 %
Pro (g)	24.43 (15.51%)	38.31 (21.49%)	33.30 (22.56%)	39.56 (17.88%)	17.00 (24.08%)		30.52	19.69 %

Legend

(M) Indicates missing nutrient values.

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Weekly - Nutrient Summary

Menu Names: Middle School W5

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)	589.83	605.30	655.51	613.81	791.80	[600.00 - 700.00]	651.25(M)	
Fat (g)	15.76 (24.05%)	20.28 (30.15%)	19.76 (27.12%)	22.92 (33.60%)	28.71 (32.63%)		21.48(M)	29.69 %
Sfat (g)(1)	4.33 (6.61%)	6.25 (9.29%)	4.70 (6.45%)	4.50 (6.59%)	9.13 (10.38%)	< 10.00 % of Calories	5.78(M)	7.99 %
TFat (g)(2)	0.00	0.01	0.00	0.01	0.03		0.01(M)	
Sodium Target 1 (mg)(13)	976.81	1,198.49	1,036.89	835.17	1,411.21	< 1,360.00	1,091.71(M)	
Sodium Target 2 (mg)(13)	976.81	1,198.49	1,036.89	835.17	1,411.21	< 1,035.00	1,091.71(M)	
Carb (g)	87.53 (59.36%)	77.58 (51.26%)	86.69 (52.90%)	72.58 (47.30%)	92.76 (46.86%)		83.43(M)	51.24 %
Pro (g)	33.07 (22.43%)	34.57 (22.84%)	29.69 (18.11%)	34.12 (22.23%)	48.85 (24.68%)		36.06(M)	22.15 %

Legend

(M) Indicates missing nutrient values.

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Weekly - Nutrient Summary

Menu Names: 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)	719.13	700.95	662.68	712.17	686.74	[600.00 - 700.00]	696.34(M)	
Fat (g)	15.87 (19.86%)	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)	1,080.42	1,038.60	1,790.49	1,085.35	1,077.20	< 1,360.00	1,214.41(M)	
Sodium Target 2 (mg)(13)	1,080.42	1,038.60	1,790.49	1,085.35	1,077.20	< 1,035.00	1,214.41(M)	
Carb (g)	84.96 (47.26%)	76.79 (43.82%)	96.09 (58.00%)	100.74 (56.58%)	90.92 (52.95%)		89.90(M)	51.64 %
Pro (g)	36.18 (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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