

# DCPS Middle School Menu

October 3-7

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



**A MINIMUM OF 6 SIDES  
OFFERED DAILY WITH  
LUNCH CHOICES**

Fresh Garden Bar plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

**Daily Special**

*Favorites*

- MONDAY** Chicken Alfredo Macaroni
- TUESDAY** Mediterranean Omelet
- WEDNESDAY** Baked Penne w/ Tomato Sauce
- THURSDAY** California Chicken Pot Pie
- FRIDAY** Grilled Chicken Dunks w/ Honey BBQ Dip

**Daily Specials**

*Creations*

- MONDAY** Chicken Burger/ Grilled Cheese
- TUESDAY** Alaska Five-O Burger/ Turkey Burger
- WEDNESDAY** Buffalo Pizza/ Cheese Pizza
- THURSDAY** Hamburger/ Mushroom Burger
- FRIDAY** Hawaiian Pizza/ Cheese Pizza

**Daily Specials**

*Deli*

- MONDAY** Italian Sub/ Turkey Ham Sub
- TUESDAY** Chicken Caesar Wrap/ Turkey Sub
- WEDNESDAY** Garden Sub/ American Sub
- THURSDAY** Sunbutter & Jelly Sandwich/ Turkey Sub
- FRIDAY** Egg Salad Sandwich/ Turkey Ham Sub

**Daily Specials**

*Grab & Go*

*All Salads served w/ Whole Grain Roll*

- MONDAY** Vegetable Flatbread/ Chef Salad
- TUESDAY** Asian Chicken Wrap/ Spinach Salad
- WEDNESDAY** Turkey Cranberry Wrap/ Caesar Salad
- THURSDAY** Spinach Wrap/ Chicken Dipper Salad
- FRIDAY** Tuna Salad Wrap/ Garden Salad

**Daily Special Sides**



*Garden Bar: Salad Greens,  
Korean Carrots,  
Curried Chickpeas, Cucumber Slices*

- MONDAY** Roasted Broccoli/ Fresh Apple/ Pineapple
- TUESDAY** Tater Tots/ Banana/ Orange Smiles
- WEDNESDAY** Broccoli & Cauliflower/ Fresh Apple/ Pears
- THURSDAY** Roasted Corn/ Banana/ Orange Smiles
- FRIDAY** Sweet Potato Bites/ Fresh Apple/ Fruit Salad

*This institution is an equal opportunity provider.*

# Sodexo

Oct 3, 2016 thru Oct 7, 2016

Base Menu Spreadsheet

G6-8 Lunch

Weighted Values - Summary

Page 1

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	Cals (kcal)	Sodm (mg)	S-Fat (g)	S. Fat % Cals	Tr-Fat <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Mon - 10/03/2016	597	1116	7.42	11.19%	0.00	0.00%
Tue - 10/04/2016	647	1057	7.24	10.07%	0.00	0.00%
Wed - 10/05/2016	636	1079	8.74	12.38%	0.00	0.00%
Thu - 10/06/2016	659	1022	6.98	9.54%	0.00	0.00%
Fri - 10/07/2016	614	943	6.19	9.07%	0.00	0.00%
Weighted Average	630	1043	7.32	10.44%	0.00	0.00%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	630		600 - 700	100%				
Sodium (mg)	1043		1360					
Saturated Fat (g)	7.32	10.44%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%						Correction Required - Sat. Fat too High

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# DCPS Middle School Menu

October 10-14

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



**A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES**

Fresh Garden Bar plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

**Daily Special**

*Favorites*

- MONDAY** No School Today
- TUESDAY** Kung Pao Sauce w/ Chicken or Tofu
- WEDNESDAY** Glorious Macaroni & Cheese
- THURSDAY** Sweet & Sour Chicken
- FRIDAY** Thai Sweet Potato Bowl

**Daily Specials**

*Creations*

- MONDAY** No School Today
- TUESDAY** Sloppy Joe/ Cheeseburger
- WEDNESDAY** Cuban Sandwich/ Maxi Mexi Burger
- THURSDAY** Hawaiian Pizza/ Cheese Pizza
- FRIDAY** Chicken Burger/ Bistro Burger

