



Education Campus Lunch - November 2019

SodexoMAGIC - DC Public Schools

MONDAY October 28, 2019	TUESDAY October 29, 2019	WEDNESDAY October 30, 2019	THURSDAY October 31, 2019	FRIDAY November 1, 2019
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Choose One Entree

Category	Monday	Tuesday	Wednesday	Thursday	Friday
Favorites	Glorious Macaroni & Cheese w/ Garlic Knot V	Jamaican Jerk Chicken Bowl w/ Brown Rice	BBQ Turkey Nachos	Sweet & Sour Grilled Chicken w/ Vegetables w/ Brown Rice	Stuffed Shells w/ Marinara w/ Breadstick V
Creations	Turkey Sloppy Joe	Jamaican Jerk Chicken Pizza Cheese Pizza V	Chicken Quesadilla	Traditional Hamburger	BBQ Chicken Drumstick w/ Spanish Rice
Grab & Go	Buffalo Chicken Wrap	Mediterranean Hummus Wrap VE	Chicken Caesar Wrap	Veggie Lo Mein VE	Sunbutter & Jelly Sandwich VE
	Lift-Off! Spinach Salad w/ Wheat Dinner Roll V	Chicken Caesar Salad w/ Wheat Dinner Roll	Hearty Garden Salad w/ Wheat Dinner Roll V	Classic Chef Salad w/ Wheat Dinner Roll	Chicken Dipper Salad w/ Wheat Dinner Roll

Available Vegetables

From the Field	Monday	Tuesday	Wednesday	Thursday	Friday
	Citrus Glazed Carrots	Jerk Lentils	Sweet Potato Wedges	Sizzlin' Asian Veggie Stir-Fry	Parmesan Roasted Broccoli
Garden Bar: Kale Salad , Cherry Tomatoes, Baby Carrots, & Corn					

Available Fruit

Fruits	Monday	Tuesday	Wednesday	Thursday	Friday
	<ul style="list-style-type: none"> Fresh Pear All-Mixed-Up Fruit Cup 	<ul style="list-style-type: none"> Orange Smiles Chilled Peaches 	<ul style="list-style-type: none"> Fresh Banana Applesauce Cup 	<ul style="list-style-type: none"> Fresh Apple Diced Pears 	<ul style="list-style-type: none"> Orange Smiles Chilled Peaches

Milk	Monday - Friday
	Nonfat or 1% White Milk

V – Indicates Vegetarian
VE – Indicates Vegan

Green Color Font – Indicates Local Produce





Education Campus Lunch – November 2019

SodexoMAGIC - DC Public Schools

MONDAY November 4, 2019	TUESDAY November 5, 2019	WEDNESDAY November 6, 2019	THURSDAY November 7, 2019	FRIDAY November 8, 2019
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Choose One Entree

	MONDAY November 4, 2019	TUESDAY November 5, 2019	WEDNESDAY November 6, 2019	THURSDAY November 7, 2019	FRIDAY November 8, 2019
Favorites			Veggie Tortellini w/ Cheesy Breadstick V	Kickn' Black Bean & Cheese Enchilada V	Rainbow Veggie Chili and Tortilla Chips VE
Creations	NO SCHOOL	NO SCHOOL	Grilled Cheese Sandwich V	Chicken Quesadilla	Turkey Sausage Pizza Cheese Pizza V
Grab & Go			Buffalo Chicken Wrap	Southwest Chicken Wrap	Cured Turkey Sub Sandwich
			Hearty Garden Salad w/ Wheat Dinner Roll V	Chicken Taco Salad w/ Tortilla Chips	Classic Chef Salad w/ Wheat Dinner Roll

Available Vegetables

	MONDAY November 4, 2019	TUESDAY November 5, 2019	WEDNESDAY November 6, 2019	THURSDAY November 7, 2019	FRIDAY November 8, 2019
From the Field			Roasted Corn	Southwest Pinto Beans	Steamed Carrots
Garden Bar: Kale Salad, Cherry Tomatoes, Curried Chickpeas, & Baby Carrots					

