

DCPS Elementary School Lunch Menu



Week 1	MONDAY 10/30/2017	TUESDAY 10/31/2017	WEDNESDAY 11/1/2017	THURSDAY 11/2/2017	FRIDAY 11/3/2017
<i>Favorites</i>	Turkey Sausage Pizza	Super Veggie Macaroni & Cheese	Chicken Soft Tacos	Southwest Black Bean Nachos	NO SCHOOL
Side		Wheat Dinner Roll			
<i>Creations</i>	Classic Cheese Pizza	Honey BBQ Chicken Sandwich	Bistro Burger	Breakfast Bagel Sandwich	
<i>Grab & Go</i>	Chicken Dipper Salad	Cured Turkey Sandwich	Garden Wrap	Chicken Caesar Salad	
Side	Wheat Dinner Roll			Wheat Dinner Roll	
<i>From the Field</i>	Green Beans	Roasted Broccoli	Black Bean & Corn Salsa	Roasted Corn	
FRUITS	<i>Garden Bar: Kale Salad, Cherry Tomatoes, Curried Chickpeas, & Baby Carrots</i>				
	Fresh Apple	Orange Smiles	Fresh Banana	Fresh Pear	
	Diced Pears	Chilled Apricots	Applesauce Cup	Chilled Apricots	
Milk	Nonfat & 1% White Milk				
LOCAL	<i>Menu Items highlighted in green include local produce.</i>				
Special Events					

DCPS Elementary School Lunch Menu



Week 2	MONDAY 11/6/2017	TUESDAY 11/7/2017	WEDNESDAY 11/8/2017	THURSDAY 11/9/2017	FRIDAY 11/10/2017
<i>Favorites</i>	Baked Penne w/ Tomato Sauce	Breakfast for Lunch: Boiled Egg, Turkey Sausage, & French Toast Sticks	Chicken Quesadilla	Classic Chicken Drumstick w/ Rice Pilaf	NO SCHOOL
Side	Breadstick			Wheat Dinner Roll	
<i>Creations</i>	Turkey Dog	Turkey Chili	Garden Burger	Hot Turkey & Cheese Sandwich	
<i>Grab & Go</i>	Chicken Caesar Salad	Sunbutter & Jelly Sandwich	Cured Turkey Sandwich	Hearty Garden Salad	
Side	Wheat Dinner Roll			Wheat Dinner Roll	
<i>From the Field</i>	Roasted Zucchini	Sweet Potato Bites	Black Bean & Corn Salsa	Collard Greens	
FRUITS	<i>Garden Bar: Mixed Salad Greens, Chopped Tomatoes, Corn, & Carrots</i>				
	Orange Smiles	Fresh Pear	Fresh Apple	Fresh Banana	
	Mixed Fruit Salad	Diced Peaches	Mixed Fruit Salad	Applesauce Cup	
Milk	Nonfat & 1% White Milk				
LOCAL	<i>Menu Items highlighted in green include local produce.</i>				
Special Events					

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Week 3	MONDAY 11/13/2017	TUESDAY 11/14/2017	WEDNESDAY 11/15/2017	THURSDAY 11/16/2017	FRIDAY 11/17/2017
<i>Favorites</i>	Oven Baked Lasagna Roll	Chicken Nachos	Spaghetti w/ Turkey Meatballs	Buffalo Chicken Drumstick w/ Cilantro Rice	Breakfast for Lunch: Cheesy Omelet & Pancakes
Side	Breadstick		Breadstick	Cinnamon Wheel	
<i>Creations</i>	Grilled Chicken Sandwich	Turkey Pepperoni or Cheese Pizza	Mushroom Lover Burger	Alaskan Pollock Po'boy	Meatball Sub Sandwich
<i>Grab & Go</i>	Chicken Caesar Salad	Chicken Salad Sandwich	Hearty Garden Salad	Garden Wrap	Chicken Dipper Salad
Side	Wheat Dinner Roll		Wheat Dinner Roll		Wheat Dinner Roll
<i>From the Field</i>	Roasted Veggies	Mexican Black Beans	Roasted Broccoli	Garden Salad	Roasted Potatoes
FRUITS	<i>Garden Bar: Mixed Salad Greens, Cucumber Slices, Chopped Tomatoes, & Carrots</i>				
	Fresh Apple	Orange Smiles	Fresh Banana	Fresh Pear	Orange Smiles
	Chilled Peaches	Applesauce Cup	Chilled Pears	Chilled Peaches	Applesauce Cup
Milk	Nonfat & 1% White Milk				
LOCAL	<i>Menu Items highlighted in green include local produce.</i>				
Special Events					