**Daily Specials**

*Deli*

- MONDAY** No School Today
- TUESDAY** American Sub/ Turkey Sub
- WEDNESDAY** Egg Salad Sandwich/ Turkey Sub
- THURSDAY** Sunny Apple Sandwich/ American Sub
- FRIDAY** Tuna Salad Wrap/ Turkey Ham Sub

**Daily Specials**

*Grab & Go*

*All Salads served w/ Whole Grain Roll*

- MONDAY** No School Today
- TUESDAY** Chef Salad Wrap/ Spinach Salad
- WEDNESDAY** Turkey Wrap/ Caesar Salad
- THURSDAY** Chicken Caesar Wrap/ Chef Salad
- FRIDAY** Asian Chicken Wrap/ Garden Salad

**Daily Special Sides**



*Garden Bar: Salad Greens, Mexican Black Beans, Thai Ginger Cucumber Salad, Cherry Tomatoes*

- MONDAY** No School Today
- TUESDAY** Butternut Squash Salad/ Banana/ Orange Smiles
- WEDNESDAY** Collard Greens/ Fresh Apple/ Watermelon
- THURSDAY** Asian Veggie Blend/ Banana/ Orange Smiles
- FRIDAY** Roasted Corn/ Fresh Apple/ Fruit Salad

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# Sodexo

Oct 11, 2016 thru Oct 14, 2016

Base Menu Spreadsheet

G6-8 Lunch

Weighted Values - Summary

Page 1

Generated on: 9/26/2016 1:23:41 PM

	Cals (kcal)	Sodm (mg)	S-Fat (g)	S. Fat % Cals	Tr-Fat <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Tue - 10/11/2016	622	1428	5.54	8.01%	0.00	0.00%
Wed - 10/12/2016	610	1223	7.31	10.80%	0.00	0.00%
Thu - 10/13/2016	656	954	6.39	8.77%	0.00	0.00%
Fri - 10/14/2016	663	1118	4.54	6.16%	0.00	0.00%
Weighted Average	638	1181	5.94	8.39%	0.00	0.00%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	638		600 - 700	100%				
Sodium (mg)	1181		1360					
Saturated Fat (g)	5.94	8.39%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%						

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# DCPS Middle School Menu

October 17-21

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



**A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES**

Fresh Garden Bar plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

**Daily Special**

*Favorites*

- MONDAY** Super Veggie Macaroni & Cheese
- TUESDAY** Chicken Soft Tacos
- WEDNESDAY** Chipotle BBQ Meatloaf
- THURSDAY** Southwest Black Bean Nachos
- FRIDAY** Bagel Sandwich w/ Turkey, Egg, & Cheese

**Daily Specials**

*Creations*

- MONDAY** Honey BBQ Chicken Sandwich/ Mo'Burger
- TUESDAY** Buffalo Pizza/ Cheese Pizza
- WEDNESDAY** Bistro Burger/ Black Bean Burger
- THURSDAY** Chicken Burger/ Meatloaf Sandwich
- FRIDAY** Hawaiian Pizza/ Cheese Pizza

**Daily Specials**

*Deli*

- MONDAY** Chicken Salad Sandwich/ Turkey Ham Sub
- TUESDAY** Turkey Sub/ American Sub
- WEDNESDAY** Garden Sub/ Italian Sub
- THURSDAY** American Sub/ Turkey Sub
- FRIDAY** Sunny Apple Sandwich/ Turkey Ham Sub

**Daily Specials**

*Grab & Go*

*All Salads served w/ Whole Grain Roll*

- MONDAY** Fiery Dragon Wrap/ Chef Salad
- TUESDAY** Southern BBQ Wrap/ Spinach Salad
- WEDNESDAY** Greek Wrap/ Caesar Salad
- THURSDAY** Greens & Gourds Wrap/ Chicken Dip-per Salad
- FRIDAY** Buffalo Chicken Wrap/ Garden Salad

**Daily Special Sides**



*Garden Bar: Salad Greens, Diced Tomatoes, White Bean & Jicama Salad, Carrots*

- MONDAY** Green Beans/ Fresh Apple/ Peaches
- TUESDAY** Mexican Zucchini/ Banana/ Orange Smiles
- WEDNESDAY** Mashed Potatoes/ Fresh Apple/ Dried Cranberries
- THURSDAY** Jicama & Cucumber Salad/ Banana/ Orange Smiles
- FRIDAY** Tater Tots/ Fresh Apple/ Orange Juice