Available Fruit

	MONDAY November 4, 2019	TUESDAY November 5, 2019	WEDNESDAY November 6, 2019	THURSDAY November 7, 2019	FRIDAY November 8, 2019
Fruits			<ul style="list-style-type: none"> Orange Smiles Applesauce Cup 	<ul style="list-style-type: none"> Fresh Apple Diced Peaches 	<ul style="list-style-type: none"> Fresh Pear Applesauce Cup

Milk	MONDAY November 4, 2019	TUESDAY November 5, 2019	WEDNESDAY November 6, 2019	THURSDAY November 7, 2019	FRIDAY November 8, 2019
	Nonfat or 1% White Milk				

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Education Campus Lunch – November 2019

SodexoMAGIC - DC Public Schools

MONDAY November 11, 2019	TUESDAY November 12, 2019	WEDNESDAY November 13, 2019	THURSDAY November 14, 2019	FRIDAY November 15, 2019
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Choose One Entree					
Favorites		Breakfast for Lunch: Boiled Egg, Turkey Sausage & Maple Pancakes	BBQ Chicken Drumstick w/ Whole Grain Honey Corn Biscuit	Turkey Chili w/ Tortilla Chips	Baked Penne w/ Tomato Sauce w/ Garlic Knot V
Creations	NO SCHOOL	Turkey Dog	Hot Turkey & Cheese Sandwich	Garden Burger V	Jamaican Jerk Chicken Pizza Cheese Pizza V
Grab & Go		Sunbutter & Jelly Sandwich VE	Cured Turkey Sandwich	Tuna Salad Sandwich	Turkey & Cheese Sub Sandwich
		Asian Chicken Wrap w/ Wheat Dinner Roll	Mediterranean Hummus Wrap VE	Chicken Caesar Salad w/ Wheat Dinner Roll	Classic Chef Salad w/ Wheat Dinner Roll

Available Vegetables					
From the Field		Sweet Potato Wedges	Mashed Potatoes	Collard Greens	Parmesan Roasted Broccoli
Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Corn, & Baby Carrots					

Available Fruit					
Fruits		<ul style="list-style-type: none"> Fresh Pear Diced Peaches 	<ul style="list-style-type: none"> Fresh Apple Slices All-Mixed-Up Fruit Cup 	<ul style="list-style-type: none"> Fresh Banana Applesauce Cup 	<ul style="list-style-type: none"> Fresh Pear Diced Pears

Milk	Nonfat or 1% White Milk			
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Education Campus Lunch – November 2019

SodexoMAGIC - DC Public Schools

MONDAY November 18, 2019	TUESDAY November 19, 2019	WEDNESDAY November 20, 2019	THURSDAY November 21, 2019	FRIDAY November 22, 2019
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Choose One Entree

Favorites	Oven Baked Lasagna Roll w/ Breadstick V	Cameroon Chicken & Jollof Rice	Philippines Pancit Bihon (Chicken & Noodles)	Roasted Turkey w/ Gravy & Thankful Knot	Breakfast for Lunch: Cheesy Omelet & Pancakes V
Creations	Traditional Cheese Burger	Meatball Sub Sandwich	Chipotle Chicken Sandwich	Alaskan Pollock Banh Mi Sandwich	Turkey Pepperoni Pizza Margherita Pizza V
Grab & Go	Cured Turkey Sub Sandwich	Chicken Salad Sandwich	Turkey & Cheese Sub Sandwich	Sunbutter and Jelly Sandwich VE	Chef Salad Wrap
	Chicken Caesar Salad w/ Wheat Dinner Roll	Greek Salad w/ Wheat Dinner Roll V	Hearty Garden Salad w/ Wheat Dinner Roll V	Classic Chef Salad w/ Wheat Dinner Roll	Chicken Dipper Salad w/ Wheat Dinner Roll

Available Vegetables

From the Field	Roasted Ginger Kale	Seasoned Black Beans	Citrus Glazed Carrots	Roasted Cinnamon Sweet Potatoes	Roasted Potatoes
Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Cucumber Slices, & Baby Carrots					

Available Fruit

Fruits	<ul style="list-style-type: none"> Fresh Apple Diced Peaches 	<ul style="list-style-type: none"> Orange Smiles Applesauce Cup 	<ul style="list-style-type: none"> Fresh Banana Diced Pears 	<ul style="list-style-type: none"> Fresh Pear Diced Peaches 	<ul style="list-style-type: none"> Orange Smiles Applesauce Cup
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Milk	Nonfat or 1% White Milk
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Education Campus Lunch – November 2019