DCPS Elementary School Lunch Menu



Week 4	MONDAY 11/20/2017	TUESDAY 11/21/2017	WEDNESDAY 11/22/2017	THURSDAY 11/23/2017	FRIDAY 11/24/2017
<i>Favorites</i>	Southwest Blackbean Nachos	Turkey w/ Mashed Potatoes & Gravy	Chicken Alfredo Macaroni	NO SCHOOL	NO SCHOOL
<i>Side</i>		Wheat Dinner Roll	Wheat Dinner Roll		
<i>Creations</i>	Traditional Hamburger	<i>Chopsticks Noodle Bowls</i>	Cheese Quesadilla		
<i>Grab & Go</i>	Lift-Off! Spinach Salad	Egg Salad Sandwich	Turkey Wrap		
<i>Side</i>	Wheat Dinner Roll				
<i>From the Field</i>	Roasted Corn	Glazed Carrots	Seasoned Potato Wedges		
FRUITS	<i>Garden Bar: Mixed Salad Greens, Baby Carrots, Broccoli Trees, & Indian-Style Garbanzo Beans</i>				
	Orange Smiles	Fresh Pear	Fresh Apple		
	Applesauce Cup	Chilled Pineapple	Mixed Fruit Salad		
Milk	Nonfat & 1% White Milk				
LOCAL	<i>Menu Items highlighted in green include local produce.</i>				
Special Events					

DCPS Elementary School Lunch Menu



Week 5	MONDAY 11/27/2017	TUESDAY 11/28/2017	WEDNESDAY 11/29/2017	THURSDAY 11/30/2017	FRIDAY 12/1/2017
<i>Favorites</i>	Glorious Macaroni & Cheese	Jamaican Jerk Chicken Bowl	Barbecue Nachos	Sweet & Sour Grilled Chicken w/Vegetables	NO SCHOOL
Side	Garlic Knot	Brown Rice		Brown Rice	
<i>Creations</i>	Turkey Sloppy Joe	BBQ Chicken Drumstick w/ Spanish Rice	Chipotle Chicken Sandwich	Cheeseburger	
<i>Grab & Go</i>	Lift-Off! Spinach Salad	Garden Wrap	Hearty Garden Salad	Sunbutter & Jelly Sandwich	
Side	Wheat Dinner Roll		Wheat Dinner Roll		
<i>From the Field</i>	Tomato & Cucumber Salad	Jerk Lentils	Sweet Potato Wedges	Asian Veggie Blend	
FRUITS	<i>Garden Bar: Mixed Salad Greens, Red Bell Peppers, Peas, & Cauliflower Trees</i>				
	Fresh Pear	Orange Smiles	Fresh Banana	Fresh Apple	
	Mixed Fruit Salad	Chilled Peaches	Applesauce Cup	Diced Pears	
Milk	Nonfat & 1% White Milk				
LOCAL	<i>Menu Items highlighted in green include local produce.</i>				
Special Events					

Weekly Nutrient Summary

Generated on: 11/3/2017 8:37:53 AM by Stephanie Zafiroopoulos - intern

Menu Cycle Name: Winter Cycle K-5 Lunch Week 1
 Site Group: Inspire
 Serving Group: K-5

Meal Pattern: [USDA]Meal Pattern SY 2017-2022
 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)	545.10	580.47	575.25	685.27	461.75	[550.00 - 650.00]	569.57	
Fat (g)	23.85 (39.38%)	17.17 (26.62%)	19.08 (29.85%)	16.87 (22.16%)	11.61 (22.62%)		17.72	27.99%
Sfat (g)(1)	10.10 (16.67%)	5.66 (8.78%)	5.21 (8.16%)	4.85 (6.37%)	3.57 (6.97%)	< 10.00 % of Calories	5.88	9.29%
TFat (g)(2)	0.00	0.00	0.02	0.00	0.28		0.06(M)	
Chol (mg)	66.32	77.23	59.82	49.89	28.47		56.35	
Na (mg)(1)	1004.84	1349.91	1021.59	1480.59	694.02	< 1,230.00	1,110.19	
Carb (g)	54.09 (39.69%)	78.17 (53.87%)	75.36 (52.40%)	101.46 (59.22%)	69.96 (60.60%)		75.81	53.24%
TDF (g)	6.68	9.29	7.11	18.88	6.71		9.73	
Sugars (g)	24.03 (17.63%)	37.90 (26.12%)	34.60 (24.06%)	38.04 (22.21%)	33.50 (29.02%)		33.62(M)	23.61%
Pro (g)	31.47 (23.10%)	34.06 (23.47%)	30.58 (21.26%)	36.46 (21.28%)	24.19 (20.96%)		31.35	22.02%
Fe (mg)	2.47	3.19	2.22	4.94	2.06		2.98(M)	
Ca (mg)	498.73	576.61	553.74	562.84	460.13		530.41(M)	
A,IU	3884.61	4114.70	5356.26	5456.24	1823.31		4,127.02(M)	
VitC (mg)	5.59	37.24	13.38	30.37	6.96		18.71(M)	
Mois (g)	101.51	75.75	67.03	141.70	39.32		85.06(M)	
Ash (g)	0.42	0.61	0.41	0.79	0.16		0.48(M)	

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.

