

# DCPS Elementary School Lunch Menu



Week 5	MONDAY 4/29/2019	TUESDAY 4/30/2019	WEDNESDAY 5/1/2019	THURSDAY 5/2/2019	FRIDAY 5/3/2019
<b>Favorites</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>Creations</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>Grab &amp; Go</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>From the Field</b>	Citrus Glazed Carrots	Jerk Lentils	<b>Sweet Potato Wedges</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	Fresh Banana	<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. Entrée options followed by <sup>v</sup> indicate vegetarian option.</i>				
<b>Special Events</b>					

# DCPS Elementary School Lunch Menu



Week 1	MONDAY 5/6/2019	TUESDAY 5/7/2019	WEDNESDAY 5/8/2019	THURSDAY 5/9/2019	FRIDAY 5/10/2019
<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>	<b>Nonfat &amp; 1% White Milk</b>				
<b>NOTES</b>	<i>Menu Items highlighted in green include local produce. Entrée options followed by <sup>v</sup> indicate vegetarian option.</i>				
<b>Special Events</b>					

# DCPS Elementary School Lunch Menu



Week 2	MONDAY 5/13/2019	TUESDAY 5/14/2019	WEDNESDAY 5/15/2019	THURSDAY 5/16/2019	FRIDAY 5/17/2019
<b><i>Favorites</i></b>	<b>Turkey Macaroni</b>	<b>Breakfast for Lunch:</b> Boiled Egg, Turkey Sausage, & Maple Pancakes	<b>BBQ Chicken Drumstick</b>	<b>Turkey Chili</b>	<b>Baked Penne w/ Tomato Sauce<sup>v</sup></b>
<b>Side</b>	Breadstick		Whole Grain Honey Corn Biscuit	Tortilla Chips	Garlic Knot
<b><i>Creations</i></b>	<b>BBQ Burger w/ Coleslaw</b>	<b>Turkey Dog</b>	<b>Hot Turkey &amp; Cheese Sandwich</b>	<b>Garden Burger<sup>v</sup></b>	<b>Jamaican Jerk Chicken Pizza or Cheese Pizza<sup>v</sup></b>
<b><i>Grab &amp; Go</i></b>	<b>Hearty Garden Salad<sup>v</sup></b>	<b>Sunbutter &amp; Jelly Sandwich<sup>v</sup></b>	<b>Mediterranean Hummus Wrap<sup>v</sup></b>	<b>Turkey Wrap</b>	<b>Classic Chef Salad</b>
<b>Side</b>	Wheat Dinner Roll				Wheat Dinner Roll
<b><i>From the Field</i></b>	BBQ Baked Beans	Sweet Potato Wedges	Mashed Potatoes	Collard Greens	Parmesan Roasted Broccoli
<b>FRUITS</b>	<i>Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Corn, &amp; 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
<b>Milk</b>	<b>Nonfat &amp; 1% White Milk</b>				
<b>NOTES</b>	<i>Menu Items highlighted in green include local produce. Entrée options followed by <sup>v</sup> indicate vegetarian option.</i>				
<b>Special Events</b>					

# DCPS Elementary School Lunch Menu



Week 3	MONDAY 5/20/2019	TUESDAY 5/21/2019	WEDNESDAY 5/22/2019	THURSDAY 5/23/2019	FRIDAY 5/24/2019
<b>Favorites</b>	Oven Baked Lasagna Roll <sup>v</sup>	Spaghetti w/ Turkey Meatballs	Chicken Nachos	Buffalo Chicken Drumstick	Breakfast for Lunch: Cheesy Omelet & Pancakes <sup>v</sup>
<b>Side</b>	Breadstick	Breadstick		Whole Grain Honey Corn Biscuit	
<b>Creations</b>	Traditional Cheeseburger	Turkey Pepperoni or Margherita Pizza <sup>v</sup>	Chipotle Chicken Sandwich	Alaskan Pollock Banh Mi Sandwich	Meatball Sub Sandwich
<b>Grab &amp; Go</b>	Chicken Caesar Salad	Chicken Salad Sandwich	Hearty Garden Salad <sup>v</sup>	Sunbutter & Jelly Sandwich <sup>v</sup>	Chicken Dipper Salad
<b>Side</b>	Wheat Dinner Roll		Wheat Dinner Roll		Wheat Dinner Roll
<b>From the Field</b>	Roasted Ginger Kale	Citrus Glazed Carrots	Mexican Black Beans	Roasted Kale & Sweet Potatoes	Roasted Potatoes
<b>FRUITS</b>	<i>Garden Bar: Mixed Salad Greens, Cucumber Slices, Cherry Tomatoes, &amp; Baby Carrots</i>				
	Fresh Apple	Orange Smiles	Fresh Banana	Fresh Pear	Orange Smiles
	Chilled Peaches	Applesauce Cup	Chilled Pears	Chilled Peaches	Applesauce Cup
<b>Milk</b>	<b>Nonfat &amp; 1% White Milk</b>				
<b>NOTES</b>	<i>Menu Items highlighted in green include local produce. Entrée options followed by <sup>v</sup> indicate vegetarian option.</i>				
<b>Special Events</b>					