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MONDAY November 25, 2019	TUESDAY November 26, 2019	WEDNESDAY November 27, 2019	THURSDAY November 28, 2019	FRIDAY November 29, 2019
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Choose One Entree				
Favorites	Southwest Blackbean Nachos V	Thai Lemongrass Chicken w/ Brown Rice		
Creations	Turkey Burger	Veggie Fried Rice	NO SCHOOL	NO SCHOOL
Grab & Go	Italian Wrap	Egg Salad Sandwich V		
	Lift-Off! Spinach Salad w/ Wheat Dinner Roll V	Classic Chef Salad w/ Wheat Dinner Roll		

Available Vegetables				
From the Field	Seasoned Potato Wedges	Orange Broccoli		
Garden Bar: Mixed Salad Greens, Cherry Tomatoes, Baby Carrots, & Indian-Style Chickpeas				

Available Fruit				
Fruits	<ul style="list-style-type: none"> Orange Smiles Applesauce Cup 	<ul style="list-style-type: none"> Fresh Pear Chilled Pineapple 		

Milk	Nonfat or 1% White Milk
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Weekly - Nutrient Summary

Menu Names: Education Campus W5

Site Group: Inspire
 Serving Group: K-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)	631.31	585.90	894.41	442.24	690.08	[600.00 - 650.00]	648.79(M)	
Total Fat (g)	17.59 (25.07%)	15.01 (23.06%)	22.42 (22.56%)	11.81 (24.03%)	21.01 (27.40%)		17.57(M)	24.37 %
Sat Fat (g)(1)	6.19 (8.82%)	5.95 (9.13%)	3.05 (3.07%)	3.06 (6.23%)	4.56 (5.95%)	< 10.00 % of Calories	4.56(M)	6.33 %
Trans Fat (g)(2)	0.01	0.00	0.00	0.01	0.04		0.01(M)	
Sodium Target 1 (mg)(13)	1,192.80	1,045.12	1,257.98	491.48	1,100.21	< 1,230.00	1,017.52(M)	
Sodium Target 2 (mg)(13)	1,192.80	1,045.12	1,257.98	491.48	1,100.21	< 935.00	1,017.52(M)	
Carb (g)	91.20 (57.79%)	86.05 (58.74%)	131.85 (58.97%)	60.99 (55.17%)	99.19 (57.50%)		93.86(M)	57.87 %
Protein (g)	33.43 (21.18%)	33.79 (23.07%)	30.83 (13.79%)	26.51 (23.97%)	33.44 (19.39%)		31.60(M)	19.48 %

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, 2024 and does not impact pass/fail compliance prior to that date.

Weekly - Nutrient Summary

Menu Names: Education Campus W1
 Site Group: Inspire
 Serving Group: K-8

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)	572.02	679.96	599.67	[600.00 - 650.00]	617.22	
Total Fat (g)	14.87 (23.39%)	15.31 (20.26%)	16.52 (24.80%)		15.57	22.70 %
Sat Fat (g)(1)	5.29 (8.33%)	5.18 (6.85%)	6.60 (9.90%)	< 10.00 % of Calories	5.69	8.29 %
Trans Fat (g)(2)	0.00	0.00	0.00		0.00	
Sodium Target 1 (mg)(13)	906.46	1,029.59	807.62	< 1,230.00	914.56	
Sodium Target 2 (mg)(13)	906.46	1,029.59	807.62	< 935.00	914.56	
Carb (g)	80.33 (56.18%)	99.34 (58.44%)	85.78 (57.22%)		88.48	57.34 %
Protein (g)	33.50 (23.43%)	38.69 (22.76%)	29.89 (19.94%)		34.03	22.05 %

Legend

(M) Indicates missing nutrient values.

- 1 Standard Value is the daily average requirement for a school week.
- 2 Trans Fat is provided for informational purposes, not for monitoring purposes.
- 3 Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2024 and does not impact pass/fail compliance prior to that date.