Weekly Nutrient Summary

Generated on: 11/3/2017 8:42:12 AM by Stephanie Zafiroopoulos - intern

Menu Cycle Name: Winter Cycle K-5 Lunch Week 2
 Site Group: Inspire
 Serving Group: K-5

Meal Pattern: [USDA]Meal Pattern SY 2017-2022
 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)	646.81	592.47	515.02	503.18	522.81	[550.00 - 650.00]	556.06	
Fat (g)	22.09 (30.73%)	21.72 (33.00%)	16.65 (29.09%)	13.94 (24.94%)	13.94 (24.00%)		17.67	28.60%
Sfat (g)(1)	6.25 (8.70%)	4.60 (6.98%)	6.81 (11.90%)	4.81 (8.60%)	4.73 (8.14%)	< 10.00 % of Calories	5.44	8.80%
TFat (g)(2)	0.05	2.25	0.00	0.00	0.42		0.54(M)	
Chol (mg)	55.38	124.31	65.10	70.93	51.38		73.42	
Na (mg)(1)	1231.19	625.44	955.69	909.90	828.10	< 1,230.00	910.06	
Carb (g)	85.14 (52.65%)	75.79 (51.17%)	62.87 (48.83%)	68.73 (54.63%)	74.18 (56.76%)		73.34	52.76%
TDF (g)	12.42	11.70	7.98	8.49	9.78		10.07	
Sugars (g)	29.36 (18.15%)	42.35 (28.59%)	27.72 (21.53%)	27.13 (21.57%)	29.91 (22.89%)		31.29(M)	22.51%
Pro (g)	35.47 (21.94%)	25.99 (17.55%)	32.89 (25.54%)	30.46 (24.21%)	29.99 (22.94%)		30.96	22.27%
Fe (mg)	4.97	3.02	2.31	1.66	3.22		3.04(M)	
Ca (mg)	676.28	383.99	560.08	379.14	489.30		497.76(M)	
A,IU	5577.14	4342.20	2505.51	2658.59	4480.08		3,912.70(M)	
VitC (mg)	115.54	17.47	7.78	8.82	11.91		32.30(M)	
Mois (g)	179.65	127.99	67.47	57.07	104.49		107.33(M)	
Ash (g)	1.68	0.47	0.31	0.25	0.54		0.65(M)	

Legend

(M) Indicates missing nutrient values.

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Weekly Nutrient Summary

Generated on: 11/3/2017 8:45:43 AM by Stephanie Zafiroopoulos - intern

Menu Cycle Name: Winter Cycle K-5 Lunch Week 3
 Site Group: Inspire
 Serving Group: K-5

Meal Pattern: [USDA]Meal Pattern SY 2017-2022
 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)	527.81	532.11	509.69	561.07	625.19	[550.00 - 650.00]	551.17	
Fat (g)	12.07 (20.58%)	13.94 (23.58%)	11.63 (20.54%)	20.43 (32.77%)	18.60 (26.78%)		15.33	25.04%
Sfat (g)(1)	3.92 (6.68%)	4.60 (7.78%)	2.98 (5.26%)	4.61 (7.39%)	5.92 (8.52%)	< 10.00 % of Calories	4.41	7.19%
TFat (g)(2)	0.01	0.00	0.01	0.01	0.00		0.01(M)	
Chol (mg)	56.05	72.27	31.67	70.35	120.39		70.14	
Na (mg)(1)	981.39	1078.25	1019.78	813.89	785.26	< 1,230.00	935.72	
Carb (g)	74.99 (56.83%)	65.43 (49.19%)	77.85 (61.10%)	78.93 (56.27%)	81.50 (52.14%)		75.74	54.97%
TDF (g)	8.52	9.08	10.45	9.29	9.70		9.41	
Sugars (g)	35.19 (26.67%)	31.80 (23.90%)	28.57 (22.42%)	33.34 (23.77%)	28.94 (18.52%)		31.57(M)	22.91%
Pro (g)	32.30 (24.48%)	38.39 (28.86%)	29.90 (23.47%)	30.86 (22.00%)	33.30 (21.31%)		32.95	23.91%
Fe (mg)	2.84	2.84	2.82	1.66	3.74		2.78(M)	
Ca (mg)	500.37	497.31	399.28	378.55	492.70		453.64(M)	
A,IU	5515.20	2728.27	2656.17	5327.23	7156.43		4,676.66(M)	
VitC (mg)	33.79	33.64	31.88	14.78	46.20		32.06(M)	
Mois (g)	132.20	100.99	120.13	190.43	149.14		138.58(M)	
Ash (g)	0.78	0.52	0.57	1.11	0.93		0.78(M)	