# DCPS Elementary School Lunch Menu



Week 4	MONDAY 5/27/2019	TUESDAY 5/28/2019	WEDNESDAY 5/29/2019	THURSDAY 5/30/2019	FRIDAY 5/31/2019
<b>Favorites</b>					
<b>Favorites</b>	NO SCHOOL	NO SCHOOL	Chicken Drumstick w/ Mumbo Sauce	Chicken Alfredo Macaroni	Turkey Tacos
<b>Side</b>			Honey Corn Biscuit	Garlic Knot	
<b>Creations</b>					
<b>Creations</b>			BBQ Burger w/ Coleslaw	Turkey Sausage or Veggie Pizza <sup>v</sup>	Cheese Quesadilla <sup>v</sup>
<b>Grab &amp; Go</b>					
<b>Grab &amp; Go</b>			Mediterranean Hummus Wrap <sup>v</sup>	Greek Salad <sup>v</sup>	Tuna Salad Sandwich
<b>Side</b>				Tortilla Chips	
<b>From the Field</b>					
<b>From the Field</b>			BBQ Baked Beans	Mixed Garden Vegetables	Roasted Corn
<b>FRUITS</b>	<i>Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Baby Carrots, &amp; Indian-Style Chickpeas</i>				
			Fresh Apple Slices	Orange Smiles	Fresh Apple
			All-Mixed-Up Fruit Cup	Chilled Pineapple	All-Mixed-Up Fruit Cup
<b>Milk</b>	Nonfat & 1% White Milk				
<b>NOTES</b>	<i>Menu Items highlighted in green include local produce. Entrée options followed by <sup>v</sup> indicate vegetarian option.</i>				
<b>Special Events</b>					

# 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)	659.97	527.93	680.60	529.55	613.21	[550.00 - 650.00]	602.25	
Fat (g)	19.79 (26.99%)	15.62 (26.64%)	16.06 (21.24%)	17.86 (30.35%)	20.34 (29.86%)		17.94	26.80 %
Sfat (g)(1)	7.98 (10.88%)	6.38 (10.88%)	2.79 (3.69%)	4.08 (6.94%)	5.10 (7.49%)	< 10.00 % of Calories	5.27	7.87 %
TFat (g)(2)	0.02	0.00	0.00	0.01	0.06		0.02	
Sodium Target 1 (mg)(13)	1,250.53	1,034.19	1,089.75	604.05	1,036.56	< 1,230.00	1,003.02	
Sodium Target 2 (mg)(13)	1,250.53	1,034.19	1,089.75	604.05	1,036.56	< 935.00	1,003.02	
Carb (g)	95.43 (57.84%)	70.15 (53.15%)	91.74 (53.91%)	59.32 (44.81%)	77.46 (50.53%)		78.82	52.35 %
Pro (g)	32.16 (19.49%)	31.76 (24.06%)	30.06 (17.67%)	35.18 (26.57%)	35.41 (23.10%)		32.91	21.86 %