Weekly - Nutrient Summary

Menu Names: Education Campus W2

Site Group: Inspire
 Serving Group: K-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)	747.27	584.77	546.49	572.70	[600.00 - 650.00]	612.81	
Total Fat (g)	25.30 (30.47%)	17.68 (27.21%)	15.13 (24.91%)	22.30 (35.05%)		20.10	29.52 %
Sat Fat (g)(1)	4.66 (5.62%)	7.29 (11.23%)	4.53 (7.45%)	7.06 (11.09%)	< 10.00 % of Calories	5.89	8.64 %
Trans Fat (g)(2)	1.13	0.00	0.00	0.00		0.28	
Sodium Target 1 (mg)(13)	738.16	1,292.21	814.36	922.16	< 1,230.00	941.72	
Sodium Target 2 (mg)(13)	738.16	1,292.21	814.36	922.16	< 935.00	941.72	
Carb (g)	106.06 (56.77%)	76.96 (52.64%)	79.78 (58.40%)	70.19 (49.02%)		83.25	54.34 %
Protein (g)	28.97 (15.51%)	30.82 (21.08%)	30.86 (22.59%)	28.43 (19.86%)		29.77	19.43 %

Legend

(M) Indicates missing nutrient values.

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- Sodium Target 2 will be marked in orange if exceeded prior to the effective date of July 1, 2024 and does not impact pass/fail compliance prior to that date.

Weekly - Nutrient Summary

Menu Names: Education Campus W3

Site Group: Inspire
 Serving Group: K-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)	547.41	590.83	603.45	562.23	768.26	[600.00 - 650.00]	614.43(M)	
Total Fat (g)	12.08 (19.86%)	16.60 (25.29%)	10.20 (15.22%)	17.90 (28.65%)	25.43 (29.79%)		16.44(M)	24.08 %
Sat Fat (g)(1)	4.73 (7.77%)	5.81 (8.84%)	3.06 (4.56%)	2.90 (4.64%)	10.05 (11.77%)	< 10.00 % of Calories	5.31(M)	7.77 %
Trans Fat (g)(2)	0.00	0.00	0.00	0.00	0.00		0.00(M)	
Sodium Target 1 (mg)(13)	954.45	767.49	833.52	548.62	1,199.75	< 1,230.00	860.77(M)	
Sodium Target 2 (mg)(13)	954.45	767.49	833.52	548.62	1,199.75	< 935.00	860.77(M)	
Carb (g)	81.11 (59.27%)	77.48 (52.45%)	103.37 (68.52%)	76.05 (54.10%)	97.64 (50.84%)		87.13(M)	56.72 %
Protein (g)	32.01 (23.39%)	36.01 (24.38%)	32.58 (21.59%)	30.73 (21.86%)	39.26 (20.44%)		34.12(M)	22.21 %

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, 2024 and does not impact pass/fail compliance prior to that date.

Weekly - Nutrient Summary

Menu Names: Education Campus W4

Site Group: Inspire
 Serving Group: K-8

Meal Pattern: [USDA]Meal Pattern SY 2014
 Calculation Method: Weighted Analysis
 Meal Type: Lunch

Nutrient	Day 1	Day 2				Week Standard Value	Actual Value	% of Calories
Calories (Kcal)(1)	626.19	639.01				[600.00 - 650.00]	632.64(M)	
Total Fat (g)	18.02 (25.90%)	15.38 (25.67%)					16.07(M)	25.78 %
Sat Fat (g)(1)	6.43 (9.25%)	3.83 (6.40%)				< 10.00 % of Calories	5.13(M)	7.82 %
Trans Fat (g)(2)	0.00	0.03					0.03(M)	
Sodium Target 1 (mg)(13)	903.69	644.03				< 1,230.00	773.86(M)	
Sodium Target 2 (mg)(13)	903.69	644.03				< 935.00	773.86(M)	
Carb (g)	89.19 (56.97%)	72.89 (54.09%)					81.04M)	55.53%
Protein (g)	27.29 (17.43%)	30.00 (22.26%)					28.64(M)	19.84 %

Legend

(M) Indicates missing nutrient values.

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- 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, 2024 and does not impact pass/fail compliance prior to that date.