Legend

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Weekly Nutrient Summary

Generated on: 11/3/2017 8:47:30 AM by Stephanie Zafiroopoulos - intern

Menu Cycle Name: Winter Cycle K-5 Lunch Week 4
 Site Group: Inspire
 Serving Group: K-5

Meal Pattern: [USDA]Meal Pattern SY 2017-2022
 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)	486.47	663.62	614.03	480.88	560.64	[550.00 - 650.00]	561.13	
Fat (g)	11.74 (21.72%)	19.47 (26.41%)	18.48 (27.09%)	15.52 (29.05%)	15.68 (25.17%)		16.18	25.95%
Sfat (g)(1)	4.67 (8.65%)	4.03 (5.47%)	7.39 (10.84%)	5.40 (10.10%)	5.55 (8.91%)	< 10.00 % of Calories	5.41	8.68%
TFat (g)(2)	0.00	0.03	0.00	0.00	0.00		0.01(M)	
Chol (mg)	28.85	96.70	56.92	94.15	61.43		67.61(M)	
Na (mg)(1)	678.22	1097.96	1076.03	850.17	910.90	< 1,230.00	922.66	
Carb (g)	70.96 (58.35%)	93.45 (56.33%)	82.31 (53.62%)	58.54 (48.70%)	72.83 (51.96%)		75.62	53.90%
TDF (g)	9.04	13.00	8.77	7.44	9.12		9.48	
Sugars (g)	24.98 (20.54%)	44.85 (27.03%)	28.36 (18.47%)	21.37 (17.78%)	34.79 (24.82%)		30.87(M)	22.00%
Pro (g)	23.84 (19.60%)	32.29 (19.47%)	33.03 (21.52%)	29.00 (24.12%)	34.28 (24.46%)		30.49	21.73%
Fe (mg)	2.07	2.91	1.91	2.27	3.68		2.57(M)	
Ca (mg)	379.72	408.68	500.14	447.42	573.67		461.93(M)	
A,IU	2762.99	26053.86	3528.68	4168.40	4186.97		8,140.18(M)	
VitC (mg)	33.47	20.43	16.06	31.83	14.90		23.34(M)	
Mois (g)	84.37	318.88	126.81	72.98	92.19		139.05(M)	
Ash (g)	0.58	1.82	0.42	0.54	0.39		0.75(M)	

Legend

(M) Indicates missing nutrient values.

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Weekly Nutrient Summary

Generated on: 11/3/2017 8:50:39 AM by Stephanie Zafiroopoulos - intern

Menu Cycle Name: Winter Cycle K-5 Lunch Week 5
 Site Group: Inspire
 Serving Group: K-5

Meal Pattern: [USDA]Meal Pattern SY 2017-2022
 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)	568.44	513.26	608.75	530.01	529.70	[550.00 - 650.00]	550.03(M)	
Fat (g)	14.90 (23.60%)	15.38 (26.97%)	12.11 (17.91%)	20.67 (35.10%)	15.02 (25.52%)		15.62(M)	25.55%
Sfat (g)(1)	5.74 (9.10%)	4.54 (7.97%)	1.75 (2.59%)	4.85 (8.23%)	5.49 (9.33%)	< 10.00 % of Calories	4.48(M)	7.32%
TFat (g)(2)	0.01	0.00	0.00	0.00	0.28		0.06(M)	
Chol (mg)	75.63	113.07	48.29	37.52	61.08		67.12(M)	
Na (mg)(1)	1170.21	971.99	1011.64	725.50	827.23	< 1,230.00	941.32(M)	
Carb (g)	82.61 (58.13%)	63.36 (49.38%)	81.99 (53.88%)	60.33 (45.53%)	66.94 (50.55%)		71.05(M)	51.67%
TDF (g)	11.48	7.36	6.19	8.46	8.51		8.40(M)	
Sugars (g)	36.40 (25.62%)	27.44 (21.39%)	32.92 (21.63%)	26.91 (20.31%)	35.09 (26.50%)		31.75(M)	23.09%
Pro (g)	32.48 (22.85%)	33.72 (26.28%)	26.55 (17.45%)	28.17 (21.26%)	34.88 (26.34%)		31.16(M)	22.66%
Fe (mg)	3.56	0.89	0.84	2.98	3.21		2.30(M)	
Ca (mg)	561.46	335.36	319.62	401.57	561.37		435.88(M)	
A,IU	5162.06	1106.41	718.32	772.23	4797.13		2,511.23(M)	
VitC (mg)	33.80	45.88	13.45	12.43	69.72		35.06(M)	
Mois (g)	228.07	115.94	11.63	65.90	149.08		114.13(M)	
Ash (g)	1.20	0.59	0.09	0.20	0.91		0.60(M)	

Legend

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