## 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.

# 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)	584.78	645.54	611.35	677.47	615.97	[550.00 - 650.00]	627.02(M)	
Fat (g)	15.51 (23.86%)	20.59 (28.71%)	13.35 (19.66%)	20.70 (27.50%)	19.28 (28.18%)		17.89(M)	25.67 %
Sfat (g)(1)	4.47 (6.88%)	3.72 (5.19%)	4.48 (6.59%)	6.29 (8.35%)	6.83 (9.97%)	< 10.00 % of Calories	5.16(M)	7.40 %
TFat (g)(2)	0.00	0.01	0.00	0.00	0.01		0.00(M)	
Sodium Target 1 (mg)(13)	974.64	988.59	1,719.01	983.64	846.56	< 1,230.00	1,102.49(M)	
Sodium Target 2 (mg)(13)	974.64	988.59	1,719.01	983.64	846.56	< 935.00	1,102.49(M)	
Carb (g)	73.65 (50.38%)	79.22 (49.09%)	95.98 (62.80%)	91.33 (53.93%)	85.84 (55.75%)		85.21(M)	54.36 %
Pro (g)	41.62 (28.47%)	43.66 (27.06%)	29.92 (19.58%)	38.54 (22.75%)	27.60 (17.92%)		36.27(M)	23.14 %

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# 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)	779.94	553.04	621.48	648.22	598.00	[550.00 - 650.00]	640.14	
Fat (g)	10.32 (11.91%)	19.22 (31.28%)	21.57 (31.24%)	21.63 (30.03%)	20.12 (30.29%)		18.57	26.11 %
Sfat (g)(1)	3.70 (4.27%)	4.94 (8.04%)	8.74 (12.66%)	6.72 (9.33%)	8.16 (12.29%)	< 10.00 % of Calories	6.45	9.07 %
TFat (g)(2)	0.00	3.83	0.00	0.00	0.04		0.77	
Sodium Target 1 (mg)(13)	1,713.72	534.47	1,275.02	1,112.81	1,098.66	< 1,230.00	1,146.94	
Sodium Target 2 (mg)(13)	1,713.72	534.47	1,275.02	1,112.81	1,098.66	< 935.00	1,146.94	
Carb (g)	144.95 (74.34%)	72.42 (52.38%)	78.44 (50.48%)	85.41 (52.70%)	75.52 (50.51%)		91.35	57.08 %
Pro (g)	36.25 (18.59%)	23.58 (17.06%)	30.34 (19.53%)	33.15 (20.45%)	34.07 (22.79%)		31.48	19.67 %

## Legend

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# 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	Day 5	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	526.69	665.59	570.06	623.16	520.09	[550.00 - 650.00]	581.12(M)	
Fat (g)	11.58 (19.78%)	26.40 (35.70%)	14.99 (23.67%)	30.00 (43.33%)	16.82 (29.11%)		19.96(M)	30.91 %
Sfat (g)(1)	5.08 (8.68%)	6.93 (9.37%)	5.27 (8.32%)	8.11 (11.72%)	5.09 (8.80%)	< 10.00 % of Calories	6.10(M)	9.44 %
TFat (g)(2)	0.01	0.09	0.00	0.00	0.00		0.02(M)	
Sodium Target 1 (mg)(13)	1,057.26	890.19	801.86	908.85	692.62	< 1,230.00	870.16(M)	
Sodium Target 2 (mg)(13)	1,057.26	890.19	801.86	908.85	692.62	< 935.00	870.16(M)	
Carb (g)	76.56 (58.14%)	75.50 (45.37%)	83.63 (58.68%)	80.11 (51.42%)	70.61 (54.31%)		77.28(M)	53.19 %
Pro (g)	30.26 (22.98%)	34.55 (20.76%)	30.13 (21.14%)	31.53 (20.24%)	23.39 (17.99%)		29.97(M)	20.63 %

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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	Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	817.18	607.04	514.36	[550.00 - 650.00]	646.20	
Fat (g)	20.63 (22.72%)	24.92 (36.94%)	12.83 (22.45%)		19.46	27.10 %
Sfat (g)(1)	8.73 (9.61%)	7.31 (10.83%)	3.89 (6.80%)	< 10.00 % of Calories	6.64	9.25 %
TFat (g)(2)	0.00	0.08	0.00		0.03	
Sodium Target 1 (mg)(13)	1,976.46	757.18	737.08	< 1,230.00	1,156.91	
Sodium Target 2 (mg)(13)	1,976.46	757.18	737.08	< 935.00	1,156.91	
Carb (g)	128.84 (63.06%)	70.19 (46.25%)	72.98 (56.76%)		90.67	56.12 %
Pro (g)	37.50 (18.36%)	28.70 (18.91%)	29.26 (22.75%)		31.82	19.70 %

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