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# Sodexo

Oct 17, 2016 thru Oct 21, 2016

Base Menu Spreadsheet

G6-8 Lunch

Weighted Values - Summary

Page 1

Generated on: 9/26/2016 1:24:19 PM

	Cals (kcal)	Sodm (mg)	S-Fat (g)	S. Fat % Cals	Tr-Fat <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Mon - 10/17/2016	578	959	6.03	9.38%	0.00	0.00%
Tue - 10/18/2016	598	979	7.65	11.52%	0.00	0.00%
Wed - 10/19/2016	621	1085	5.35	7.76%	0.00	0.00%
Thu - 10/20/2016	596	987	5.53	8.35%	0.00	0.00%
Fri - 10/21/2016	627	1118	7.69	11.05%	0.00	0.00%
Weighted Average	604	1026	6.45	9.61%	0.00	0.00%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	604		600 - 700	100%				
Sodium (mg)	1026		1360					
Saturated Fat (g)	6.45	9.61%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%						

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# DCPS Middle School Menu

October 24-28

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



**A MINIMUM OF 6 SIDES  
OFFERED DAILY WITH  
LUNCH CHOICES**

Fresh Garden Bar plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

## Daily Special

## Favorites

- MONDAY** Roasted Turkey & Gravy
- TUESDAY** Jerk Chicken or Lentils Bowl
- WEDNESDAY** Grilled Chicken & Waffles
- THURSDAY** Cheesy Lasagna Roll
- FRIDAY** No School Today

## Daily Specials

## Creations

- MONDAY** Sausage Pizza/ Cheese Pizza
- TUESDAY** Hot Turkey Ham & Cheese/ Hamburger
- WEDNESDAY** Twisted Turkey Dog/ Maxi Mexi Burger
- THURSDAY** Buffalo Pizza/ Cheese Pizza
- FRIDAY** No School Today

## Daily Specials

## Deli

- MONDAY** Italian Sub/ Turkey Ham Sub
- TUESDAY** American Sub/ Turkey Sub
- WEDNESDAY** Sunbutter & Jelly Sandwich/ American Sub
- THURSDAY** Egg Salad Sandwich/ Turkey Sub
- FRIDAY** No School Today

## Daily Specials

## Grab & Go

*All Salads served w/ Whole Grain Roll*

- MONDAY** Hot Mustard Wrap/ Chef Salad
- TUESDAY** Chef Salad Wrap/ Spinach Salad
- WEDNESDAY** Caesar Wrap/ Tuna Salad
- THURSDAY** Turkey Wrap/ Caesar Salad
- FRIDAY** No School Today

## Daily Special Sides



*Garden Bar: Salad Greens, Baby Carrots,  
Indian Style Garbanzo Beans, Aztec Corn*

- MONDAY** Mashed Potatoes/ Fresh Apple/ Pears
- TUESDAY** Roasted Butternut Squash/ Banana/ Orange Smiles
- WEDNESDAY** Collard Greens/ Fresh Apple/ Honeydew
- THURSDAY** Green Beans/ Banana/ Orange Smiles
- FRIDAY** No School Today

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opportunity provider.*

# Sodexo

Oct 24, 2016 thru Oct 27, 2016

Base Menu Spreadsheet

G6-8 Lunch

Weighted Values - Summary

Page 1

Generated on: 9/26/2016 1:24:54 PM

	Cals (kcal)	Sodm (mg)	S-Fat (g)	S. Fat % Cals	Tr-Fat <sup>1</sup> (g)	Tr. Fat <sup>1</sup> % Cals
Mon - 10/24/2016	553	884	6.50	10.58%	0.00	0.00%
Tue - 10/25/2016	595	1050	5.47	8.27%	0.00	0.00%
Wed - 10/26/2016	665	1022	5.72	7.74%	0.00	0.00%
Thu - 10/27/2016	611	962	7.10	10.46%	0.00	0.00%
Weighted Average	606	980	6.20	9.20%	0.00	0.00%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	606		600 - 700	100%				
Sodium (mg)	980		1360					
Saturated Fat (g)	6.20	9.20%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%						

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